



SOUTH OKANAGAN YOGA ACADEMY

Yoga Teacher Training Programs

A Registered School with Yoga Alliance



SOYA's RYT200® Yoga Teacher Training Immersion in Calgary, Alberta!

July 13-27, 2013 Starts at 7am July 13; ends 7:30pm July 27.
There are two partial days off during the program.

**Join us & deepen your understanding of Yoga.
Experience *living* your yoga & become a certified Yoga Teacher!**

**Find out for yourself why people love our SOYA Yoga Studies and Teacher Training program!
We have been training Yoga Teachers at International standards for more than 15 years! For feedback
from our other programs, go to <http://www.soyayoga.com/tt200program.html>**



Marion (Mugs) McConnell is a founder and Co-Director of the SOYA Yoga Teacher Training Programs. She is the Canadian Representative for the International Yoga Teachers' Association (IYTA). "Mugs" is certified under Swami Vishnudevananda (1978) and Dr. Hari Dickman. She is a Registered Yoga Teacher with Yoga Alliance (ERYT500)

and has been teaching yoga for over 30 years. She currently trains under Erich Schiffmann and studies Mantra Therapy with Namadeva Acharya. She teaches internationally in Classical Yoga, Sivananda Yoga, Vinyasas, Mudra and Mantra, as well as Yoga Philosophy.



Helen Mikuska is the owner of Harmony Yoga Studio in Calgary, Alberta. She is a certified SOYA Yoga Teacher and Fitness and Pilates Instructor with a Diploma in Food and Nutrition Management. Helen is a Registered Yoga Teacher with Yoga Alliance (ERYT500) and

the International Yoga Teachers' Association (IYTA). Currently Helen is expanding her knowledge in Mantra and Yoga Therapy. Helen leads the SOYA 300 Hour Upgrade and 500 Hour Yoga Teacher Training Programs in Calgary.

200 hour SOYA Training includes in-depth studies in:

- Patanjali's Yoga Sutras
- Bhagavad Gita
- Chakras & Meditation
- Sanskrit Terms & Pronunciation
- Basic Pranayama & Kriyas
- Professionalism
- Anatomy, Asanas & Therapeutic Modifications
- Lesson Plans & Teaching

We suggest all students register 1-2 months prior to the retreat to complete the written philosophy assignments prior to the retreat, where we will discuss and practice them in fine detail. These lessons will change your life!

Additional Requirements: Anatomy and Physiology (online course available), Emergency First Aid and CPR, and 30 hours of Yoga with an approved Yoga Teacher in your area. Please inquire for more information regarding these requirements towards 200 hour certification. We will help you to fulfill them!

COST: \$2625.00 including gst payable to South Okanagan Yoga Academy by cash, cheque, or online with Visa or MasterCard. Payment plans available. Meals and Accommodations are separate. Billeting available with fellow local yoga students for \$20 a night. We will help you get settled!

Location: Harmony Yoga Studio, #200, 3160-118 Ave SE Calgary 403-809-1402. PLEASE ask for directions.

Contact Marion (Mugs) McConnell at 250-492-2587 or email info@soyayoga.com www.soyayoga.com

Mailing Address: #281 – 3980 Squilax-Anglemont Road, Scotch Creek, BC V0E 1M5