



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 RAW Fernie Retreat Centre, BC!

Module 1 of 2, May 10-20, 2011 *6pm start May 10th*

**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/tt200program.html>**



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) and Dr. Hari Dickman. She is a Registered Yoga Teacher

with Yoga Alliance (ERYT500) and has been teaching yoga for over 30 years. She currently trains under Erich Schiffmann and studies Mantra Therapy with Namadeva Acharya. She teaches internationally in Classical Yoga, Sivananda Yoga, Vinyasas, Mudra and Mantra, as well as Yoga Philosophy.



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 (ERYT) 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 and runs Purple Lotus Yoga Studio, Penticton.

SPECIAL GUEST TEACHER

Shivani Howe!

A 2 day intensive included for all 300 hour students. *No extra fees!* **Learn the Anatomy & Psychology of Chakras, Advanced Pranayama!**

See her bio & details of weekend below!



Module 1 includes in-depth studies in:

- Hatha Yoga Pradipika, the source of Asana
- Advanced Pranayama & Kriyas
- Therapeutic Modifications for Asanas
- Karma & Reincarnation
- Intermediate Level Asana & Lessons Plans
- Sanskrit Pronunciation & Writing
- 2 days with Shivani Howe, from Rikhia Ashram

*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 are required for the 300 Hour Upgrade program RYT500 certification. They can be taken in any order. For further information on other Modules, please go to www.soyayoga.com

COST: \$1700.00 plus hst (includes daily lunches) OR \$2200.00 plus hst (includes all meals and shared accommodations at RAW Fernie. All payments are made to SOYA by cash, cheque, visa or mastercard. Payment plans available.

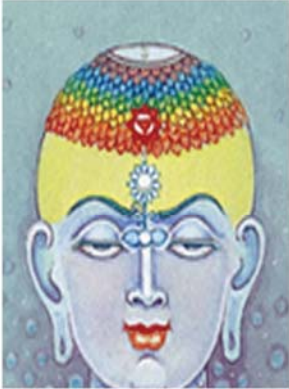
Location of Training: RAW Fernie Retreat Centre www.rawfernieretreat.com 3934 Cokato Road, Fernie, BC 250-423-7633.

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

Mailing Address: #281 – 3980 Squilax-Anglemont Rd, Scotch Creek, BC V0E 1M5

SOYA & PURALUNA Present

2 DAY YOGA INTENSIVE CHAKRAS, PRANAYAMA & YOGA LIFESTYLE



WHEN: SATURDAY 14th & SUNDAY 15th MAY (1 DAY OR BOTH!)

TIME: 9am - 5.30pm Each Day

WHERE: RAW Retreat & Wellness, 3934 Cokato Road, Fernie BC

PRICE: \$175 (+hst) for BOTH days or \$100 (+hst) for one day.

*\$25 cancellation fee up to May 1st. No refunds after May 1st but you are welcome to fill your spot by finding someone else to take your place.

TO REGISTER: please email info@soyayoga.com or call 250-492-2587

SATURDAY - Chakras Intensive: - Anatomy, Psychology, Asana.

Most often we learn about the chakras on an intellectual level, however we may never have a direct experience of them.

The chakras are portals of wisdom that connect our physical and subtle bodies. In this workshop you will learn techniques that will open your understanding of these portals and enable you to access deeper treasures on your yogic journey. You will be guided on an embodied experience of the chakras through Asana for the physical, Pranayama for the energy body, Mantra for the mind and psychology for yogic lifestyle. Chakra Shuddhi, a powerful tantric meditation practice which purifies the chakras, will also be taught.

Through these lotus' of light you can truly understand where you are on your path, your strengths, weaknesses and what gifts you have to offer yourselves and those around you.

SUNDAY -Advanced Pranayama: more than breathing.

This workshop offers yet another opportunity to deepen your practice with the 4th "limb" of yoga, pranayama.

Pranayama are techniques that purify and refine the subtler energies of the body. Prana while usually interpreted as the breath, is actually a more subtle form of energy that integrates the soul to the body and holds the body in balance. Simply said, prana is the life force, the shakti behind our human experience.

Practicing pranayam in addition to asana is essential to prepare for practicing meditation and experiencing the different layers of "Self".

-Yoga Lifestyle: taking your yoga off your mat.

We dedicate our energy to our practice on the mat and often talk about how our practice transforms our whole life, but how does yoga really become a lifestyle? What tangible techniques can we take into our world to bridge the gap between our down dogs and our daily life?

Through an understanding and exploration of the Chakras, Koshas, the Jnanendriyas (senses) and Karmendriyas (actions) we can understand how these aspects of Yoga influence us every moment. Explore how your chakras form your personality and how they effect your daily interactions with people. Learn techques to raise your core vibration and transform the world around you by transforming yourself.



This workshop is open to all. It is also part of the SOYA 300 hour Upgrade Teacher Training and is eligible for Yoga Alliance CEUs



SHIVANI'S BIO

Founder of the Living Yoga Society, and a native of New Zealand, Shivani Howe came into her career after she found herself needing to take a new approach to life. In 2001, she was diagnosed with advanced endometriosis, and began looking for alternative ways to relieve her body of this supposedly incurable disease. It was then she discovered the ancient philosophy of Yoga. The age-old art brought harmony to her life and body, and unraveled the stresses of her illness from its source.

She moved from New Zealand to North America in 2002 where she obtained formal certification as a Yoga Teacher in Toronto (500 hour registered course with the Yoga Alliance). Each year Shivani takes a pilgrimage back to India to further her training and perform seva (service) in Rikhia Ashram, India, where she has been initiated into the Satyananda and Sivananda Lineages as a Karma Sanyassin.



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