

SOUTH OKANAGAN YOGA ACADEMY



Yoga Teacher Training Programs

A Registered School with Yoga Alliance



SOYA's RYT200® Yoga Teacher Training Immersion in Penticton, BC!

Sept 11-24, 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 Vishnu-devananda (1978) and is the last disciple of Sri Yogiraj Dr. Hari Dickman. She is a Registered Yoga Teacher with Yoga Alliance (ERYT500) and has been teaching yoga Internationally for over 30 years. Currently she is studying Mantra Therapy with Namadeva Acharya and teaches workshops in Sivananda Yoga, Vinyasas, Mudra and Mantra.



Carla Wilkie came to yoga in 2000 and used it as a form of rehab after a car accident. She is a certified SOYA Yoga Teacher with a specialty in Okido Yoga and has been teaching since 2003.

Carla is a Registered Yoga Teacher with Yoga Alliance (ERYT500) and the International Yoga Teacher's Association (IYTA). While in India, she practiced under Sri K Pattabhi Jois at the Ashtanga Yoga Research Institute, spent time at a Sivananda Ashram and experienced a 10 day silent Vipassana meditation retreat. Carla is certified in Thai Massage from the Old Medicine Hospital in Chiang Mai, and runs the Purple Lotus Yoga Studio in Penticton.



Christine Clancy began the practice of Hatha Yoga in 1990 and has been teaching since 1992. She is a certified SOYA Yoga Teacher, and a

Registered Yoga Teacher with Yoga Alliance (ERYT) and the International Yoga Teachers' Association (IYTA). Dedicated to yoga as a life practice, Chris focuses on fundamentals of body alignment, rooting and approaching yoga with humility. She helps her students uncover the 'living' yoga by moving beyond the physical reward toward an inward journey. Chris runs SOYA Teacher Training in Vancouver

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

Additional requirements: 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 guidance regarding these requirements.

COST: \$2800.00 including hst payable to South Okanagan Yoga Academy. Meals and Accommodations are separate. Accommodations available for \$25 a night (\$350 for 2 weeks!) at Sunny Bay Estate on East Side Road from OK Falls.

Location of Training: Sunny Bay Estate Yoga Studio and Purple Lotus Yoga Studio, Penticton.

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

Mailing Address: RR#1, Site 12A, C67, Chase BC V0E 1M0