



radiantyoga

TEACHER TRAINING INFORMATION

An informational guide containing details about your application to the Radiant Yoga Teacher Training.

NAMASKARAM!

We are very excited to welcome you to the Radiant Yoga Teacher Training. This information guide offers you details on the location and schedule of the training to enable you to plan effectively for the journey ahead. This informational guide is designed to accompany your application, and upon acceptance to the Radiant Yoga Teacher Training you will receive a Welcome Packet with more detailed information about the program.

We are a 200 hour and 500 hour certified and registered Yoga Alliance School. Upon completion of this 200 hour training you are eligible for the 300 hour program, graduating you as a 500 hour certified teacher.

We pride ourselves on offering a wide breadth of information and approaches to yoga, inviting some of the countries more renowned yoga and anatomy scholars to share their knowledge with you. This training is guaranteed to transform your practice, create friendships that will last a lifetime, and give you all the tools you need to embark on the path of teaching.

200 HOUR TEACHER TRAINING SCHEDULE:

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|-----------------------|--|
| September 17-19, 2010 | * Sunday at Gillette Stadium in Foxboro, |
| October 22-24, 2010 | |
| November 12-14, 2010 | |
| November 19-21, 2010 | * Location TBA within city distance |
| December 6-10, 2010 | Urban Yoga Retreat - Winter Immersion |
| December 10-12, 2010 | Guest Scholar Andrew Harvey |
| January 21-23, 2011 | Guest Scholar Lorin Roche |
| February 18-20, 2011 | |

WEEKEND SCHEDULE:

Friday 6:15pm-9:15pm
Saturday 8:00am-6:00pm
Sunday 9:00am-7:00pm

WINTER IMMERSION SCHEDULE:

Dec 6th- 10th Monday through Friday
Morning Practice 6:15am-7:30am
Evening Practice 6:30pm-8:00pm

* The teacher training weekend dates are all held at the Sports Club/LA unless otherwise noted with an asterisk.



CURRICULUM:

Each weekend will contain one or more of the following themes:

Koshas:

Structural Anatomy, Physiology, The Power of Touch, Understanding Common Injuries & Modifications

Vyana:

Energetic Anatomy, Art of Alignment and Assisting, Visual Precision, Verbal, & Physical Adjustments

Shanta:

Gentle, Restorative, and Yin Yoga, Styles of Meditation, Yoga Nidra, Pranayama

Seva:

Sacred Activism, Community, Leadership Skills, Peaceful Practices

Veera:

Business of Yoga, How to Make a Career Teaching Yoga, Professional Practice & Ethics

Jhyana:

The Yoga Sutras, The Radiant Sutras, Ancient Spiritual Philosophies

Ayurveda:

Nutrition, Cleansing, Doshas, Nadis & Marmas, The Diet Debate, Honoring Your Body Temple

Bhava:

Sequencing, Class Themes, Teaching Privates, Special Populations, Harnessing the Power of Your Voice and Presence, Practice Teaching

Sadhana:

Evolving a Consistent Self Practice, Conscious Communication Skills, Heart-Oriented Languageing,

Bhakti:

Mantra Translation & Practice, Chanting, Ancient Hindu Mythology, Living with Grace & Devotion

LOCATION INFORMATION:

The Sports Club/LA is located at 4 Avery Street, Boston, MA 02115. There is a parking garage nearby which costs \$10.00 for a whole day on weekends. Any Teacher Training session 3 hours or less can be validated for the Sports Club/LA garage for \$5.00. During your training you are permitted to use the luxury facilities of the Sports Club/LA and dine in the Blu café or restaurant. There is public transportation access via Park Street (Red Line), Downtown Crossing (Orange Line), Boylston Street (Green Line), and the Silver Line.



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MAKE-UP HOURS:

Urban Yoga Retreat Immersion, any future dates
Yoga and Hiking in the Catskills October 15th -17th , 2010
Yoga in Paradise Mexico March 5th - 12th , March 12th - 19th 2011
Art of Alignment and Assisting any future dates
Study Pod Teacher Training any future dates
Teacher Training Modules with Shiva Rea at any future date/location (must register attendance with Radiant Yoga School as well as Samudra Yoga)
Teacher Training Modules with senior Prana Flow Teachers Coral Brown & Maria Garre

CONTACT INFORMATION:

For all application questions:

Adriana Eder

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617-610-YOGA

Teaching Team:

Bonnie Argo

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Chanel Luck

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Roberto Lim

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Application Mailing Address:

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02472

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617-674-2276

PLEASE MAKE ALL CHECKS PAYABLE TO YOGATHREE

We look forward to receiving your application soon.

Namaste

Bonnie, Chanel & Roberto
