



## Welcome to the 2009 Soul Sweat Teacher Training The Sweaty Details

We meet approximately once a month for five months from 9:30 am until approximately 5:30-6:00 p.m. In addition, we have for you, 4 hours per month of Q & A/practice teaching sessions to refine your teaching skills and help you get the most out of this course.

Students are required to attend a minimum of three classes per week at the Yoga and Healing Center. This will include a minimum of one Soul Sweat class each week with Wendy. As part of the program, you will receive 5 months of unlimited classes at the Yoga and Healing Center.

*"The only way to find yourself is to lose yourself in service to others"-Ghandi.* As part of Yoga Alliance registration requirements, you must have a minimum number of contact hours. We will fulfill part of that requirement with Karma Yoga, the yoga of selfless service. You will be contributing 10 hours of Karma Yoga over the course of the training. 8 hours will be met with the volunteering of your time at the Yoga and Healing Center in various different capacities (*may including some practice teaching*). The other 2 hours will be time spent in service of your choice outside the center.

Space is limited and students will be accepted on a first come, first served basis. We will be very selective in choosing the students for this training. We want everyone to be a perfect fit. Call now to begin the application process and to reserve your place in our training.

### Course Includes:

- 5 months unlimited classes at the Yoga and Healing Center during the training course
- All training sessions with Wendy Gross-Pinto and other experts in the field.
- Advanced technology in creating a Life You Love
- Basic meditation training
- Practice sessions to refine your teaching skills
- 10% discount in the Boutique during the Yoga Teacher Training Course
- Yoga Alliance Recognized 200-hour Yoga Teacher Certification

### Session Dates (Dates are subject to change)

- Session (1) Opening Evening, Friday, November 20th at 6:00pm
- Session (2) December 4
- Session (3) January 9
- Session (4) February 6
- Session (5) March 13
- Session (6) April 10
- Session (7) May 1 (Final Exam/Party)