



# Yoga Teacher Training Info

Do you want to teach yoga or deepen your practice? Soma Cura's Yoga Teacher Training will change your understanding of yoga and yourself. Through practice, group discussions and self-assessment you will learn how to find your voice to lead a yoga class and have a deeper understanding of yoga. **This training is accessible to anyone, you don't need to be able to do all the poses to teach yoga.**

## MEETINGS

**EACH MEETING IS MANDATORY** We will meet one weekend a month with required homework and readings to be accomplished during and between each module. Please schedule accordingly.

Yoga alliance requires 200 hrs. of training to qualify as a Registered yoga teacher. Each class session is built on top of the last, so missing any portions of class could have you missing important information!

6:30-9pm            Friday  
9-7:30p            Saturday  
9:30-7:30p        Sunday

September 20-22  
October 18-20  
November 15-17  
December 13-15

January 17-19  
February 21-23  
March 20-22  
April 17-19

Dates are subject to change in the event of weather or other unforeseen circumstance. In this case we will make every possible effort to accommodate a new date that can fit into everyone's schedule.

## YOGA ALLIANCE

The following is the credentials Yoga Alliance requires for a 200-RYT certification:

Techniques, Training and Practice	100 hours
Teaching Methodology	25 hours
Anatomy and Physiology	20 hours
Yoga Philosophy, Lifestyle and Ethics	30 hours
Practicum	10 hours

Soma Cura is a Yoga Alliance approved school and will cover all the topics to qualify for 200-RYT certification. After completion of the program and the assignments, trainees will be able to apply for Yoga Alliance registration.

## PRICE

Price: \$3,300  
\$500 deposit to reserve your place  
\$200 discount if paid in full by August 1<sup>st</sup>  
Full tuition due prior to first class

## QUESTIONS?

An informational open house will be held at the studio, dates to announced soon. Stay tuned!  
You can also stop in or call the studio at 716-773-1369 or email [Vanessa@somacura.com](mailto:Vanessa@somacura.com) to find out more information.