



WINTER 2018
PROGRAM
STARTS
JANUARY 12

LIVE. LEARN. LEAD.

EVANSVILLE YOGA UNIVERSITY'S 200 HOUR TEACHER/LEADER PROGRAM



LeeAnn Assalone
Bloomington, IN
EYU Graduate Spring 2014

"Evansville Yoga University is a life changer beyond its role in training yoga instructors. The instructors go above and beyond in everything they do, committing themselves fully to their students' success. Their expertise, compassion, and intuition in leading us. I am honored to have been a part of such growth and grateful for the gifts I was given."

WINTER 2018 PROGRAM DATES

JANUARY 12–14, 26–28

FEBRUARY 9–11, 23–25

MARCH 9–11, 23–25

APRIL 6–8, 20–22

Fridays 5:15pm–9:15pm

Saturdays 8:00am–9:30pm

Sundays 8:00am–5:30pm

YOUR INVESTMENT—\$2950 / \$2770*

- EARLY BIRD \$2750—paid in full by Dec. 12, 2017
- EARLY BIRD \$2570*—paid in full by Dec. 12, 2017
- \$500 deposit due with program application on or before Dec. 12, 2017
- Pay balance in full by January 12, 2018

Tuition includes unlimited yoga to Evansville Power Yoga from January 1–April 30, 2018

A 3% credit card processing fee will be included if using a credit card. *Students who have paid for an unlimited year pass for the teacher training time period pay this reduced rate.

COURSE STUDY

TECHNIQUES, TRAINING & PRACTICE (105 hrs)

- Asana Practice
- Yoga postures and alignment principles
- Class sequencing

TEACHING METHODOLOGY (32 hrs)

- Hands-on assisting
- Communication, public speaking and presentation
- Effective leadership

ANATOMY & PHYSIOLOGY (23 hrs)

- Basic anatomy and physiology

YOGA PHILOSOPHY, LIFESTYLE & ETHICS (30 hrs)

- Intro to yoga philosophy, lifestyle and ethics
- Meditation
- Yoga history
- Business of yoga

PRACTICUM (16 hrs)

- Practice teaching sessions
- Self study

TOTAL—216 hrs

If you are interested in learning more about this program, please contact Mark at 812-449-2239 or email him at mgoltiao@mac.com.



The greatest teacher comes from the place of acceptance of one's self and also the acceptance of others.

Evansville Yoga University's mission—to create inspired individuals and teachers. While you will learn yoga postures, their sanskrit names, the eight limbs of yoga and anatomy, we hope to go beyond the yoga "text books" and into personal development. This training will dive deep into self-inquiry and self-discovery.

In this training, we will do extensive journaling and sharing. You will get to know your classmates well enough so that you can help them be the best yoga instructor and person they can be. Many hours will be spent together as a team, a community, a family.

This program will emphasize how to teach from your heart with vulnerability, with authenticity. This is the only way one can be a powerful instructor.

EPY has assembled a stellar yoga teaching staff—including physical therapists, leadership development and public speaking professionals—to be part of the Evansville Yoga University team. Spread over four months, this fast-track program has the power to transform and help you discover your best life and be the most confident yoga teacher you can be.

EXPERT CONTRIBUTORS

Lynn Miller-Pease, Leadership Development
Sheila Huff, Personal Development Mentor
Lisa Provost, Personal Development Mentor
Julia Galbus, Meditation & Communications Advisor
Alan McCoy, Personal Development Mentor, Meditation & Yoga Assisting
Damon Murray, Yoga Assisting
Ange Humphrey, Public Speaking
Lynn Kincaid, Public Speaking/Voice Coach
Grace Strange, Public Speaking/Voice Coach
Stacey Shanks, Yoga History
Devendra Bajaj, Pranayama/Yoga History/Sanskrit
Kay Corpus, Chakra Studies
Samantha Minnette, Anatomy/Physiology
Judy Canlas, Anatomy/Physiology