



SOUTH OKANAGAN YOGA ACADEMY

Yoga Teacher Training Programs

A Registered School with Yoga Alliance



RYT300® Hour Upgrade & RYT500® Hour Yoga Teacher Training Programs in Penticton, BC

Join us & deepen your understanding of Yoga.

Our Extended Program fits into your life. We meet once a month while you do homework and attend classes between each meeting.
Become a certified & registered Yoga Teacher!

Upcoming Entry Dates in 2011:

January 30th * February 27th * March 27th * May 1st

**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!**



Marion (Mugs) McConnell is a founder and Co-Director of the SOYA Yoga Teacher Training Programs. She is the Canadian Representative for the International Yoga Teachers' Association (IYTA). "Mugs" is certified under Swami Vishnu-devananda (1978) and is the last disciple of Sri Yogiraj Dr. Hari Dickman.

She is a Registered Yoga Teacher with Yoga Alliance (ERYT500) and has been teaching yoga internationally for over 30 years. Currently she is studying Mantra Therapy with Namadeva Acharya and teaches workshops in Sivananda Yoga, Vinyasas, Mudra and Mantra.



Dariel Adrienne Vogel (Kalyani) is a founder and Co-Director of the SOYA Yoga Teacher Training Program. She is a certified Teacher with the International Yoga Teachers' Association (IYTA) since 1998. Dariel is originally certified by the Yoga Association of Alberta (YAA) to teach teachers, as well as the Freidel

Khatab School of Yoga (FKSY). She is a Registered Yoga Teacher with Yoga Alliance (ERYT500) and has been teaching yoga for over 30 years. Dariel leads the SOYA Yoga Teacher Training Programs in Penticton, BC Canada at Purple Lotus Yoga Studio.

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: Anatomy and Physiology (online course recommended), First Aid and CPR, 30 hours training with an Independent SOYA Faculty Member in your area. Please inquire for guidance regarding these requirements.

COST: Payments are spread out over 2 years for the 500 hour program. \$3360.00 including hst
Payments are spread out over 1 year for the 300 Hour Upgrade. Cost varies depending on prior 200 Hour training.

Location of Training: Purple Lotus Yoga Studio, #102 - 186 Nanaimo Avenue West, Penticton, BC V2A 1N4

Contact Marion (Mugs) McConnell at 250-492-2587 or email info@soyayoga.com www.soyayoga.com

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