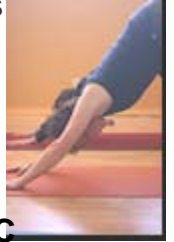


A Registered School with Yoga Alliance

# Upgrade to RYT500 Yoga Teacher Certification!

at SOYA's 300 hour Upgrade Intensives – Take **ANY TWO** Modules

in between Modules research is done for your Specialty Research Project.  
This program is for all RYT200® graduates from any registered Yoga School



## MODULE 1: October 14 to 24, 2010 at Chinook Yoga Studio, Prince George BC

[www.chinookyoga.com](http://www.chinookyoga.com)

**Studies Include:** Hatha Yoga Pradipika, Advanced Pranayama, Intermediate Level Asanas, Therapeutic Modifications, Karma & Reincarnation, Lesson Planning, Sanskrit.

**\$1500 plus hst** No meals provided. Billeting will be provided on request

**Special Guest Instructor Leslie Hall: Ayurveda.** *This portion of training is open registration for all.*



*Leslie Hall is an RYT500 SOYA Yoga Teacher with a passion for health and wellness. She studied Ayurveda over 5 years with Dr. Vasant Lad in New Mexico specializing in Panchakarma, then completed an Intensive at the Ayurveda Retreat Centre in Tamil Nadu, India. Leslie has a delightful way of making this ancient method of healing fun and understandable! Learn about the Doshas and determine your own Prakruti and Vikruti (individual constitution at birth and now). Learn dietary guidelines, Ayur-yoga, and more!*

## MODULE 2: January 20 to 30, 2011 at Chinook Yoga Studio, Prince George BC

[www.chinookyoga.com](http://www.chinookyoga.com)

**Studies Include:** The Upanishads, Koshas, Chakras, Mantras, Hand and Body Mudras, Professionalism, Anatomy and Asana, Review of Yoga Sutras & Gita Studies, Special Research Project.

**\$1500 plus hst** No meals included. Billeting will be provided on request

**Special Guest Instructor Neil Pearson: Anatomy & Asana.** *This portion of training is open registration for all.*



*Neil Pearson (MSc, BScPT, BA-BPHE, RYT500, CYT) is an exceptional educator, a physical therapist and a certified yoga therapist. His presentations, which focus on the interplay of yoga and physiology, are entertaining, engaging and informed by over 20 years of therapeutic practice. Neil spends most of his time working with people with chronic pain conditions, including providing small group therapeutic yoga classes and Phoenix Rising Yoga Therapy. He is a Clinical Faculty member at University of British Columbia and author of the pain-management education book, **Understand Pain, Live Well Again**, and of **Overcome Pain with Gentle Yoga, Level 1 DVD**.*

## MODULE 1: May 10 to 20, 2011 at RAW Fernie Retreat Centre, Fernie, BC

[www.rawfernier.com](http://www.rawfernier.com)

**Studies Include:** Hatha Yoga Pradipika, Advanced Pranayama, Intermediate Level Asanas, Therapeutic Modifications, Karma & Reincarnation, Lesson Planning, Sanskrit.

**Special Guest Instructor to be announced**

**\$1700 plus hst** (daily lunches included)

make it a full retreat! **Pay \$2200 plus hst** (all meals and accommodation provided)

Meals are a great mix of both raw and traditionally prepared cuisine!

**Main Instructors for these Trainings are:**

- Marion (Mugs) McConnell, ERYT500, SOYA, IYTA, SYVCA
- Carla Wainwright, E-RYT500, SOYA, IYTA
- Cindy Szekely, E-RYT200, SOYA, IYTA



Find out more about your Instructors at <http://www.soyayoga.com/tprimaryfaculty.html>

**Registration is recommended 2 months prior to event to allow time for prerequisites:**

- **RYT 200 hr Certification from any Registered Yoga School**
- **Written assignments completed prior to the Intensive Retreat**
- **36 hours of Yoga with SOYA Faculty (paid directly to Instructor). These hours may be completed between module 1 and module 2, focusing on your chosen Special Research Project topic.**

**INFO:** Marion (Mugs) McConnell 250-492-2587 [www.soyayoga.com](http://www.soyayoga.com) [info@soyayoga.com](mailto:info@soyayoga.com)