

# SOUTH OKANAGAN YOGA ACADEMY



Yoga Teacher Training Programs

*A Registered School with Yoga Alliance*



## SOYA's RYT200® Yoga Teacher Training Intensive in Calgary, Alberta!

August 7-20, 2010



**Join us & deepen your understanding of Yoga.  
Become a certified & registered Yoga Teacher!**

**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 Vishnudevananda (1978). She is a Registered Yoga Teacher with Yoga Alliance (ERYT500) and has been teaching yoga for over 30 years. She currently is studying Mantra Therapy and teaches Sivananda Yoga, Vinyasas, Mudra and Mantra.



**Helen Mikuska** is the owner of Harmony Yoga Studio in Calgary, Alberta. She is a certified SOYA Yoga Teacher and Fitness and Pilates

Instructor with a Diploma in Food and Nutrition Management. Helen is a Registered Yoga Teacher with Yoga Alliance (ERYT) and the International Yoga Teachers' Association (IYTA). Currently Helen is expanding her knowledge in Mantra and Yoga Therapy. Helen leads the SOYA 300 Hour Upgrade and 500 Hour Yoga Teacher Training Programs in Calgary.



**Katherine Labonte** lives in Cochrane, Alberta where she runs a Holistic Healing practice known as Dharma Spirit. She is a

certified SOYA Yoga Teacher, adept in Sivananda and Ashtanga Yoga. She is a Registered Yoga Teacher with Yoga Alliance (ERYT) and the International Yoga Teachers' Association (IYTA). She is studying Mantra Therapy while she works with other healing modalities such as Nutrition, Colon Hydrotherapy, Iridology, and Live Blood Analysis.

### **200 hour SOYA Training includes studies in:**

- Patanjali's Yoga Sutras
- Bhagavad Gita
- Kriyas
- Chakras
- Meditation
- Basic Pranayama
- Professionalism
- Asanas & Modifications
- Lesson Plans & Teaching
- Sanskrit Pronunciation

**Prerequisites:** 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 more information regarding these prerequisites. We will help you to fulfill them!

**COST:** \$2625.00 including gst payable to OK Yoga Essentials. Meals and Accommodations are separate. Billeting will be arranged if needed, with local yoga students. Let us know if you can billet someone. Let us know your needs and we will help you get settled!

**Location of Training:** Harmony Yoga Studio, #200, 3160-118 Ave SE Calgary 403-809-1402.

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

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