

SOUTH OKANAGAN YOGA ACADEMY



A Registered School with Yoga Alliance



Upgrade your 200 hour Yoga Teacher Certification to RYT500 hour!

Join us for SOYA's 300 hour Upgrade in Calgary

**at Harmony Yoga Studio#200, 3160-118 Ave SE Calgary 403-809-1402
November 1st, 2009 to November, 2010.**

**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!**

What does the Extended Teacher Training Upgrade look like? It is designed to fit into your working and teaching lifestyle! For one year (17 sessions), student-teachers gather every 3rd Sunday of the month from 8am to 3:30pm. Together they review their completed philosophy homework (one lesson per session), do Asana in various styles and modifications, and practice Pranayama, Mantra and Meditation. In between these meetings, student-teachers attend Yoga Classes or Workshops with Independent SOYA Faculty for an average of 3 hours per week (142 hours in total*).



Choose your styles and teachers as you deepen your practice! Focus this time on the topic of your Specialty Project, such as Yoga for Children, Yoga for Seniors, Prenatal Yoga, Yoga Therapy... the possibilities are up to you!

SOYA's 300 hour Upgrade includes studies in:

- Hatha Yoga Pradipika
- The Upanishads
- Mudras, Chakras, Koshas
- Karma and Reincarnation
- Anatomy and Asana
- Ayurveda and Mantra Therapy
- Yoga Therapy, Modifications, Adjustments
- Sanskrit Pronunciation and Writing
- Special Research Project in Topic of Choice
- Explore Yin, Anusara, Restorative Yoga and more...



Program Tuition: \$1940 including manual, books, and gst Four payments with postdated cheques of \$485 each makes it affordable to do! (Oct 2009, January, April, and August 2010). * Note: Classes and Workshops with Independent SOYA Faculty are not included in the Tuition, as these fees are paid directly to the Instructors of your choice. (see next page for list)

Prerequisites: 200 hr Certification from any Registered Yoga School

**Find out more! Visit SOYA's website at www.soyayoga.com info@soyayoga.com
Contact: Helen Mikuska at 403-809-1402 or email info@harmonyogastudio.ca**

About the South Okanagan Yoga Academy:

The South Okanagan Yoga Academy (SOYA) is a Registered Yoga School with Yoga Alliance established in 1994. We offer workshops, yoga classes, an extensive Teachers Directory, a monthly E-newsletter and a wide variety of Yoga Products from India for sale ON-LINE! We have been training Yoga Teachers to International Yoga Teachers' Association standards for more than 15 years. Our purpose is to share the wisdom of Classical and Modern Yoga with all who wish to learn. We offer Yoga through Teacher Trainings, Philosophy Studies, Distance Education and Satellite locations throughout BC and Alberta!

SOYA programs are Registered with Yoga Alliance, offering:

- 200 Hour Yoga Teacher Training Intensives
- 300 Hour Intensive Upgrade and Extended Upgrade Teacher Trainings
- 500 Hour Extended Teacher Trainings
- 500 Hour Distance Education Teacher Training
- Philosophy Studies in Various Texts and Topics (Hatha Yoga Pradipika, The Upanishads, The Yoga Sutras, The Bhagavad Gita, Chakras, Koshas, Kriyas, Mudras, Meditation, Pranayama.

We will bring our Intensive Programs to YOUR Studio if you have 5 interested participants!
For more info go to www.soyayoga.com or email info@soyayoga.com . Call 250-492-2587.

About Helen Mikuska, ERYT 500, SOYA, IYTA:



Helen is the owner of Harmony Yoga Studio in Calgary, Alberta. She is a certified Yoga Teacher through the South Okanagan Yoga Academy (SOYA) Yoga Teacher Training Program. Helen is also a Registered Yoga Teacher with Yoga Alliance (ERYT) and the International Yoga Teachers' Association (IYTA). Helen has many certifications after 29 years teaching in the fitness industry. She has completed Stott Pilates Intensive-Plus and Advanced Matwork courses, as well as a two-year diploma program in Food and

Nutrition Management.

Helen has travelled to India with her Guru Namadeva Acharya (Thomas Ashley-Farrand), and is an avid student of his Mantra Therapy Teacher Training Course. Currently Helen is expanding her knowledge into Yoga Therapy. Helen leads Yoga Retreats in Mexico for 2 years. She also has been leading the SOYA Teacher Training Calgary Satellite since 2007.



Current Independent SOYA Faculty in Calgary area:

If you have a favourite Yoga Teacher who is NOT on this list, but is Registered with Yoga Alliance or has equivalent standards, email info@soyayoga.com and we will see what we can do to add them to the Independent SOYA Faculty List.

Email Address	First Name	Last Name	Home Phone	City	Prov
andrew.hookey@shaw.ca	Andrew	Hookey	403-271-5645	Calgary	AB
avani-designs@telus.net	Anne	Cox	403-229-1110	Calgary	AB
fforan@telusplanet.net	Fiona	Foran	403-253-3294	Calgary	AB
info@harmonyyogastudio.ca	Helen	Mikuska	403-809-1402	Calgary	AB
krharris@haritec.com	Karin	Harris	403-278-8197	Calgary	AB
pavellidmila@shaw.ca	Laila	Lidmila	403-271-2703	Calgary	AB
yogahave@telusplanet.net	Maggie	Kavanagh	403-225-0580	Calgary	AB
yogahave@telusplanet.net	Melisa	Kavanagh	403-225-0580	Calgary	AB
lili1@telus.net	Oda	Lindner	403-609-3882	Canmore	AB
k.labonte@dharmaspirit.ca	Katherine	Labonte	403-981-3334	Cochrane	AB
	Maya	Prosevec	Danu Yoga		
kristaymca@hotmail.com	Krista	Olsson-Campbell	403-528-3680	Medicine Hat	AB

RYT 300 hr Upgrade	Approximate Outline - Subject to Change		
Prerequisite	philosophy homework-non contact hours		55
Prerequisite	Hours with Faculty Staff between meetings		142
Sunday, October 18, 2009	Orientation/Review of Course	Sun Salutations	8
session 2	Advanced Pranayama Lesson	Yoga for Children, Teens	7.5
3	Specialty Research Project, Deepening Meditation	Modifying Yoga Asanas	7.5
4	Designing Lesson Plans , Sanskrit	Yoga with Partners	7.5
5	Hatha Yoga Pradipika 1	Restorative Yoga	7.5
6	Hatha Yoga Pradipika 2	Yoga for MS & Seniors	7.5
7	Hatha Yoga Pradipika 3	Iyengar Yoga	7.5
8	Hatha Yoga Pradipika 4	Yoga for Joint Issues	7.5
9	Chakra Asanas	Anatomy and Asana	7.5
10	Mudras Lesson, Kosha Lesson	Mudra Demonstrations	7.5
11	Karma & Reincarnation	Anusara Yoga	7.5
12	Managing Yoga Finances/Taxes	Yin Yoga	7.5
13	Upanishads Lesson 1	Anatomy and Asana	7.5
14	Upanishads Lesson 2	Students Teach the Teachers	7.5
15	Upanishads Lesson 3	Ayurveda, Moon Salutations	7.5
16	Mantra Therapy	Practical Exams	7.5
17	more practical exams if necessary, Graduation/Closing	Written Exams	7.5
		Total	325
		Additional Hrs from 200 hr training	200
		Total Hours for 500 hr training	525
NOTE: Chanting, meditation and pranayama is ongoing in these sessions			
Practice Teaching is included in these sessions			
Written and Practical exam dates will be prearranged			
* Topics may vary based on location			