

**REGISTER for SOYA's 300 hour Yoga Teacher Training Upgrade Extended Program  
in Calgary!**

**Become a 500 hour Registered Yoga Teacher!**

This program is for all RYT200® graduates from any registered Yoga School who wish to be RYT500®! Our **Extended 300 hour Upgrades** make it possible for you to fit additional training into your life, while you continue to teach and work. Each location meets for a full Sunday of training every 3 or 4 weeks. In between meetings, Students attend workshops or observe in classes to acquire additional contact hours with Independent SOYA Faculty members, in the preferred Hatha Yoga style of choice.

**This 300 hour EXTENDED Program will be held in CALGARY at Harmony Yoga Studio.** The program runs for 1 year, meeting one Sunday every 3 weeks for 7.5 hours (a total of 128 hours). Fall session begins this September, 2009.

**Program includes studies in:**

Hatha Yoga Pradipika, The Upanishads, Koshas, Mudras, Creating Lesson Plans for Teaching Intermediate Level Asanas, Modifications for Health Issues, Anatomy & Asana, Pranayama, Meditation, Karma & Reincarnation, Professionalism, Finances for Yoga Teachers, Sanskrit Writing, Chanting, and Researching Yoga for a Specialized Topic (such as Yoga for MS, Yoga for Children, etc).

**Program Cost:** \$1940 includes books, manual, gst.

**Prerequisites:**

RYT 200 hr Certification from any Registered Yoga School

Written assignments completed prior to the Intensive Retreat

142 hours of Yoga with Independent SOYA Faculty (paid directly to Instructor), focusing approximately 40 of these hours around your Specialty Project (ie: Yoga for Children, Yoga for Seniors, Yoga for Sports, etc). See the Teacher Directory for Independent SOYA Faculty with a lotus flower by their name, or contact us for a more extensive up-to-date list.

*PLEASE NOTE: Program costs do not include additional required contact hours in Asana with Independent SOYA Faculty members. SOYA Teacher Training meetings will give each student 128 contact hours. Over the duration of the program, student teachers must attend either two 1.5 hour Hatha Yoga classes a week, or workshops to the total of 142 contact hours. Observation of yoga classes is an excellent way to acquire some of these hours at little or no expense. Each location will help you to establish a regular attendance in classes.*

**Contacts:**

Helen Mikuska at [info@harmonyyogastudio.ca](mailto:info@harmonyyogastudio.ca) for exact starting dates and further information.