



SOUTH OKANAGAN YOGA ACADEMY

Yoga Teacher Training Programs

A Registered School with Yoga Alliance



RYT300® Hour Upgrade & RYT500®

Yoga Teacher Training Program in Calgary, AB

Join us & deepen your understanding of Yoga.

Our Extended Program fits into your life. We meet every two to three weeks.

You complete your homework and attend classes between each meeting.

Become a certified & registered Yoga Teacher!

Next training begins January 9, 2011

**Find out for yourself why people love our SOYA Yoga Studies and Teacher Training program!
We have been training Yoga Teachers at International standards for more than 15 years!**



Helen Mikuska is the owner of Harmony Yoga Studio in Calgary, Alberta. She is a certified SOYA Yoga Teacher and Fitness and Pilates Instructor with a Diploma in Food and Nutrition Management. Helen is a yoga therapist, Registered Yoga Teacher with Yoga Alliance (ERYT) and the International Yoga Teachers' Association (IYTA). Currently Helen is expanding her knowledge in Mantra and Yoga Therapy. Helen leads the SOYA 300 Hour Upgrade and 500 Hour Yoga Teacher Training Programs in Calgary.

500 hour certification with SOYA includes studies in:

- Patanjali's Yoga Sutras
- Bhagavad Gita
- The Upanishads
- Hatha Yoga Pradipika
- Kriyas, Koshas, Chakras, Mudras
- Karma & Reincarnation
- Pranayama (basic and advanced)
- Meditation & Yoga Nidra
- Professionalism & Finances
- Asanas & Modifications
- Lesson Plans & Teaching Skills
- Sanskrit Pronunciation & Writing

Additional requirements: RYT200 hour certification. *For those attending the full SOYA 500 Hour training, the RYT200 hour immersion occurs midway through the program, July 2-15 for a cost of \$2625 including gst. Other immersions are available during the year if this date does not work.*

Anatomy and Physiology (online course recommended). First Aid and CPR. 172 hours of ongoing classes for the duration of the program (approx 2 classes per week) with SOYA or an approved Teacher in your area. Please inquire for guidance regarding these requirements.

COST: Payments are spread out throughout the training. Program fee is \$2,500.00 including gst.

Location of Training: Harmony Yoga Studio, #200, 3160-118 Avenue S.E., Calgary, Alberta

Contact Helen Mikuska (403) 809-1402, www.harmonyyogastudio.ca or info@harmonyyogastudio.ca