

Benefits of Yoga

- ❖ Increased flexibility, strength, Improved posture
- ❖ Healthy bones, joints, ligaments and tendons
- ❖ Increased energy and lung capacity
- ❖ Complete detoxification
- ❖ Proven effectiveness for various health conditions such as arthritis, back pain, and digestive problems
- ❖ Better sleep and decreased stress
- ❖ Decreased blood pressure and heart rate
- ❖ Peace of mind, calmness and overall well-being

“Yoga is not an ancient myth buried in oblivion. It is the most valuable inheritance of the present. It is the essential need of today and the culture of tomorrow.”

Swami Satyananda Saraswati

Teachers

Shashank Lakhia: has a sound understanding of yoga from being raised in India and applying Vedic principles to personal life. He is a Kriya yoga practitioner and for the past ten years has taught meditation and styles of Yoga such as Hatha, Ashtanga, and Yin Yoga. He will be conducting the Program.

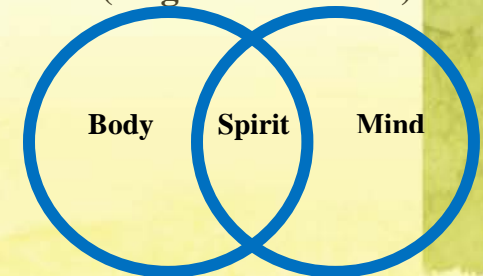
Pamela Quinn, a teacher and practitioner of Yoga since 2003 and founder of Elemental OM in Lebanon, Ohio, is a certified instructor in the Seven Spiritual Laws of Yoga and Perfect Health through the Chopra Center for Well Being. Pamela is well trained in Ayurveda (5,000 year old science of life) that combines lifestyle, yoga, meditation and nutrition to offer a holistic way of life.

Katy Knowles, the co-founder of YogahOMe, has practiced and studied with great teachers and is currently studying under Rod Stryker to be a Para Yoga Master Teacher. She teaches Gentle to Vinyasa Flow to Power Yoga; from Meditation to fusion with sounds. She gives freely and whatever she does, she does with grace, style, joy and dedication.

Lilias Folan: known as the “First Lady of Yoga” since her groundbreaking 1972 Yoga series Lilias! Yoga and You, has been regarded as America’s most knowledgeable and respected yoga guru. Lilias has spent the past 28 years sharing her knowledge and helping others learn about the benefits of yoga for the body, mind, and spirit and will be helping as a special “Guest Teacher” for the Program.



2010 Yoga Teacher Training Program (August-December)



Harmonize Body Mind Spirit (A Journey Within)



A Certification Program exceeding requirements set by Yoga Alliance® - a non-profit organization that maintains a National Registry to promote schools and teachers that meet their teaching standards.

Getting to TriHealth Pavilion

In Cincinnati

Traveling on I-275
I-71 South
Take the first exit (Pfeiffer Rd)
Turn right onto Pfeiffer
Turn right into the first driveway

In Dayton

Take I-75 to 275 East
Then follow directions from I-275
(listed above)

From Downtown Cincinnati/Kentucky

I-71 North
Take Pfeiffer Road Exit
Turn left off exit
Turn right into the first driveway



Program Highlights

- ❖ Yoga as a career or lifestyle
- ❖ De-mystifying myths about Yoga
- ❖ History & evolution of Yoga
- ❖ Discovering secrets for sound body, breathing techniques and meditation
- ❖ Anatomy, physiology and principles of Ayurveda (holistic health science)
- ❖ Yoga therapy for major health conditions
- ❖ Learning popular teaching styles (Hatha, Ashtanga, Yin etc.)

Program Dates

August 20-22, 27-29 = 44 hours

Sept. 10-12, 24-26 = 44 hours

October 8-10, 22-24 = 44 hours

November 5-7, 19-21 = 44 hours

December 3-5 = 22 hours

Fridays {5-9 pm}; Saturdays {8-6pm}

Sundays {9-5pm}

Tuition

- ❖ Tuition is \$2100 including study material.
- ❖ 5% discount if paid in full by August 2, 2010



- ❖ Print the application online at www.trihealthpavilion.com and mail or submit in person to Terry Youngs 6200 Pfeiffer Road, Cincinnati, OH 45242
- ❖ A non-refundable deposit of \$200.00 is required with the application with the balance due no later than August 13th 2010.