



EMPOWERED TO LEARN

100 HR ALIGNMENT & TRANSFORMATION PROGRAM

PROGRAM DATES

- October 3–4, 2020
- November 7–8, 2020
- December 5–6, 2020
- January 2–3, 2021
- February 6–7, 2021
- March 6–7, 2021
- April 10–11, 2021

Saturday 8:00am–6:00pm
 Sunday 8:00am–2:30pm

THE ROAD TO YOUR NEW WAY OF BEING

The 100 Hour Alignment and Transformation Program was created for those students who want to know **indepth**, how to create the best possible yoga posture for their body. It's also for those who are ready to create a new way of being for themselves.

This program will teach you more about yoga alignment and personal growth through EYU's *Journey of the Empowered Individual*—a journey that will take you through different landmarks in your life and begin an inquiry and transformation process. We hope this process brings you more clarity and breakthroughs to carry you forward in life and express a whole new you.

In this program, you will:

- Learn the alignment and anatomy for over 55 yoga poses that are commonly taught in a yoga class.
- Go through a timeline of the history of yoga

- Create for yourself a new way of being through journaling, self discovery readings and various experiential learning techniques
- Transform your physical practice with clarity and ease
- Learn how to create space for yourself and others through EYU's *Journey of the Empowered Individual*

While you will receive the same exceptional education and instruction as our 200-Hour program, this track is not considered a certification under Yoga Alliance standards.

This training is the perfect preparation for our 200-Hour RYT program. In the future, we hope to add a second 100-Hour program which would allow you to graduate with 200 hours should you choose.

You will have the opportunity to take this program via online if you choose.

YOUR INVESTMENT

EARLY BIRD \$1550
 \$500 deposit and balance paid by Monday, August 31, 2020

TUITION \$1650
 Balance paid after Monday, August 31, 2020

*\$500 non-refundable deposit due with program application on or before August 31, 2020

*Pay balance in full by October 3, 2020

*A 3% credit card processing fee will be included if using a credit card.

Tuition includes 50% off your unlimited monthly package for the seven months of training.