

Deepen Your Practice

Teacher Training is a wondrous time for any one who would like to become a Yoga Instructor or deepen their yoga practice.

The program is designed to explore yourself as a teacher or student with the guidance and experienced of professional teachers. The beauty of the program is the ability for the student to embrace their own destiny and emerge as their own design.



"It is not that I must conform to the yoga practice, but rather the yoga practice must be tailor-made for me".

- T.K.V. Desikachar

The Claremont Club
1777 Monte Vista Ave.
Claremont, California 91711
(909) 625-6791

www.claremontclub.com
Shannon Malooly-Group Exercise Director

From The Heart Yoga Teacher Training



May 21– August 31st, 2011



The Claremont Club

About Yoga

Yoga is a well known science across the world. It has become the leading modality in health facilities toward preventative and recovery therapy. Yoga also is a science of self, a inner science, a science of awareness. Yoga is not just something a person does, it is a path that deepens, broadens and strengthens ones body, mind and spirit, a doorway to self-transformation. Yoga is both science and philosophy, intertwined and with discipline and practice it becomes aware of the self within. Often in yoga class it is rare to understand the full spectrum of the yoga practice. The teacher training program is designed to give teachers and practitioner a strong foundational practice that goes beyond today's yoga fashions, and truly teach or experience yoga from the heart.

Summer Schedule

May 21st—August 31st

Friday 11-4pm
Saturday 12-5pm
Every third Sunday workshop weekend
12-5 pm

June 17th-19th Anatomy of Yoga
July 15th-17th Life of a Yogi
August 19th-21st Core Essence

NO CLASS HOLIDAYS

May 28th-30th
July 2nd-4th

Program Includes:

Hatha/Vinyasa Asana Techniques and Practice
Pranayama
Mudra
Bandha
Yoga Nidra
Methodology:
Anatomy & Physiology
Philosophy, Life Style, & Ethics

Our Instructors

Director and Primary Instructor
Marie Jean Ali-Scafuto

Anatomy & Physiology
Miko Doi-Smith

Philosophy
Andra Istrate

Methodology
Nicole Schwander

Support Instruction
Leslie Vasquez

200 Hour Yoga Alliance
Certification

