

Advanced Yoga Studies Course



presented by
Yoga Center of Carmel



***Are you a Yoga Instructor looking to expand and deepen your teaching skills?
or
Are you a passionate Yoga student wanting to deepen your understanding of Yoga?***

Ready for an exploration of your body from the outside in? A wonderful adventure awaits you beginning on October 20, 2017. Through the lens of the koshas (layers of our being) we'll travel through our anatomy into the breath and beyond to find the happiest and healthiest you. Sign up for a weekend or an entire unit. Balance, connection and ease await!

Units can be taken individually and in any order for those not seeking Yoga Alliance registry. You can take an entire Unit or just one weekend (space available). Yoga Alliance continuing education hours are available for both options.

Course Calendar

Unit One:	<i>Anatomy of a Healthy Practice</i> <i>October 20-22, November 3-5, December 1-3, 2017</i>
Unit Two:	<i>Asana, Alignment and Adjustments</i> <i>January 5-7 & 19-21, February 9-11 & 23-25, 2018</i>
Unit Three:	<i>Exploring the Subtle Bodies</i> <i>March 9-11 & 23-25, April 6-8</i>
Unit Four:	<i>Yoga for Specific Populations</i> <i>April 20-22, May 4-6, May 18-20</i>

Class Hours: Friday, 6-9 p.m. Saturday 12:15-7:15 p.m. Sunday 11:45-5:00 p.m.

Tuition: (credit cards not accepted)

Unit 1	(three weekends)	\$825	Yoga Alliance CEU's	(not applicable for 200/500 YA registry)
Unit 2	(four weekends)	\$1100	Yoga Alliance CEU's	(not applicable for 200/500 YA registry)
Unit 3	(three weekends)	\$825	Yoga Alliance CEU's	(not applicable for 200/500 YA registry)
Unit 4	(three weekends)	\$825	Yoga Alliance CEU's	(not applicable for 200/500 YA registry)
One Weekend Only		\$275	Yoga Alliance CEU's	(not applicable for 200/500 YA registry)

Course location

Yoga Center of Carmel, Sunset Cultural Center, Cottage #18 on 10th Ave. near San Carlos St. Carmel-by-the-Sea, CA

Course Faculty

Karen Quinn, ERYT500, Certified Yoga Therapist, Certified Ayurvedic Practitioner is the lead instructor for this training. She brings 18 years and over 10,000 hours of teaching experience to create trainings rich in anatomy, alignment and ahimsa. Her emphasis is on sharing the many tools of yoga therapy that allows students to discover the wonder and ease of this ancient practice. In addition, we have assembled an incredible group of instructors with years of hands on experience to share their knowledge and expertise so that you can share with others the many gifts of yoga.

For more information or to apply:

Contact: Karen Quinn- karen@feelbetteryoga.com or www.feelbetteryoga.com 303-588-6866

Advanced Yoga Studies Course Application Form

October 20, 2017 – May 20, 2018

Presented by

Yoga Center of Carmel

Training and Certifying Yoga Teachers since 1998

To register, please complete the information below and provide a brief description (200 words or less) of your Yoga background and goals as a Yoga Instructor and what you enjoy doing outside of Yoga.

Name _____

Address _____ City/State/Zip _____

E-mail _____ Birth date: ____/____/____

Work Phone: (____) _____ Ext. _____

Home Phone: (____) _____ Cell Phone: (____) _____

Emergency Contact

Name: _____ Phone (____) _____ Relationship: _____

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One Weekend Only \$275	Yoga Alliance CEU's	(not applicable for 200/500 YA registry)

Release of Liability:

NOTICE: This is a legal document releasing our liability. Please read.

By signing this document you state that: (1) You assume all risk of injuries from participating in this 300 HOUR TEACHER TRAINING CERTIFICATION COURSE. (2) You release YOGA CENTER OF CARMEL, and their DESIGNATED INSTRUCTORS from all liability arising out of your participation in these classes.

1. **RELEASE OF LIABILITY:** In consideration for the opportunity to participate in this activity and the services provided by YOGA CENTER OF CARMEL, and their DESIGNATED INSTRUCTORS, I (on behalf of myself, my family, heirs, assigns, and legal representatives) release YOGA CENTER OF CARMEL, and their DESIGNATED INSTRUCTORS from any liability whatsoever arising out of my participation in or presence in the 300 HOUR TEACHER TRAINING CERTIFICATION COURSE.
2. **MEDICAL RESTRICTIONS:** To the best of my knowledge, I have no physical or medical restrictions, which would prevent me from participating in the 300 HOUR TEACHER TRAINING CERTIFICATION COURSE.

Participant _____ Date _____

Please mail Tuition Plan amount, completed release of liability form, and your registration information to:

Yoga Center of Carmel Teacher Training PO Box 1413 Carmel, CA 93921