



SOUTH OKANAGAN YOGA ACADEMY

Yoga Teacher Training Programs

A Registered School with Yoga Alliance



SOYA's RYT300® Upgrade to RYT500 Yoga Teacher Training Immersion at Chinook Yoga Studio, Prince George, BC!

Module 2 of 2, January 20-30, 2011 7am start Jan 20th

**Join us & deepen your understanding of Yoga.
Experience *living* your yoga as you Upgrade to RYT500!**

**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! For feedback
from our other programs, go to <http://www.soyayoga.com/tt300program.html>**



Carla Wainwright; As co-owner of Chinook Yoga Studio in Prince George, BC, she teaches a wide range of classes from Yin Yoga to Pre-Natal. Carla is a certified SOYA 500 hour Yoga Teacher and she established the SOYA Yoga Teacher Training in Prince George. She is a Registered Yoga Teacher with Yoga Alliance (ERYT) and the International Yoga Teachers' Association (IYTA). Carla is a mother of 3 and recently graduated as a Doctor of Medical Heilkunst from the Hahnemann College.



Cindy Szekely started practicing Yoga in 2002, and it was a "love at first practice". She is a Registered Yoga Teacher with Yoga Alliance (E-RYT) and the International Yoga Teacher's Association (IYTA). Cindy has also trained in Yoga Anatomy and Yoga Therapy with Suzi Hatelly-Aldous. She leads SOYA's Yoga Teacher Training programs in Prince George, BC and teaches beginners to intermediate & customized yoga therapy.

Special Guest Instructor Neil Pearson: Anatomy and Asana.



Neil Pearson (MSc, BScPT, BA-BPHE, RYT500, CYT) is an exceptional educator, a physical therapist and certified yoga therapist. His presentations, which focus on the interplay of yoga and physiology, are entertaining and engaging 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 UBC and author of the pain-management education book, *Understand Pain, Live Well Again*, and *Overcome Pain with Gentle Yoga, Level 1 DVD*.

Module 2 of the 300 hour Upgrade includes in-depth studies in: *Module 1 in Fernie BC, May 10-20*

- The Upanishads
- Anatomy & Asana
- Karma & Reincarnation
- Deepening Knowledge of the Chakras
- Deepening Meditation and Pranayama
- Specialty Research Project on Topic of Choice

We suggest all students register 1-2 months prior to the retreat so the written assignments related to the above lessons can be completed prior to the retreat, where we will discuss and practice them in fine detail.

Additional Requirements: In between Modules, students research and study 36 hours with an approved yoga teacher related to their desired Specialty Project, such Yoga for Seniors, Children, MS, etc. Current Emergency First Aid and CPR.

TWO Modules with SOYA in any order are required for the 300 Hr Upgrade to RYT500 certification.

COST: \$1500.00 plus hst. Meals and accommodation separate. Billeting will be provided upon request.

Location of Training: Chinook Yoga Studio, 116-1717 3rd Ave, Prince George BC

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

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