



Included in Price:

***Study materials**

***Workshops**

***Free Yoga during Teacher Training**

YOGA TEACHER TRAINING SCHEDULE

**Saturdays – 8:30am to 6pm
18 week ends**

**To complete 200 Hours for
Certification**

**Certification Requirements set up
By Yoga Alliance Standards.
Member since 2012**



**“CORRECT ALIGNMENT
IS KEY TO TEACHING”**

Contact

**Gianna Ragona-Suarez
904.335.0539**

**GO YOGA AMELIA ISLAND
2244 S. 8th Street (A1A)
Amelia Island, FL 32034
Register & Pay Online:
www.GoYogaAmelia.com**

**Apply now
For
YOGA TEACHER
TRAINING
CERTIFICATION**



**Yoga is one of the
fastest growing fitness
disciplines in the World!
Be part of the revolution!**

**200 Hour Teacher Certification
Program**

at

**GO YOGA AMELIA ISLAND, RYS
2244 S. 8th Street (A1A)
Amelia Island, FL 32034**

**info@GoYogaAmelia.com
904.335.0539**

**North to Exit 373, follow signs to Amelia Island,
Fernandina Beach.**

**Proceed over the bridge onto Amelia Island,
passed the 1st stoplight; Go Yoga is on Right side.
2244 South 8th Street (A1A)**

200 HOUR CURRICULUM INCLUDES:

100 Hours: Yoga Techniques

Asanas, Pranayama, Philosophy, History Chakras, Doshas, Meditation, Training techniques, Sanskrit and Practicum .

20 Hours: Teaching Methodology

Principles of alignment, demonstration, observation, assisting, correcting, instruction, modifications, teaching styles, qualities required of an inspirational teacher.

Techniques include:

- Hatha Yoga
- Vinyasa & Power Yoga
- Restorative/Spa Yoga
- Children/Teen Yoga
- Seniors Yoga
- Chakra Yoga
- Athletic-Health Club Yoga
- Prana Yoga
- Workshops

20 Hours: Anatomy & Physiology

Introduction to Anatomy of Movement, Alignment, Physiology, Glandular System, Nervous System, Skeletal, Respiratory, Endocrine and Immune Systems.

20 Hours: Philosophy, Yoga Ethics & Lifestyle

Study of Yoga Sutras ancient scripture, Code of Ethics for Yoga Teachers, Moral Precepts and Practices of Purification (Kriya), Kirtan, mantras and mudras. Bandhas, Koshas, and Ayurveda toward a healthy lifestyle.

20 Hours: Yoga Electives

Four self directed study packets, each for 5 credit hours are completed for elective work, or documentation of attendance at approved yoga courses outside of Go Yoga.

20 Hours: Student Practicum

Ten or more hours of documented student teaching, assisting or observing other approved teachers. Written critiques of other teachers.



Lead Instructor:

Gianna Ragona-Suarez, E-RYT

Studied yoga globally for 20 years. Has taught Yoga for Cancer at Integrative Medical Center, YMCA, Founder Marriott Hotel Agora Yoga, & Christian Yoga. Advanced studies in India, Italy, So. America & New York. Owner of Go Yoga Amelia Island. Advanced Certifications with Yoga Alliance, Kripalu Center, Omega Institute. Certified PTSD Yoga, Ayurvedic Yoga with Locknath of Calcutta, Kids Yoga & Chakra Sound Healing.

SUBMIT REGISTRATION FORM

2 yearly sessions: (Circle your choice of session)
Spring – Fall

Name: _____

Address _____

_____ City _____

State _____ Zip _____

Phone _____

Cell Phone _____

Email _____

Yoga Teacher Training Course Fee \$2,500.

\$100 discount if paid in full 1 month before start of class.

\$500. deposit required to reserve space and study materials. Remaining \$2,000 due before first class. (Books & Study Material included in price.)

PAYMENT PLANS AVAILABLE

Payment Methods: MC/Visa/ AmEx/Discover:

Exp. Date _____ CVC Code _____

Signature _____

Or by Check payable to: **Go Yoga Amelia Island**

To hold your space please mail or drop off completed form to:

GYAI Teacher Training
2244 S. 8th Street
Fernandina Beach, FL 32034
Questions: 904.335.0539

TEACHER TRAINING ON THE BEACH

