

I Am Yoga 200+ Hour Yoga and Meditation Studies

TRAINING DURATION:

10/08/2021 - 06/24/2022

MEETING DATES:

October 8th

November 12th

December 3rd

January 7th

February 11th

March 11th

April 29th

May 20th

June 24th

COST:

\$2,500 for Program Only.

\$2,750 for Eligibility for Yoga

Alliance 200-RYT Credential.

Deposit: \$250





TOPICS:

What is Yoga?

The Many Paths of Yoga

Restorative Yoga

Yin Yoga

Mantra Yoga

Meditation = Mindfulness

Deep Stretch (Yoga for Athletes, Dancers)

Vinyasa Yoga

Power Yoga

Pranayama (Breathwork)

Sadhana (Developing your own personal practice)

Yoga Philosophy

Yoga Sutras

Yama & Niyama (Ethical principles of The 8 Limb Path of Yoga)

Vinyasa Krama (Mindful sequencing of a yoga practice)

History of Modern Yoga

Sanskrit (The Language of Yoga)

The Role of the Yoga Teacher (Teaching to individuals and groups)

Accessible Yoga

Prenatal Yoga

Chair Yoga

Bed Yoga

Mudras



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WHAT TO EXPECT?

- Over 200 hours of personal study with Kiesha and Candace.
- 1 on 1 Guidance in a Group Learning Environment (community)
- Access to Online Reference Materials.
- Become a part of an Alumni Network of I AM Yoga Graduates (over 50 people)
- In Person Zoom Sessions
- In Person 1-on-1s for those local to Charlotte (socially distanced).

