

yoga palm beach UNIVERSITY

200 HOUR VINYASA TEACHER TRAINING PROGRAM

Thank you for your interest in our upcoming 200-hour Yoga Teacher Training Program! In the following pages you will find all the information that relates to the training including an overview, dates, tuition, answers to the most frequently asked questions and a training application. Program space is limited, so early application is recommended.

Teacher Training Overview

Open to possibility, gain insightful tools for conscious living, and learn how to guide others in this time-honored tradition. Yoga Palm Beach University's program offers a transformative experience for your body, mind, and heart as you deepen your practice, understanding and embodiment of yoga on and off the mat. This 200 hour teacher training program is appropriate for any dedicated individual who has the desire to either deepen their yoga practice or become a yoga teacher.



FACULTY:

Karen Burnett, Owner of Yoga Palm Beach University and Director of Yoga Teacher Training and Programming, brings 20+ years of experience in yoga practice, instruction and teacher training as a 500-hr EYT with Yoga Alliance.

Guest faculty members specializing in anatomy and physiology, meditation, yoga therapy, and philosophy complement Karen's expertise. Judy Weaver, Julia McClellan, Ryan Perna, and other YPB senior teachers mentor our Teacher Training program.

DATES: TBA

(two weekends each month)

Friday: 5:30pm – 9:00pm

Saturday: 12:00pm – 6:00pm

Sunday: 12:00pm – 6:00pm

TUITION:

- Early Registration: \$2,800
- Tuition: \$3,150 paid in full
- Deposit: \$300
- Payment plans available upon request
- Required reading materials not included
- \$200 discount for Full-time Students with current student I.D.

Tuition includes the Yoga Palm Beach University Comprehensive Teacher Training Manual, and additional yoga classes needed to satisfy the requirements of the 200-hour certification. Tuition does NOT include required reading materials. Full payment or a \$300 deposit is required to reserve your spot. This deposit will be applied to your tuition.

Cancellation: Because we are looking for serious and committed students only, we have a no refund policy. Your \$300 deposit is also non refundable and non transferable. All payments can be applied to a future training.

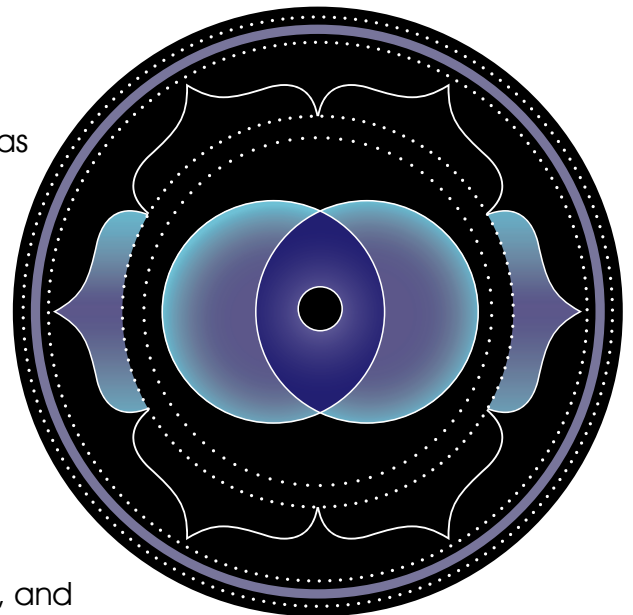
Teacher Training Details

In this 200 hour Yoga Alliance accredited training you will:

- Learn tools to structure and create a cohesive, dynamic, well-rounded class
- Receive instruction in fundamental anatomy and physiology
- Discover the value of yoga postures on a physical, mental & emotional level
- Experience the power of breath work
- Immerse in an introduction to meditation
- Employ the art of creative sequencing
- Receive an overview of subtle anatomy and chakras
- Explore yoga philosophy
- Gain the confidence and tools to teach & assist
- Learn about marketing & the business of yoga

ENRICH your practice & teaching technique with an in-depth approach to yoga that emphasizes:

- Intelligent alignment
- Finding and exploring your edge
- Reliance on personal experience, body sensations, and inner wisdom
- Freedom through structure
- Yoga as a practical, reliable approach to health and fulfillment



If you have further questions or inquiries please email info@yogapalmbeachu.com