



SOUTH OKANAGAN YOGA ACADEMY

Yoga Teacher Training Programs

A Registered School with Yoga Alliance



SOYA's RYT200® Yoga Teacher Training Immersion at Sunny Bay Estate near Penticton BC!

May 5th to 19th, 2012 starts 5pm May 5th

Join us in this beautiful location with indoor and outdoor yoga spaces, deer visiting daily, all while you deepen your understanding of Yoga. Experience *living* your yoga & become a certified 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! 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 studies Mantra Therapy and teaches internationally in Classical Yoga, Sivananda Yoga, Vinyasas, Mudra and Mantra, as well as Yoga Philosophy.



Carla (Kamala) 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. Carla currently is training to become Anusara Inspired. She is certified in Thai Massage and runs Purple Lotus Yoga Studio in Penticton.

200 hour SOYA Training includes in-depth studies in:

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

*We suggest all **students register 1-2 months prior to the retreat** to complete the written philosophy assignments prior to the retreat, where we will discuss and practice them in fine detail. These lessons will change your life!*

Additional Requirements: Anatomy and Physiology (online course option available at www.ed2go.com), Emergency First Aid and CPR, and 30 hours of Yoga with an approved Yoga Teacher in your area. Please inquire for more information regarding these requirements towards 200 hour certification. We will help you to fulfill them!

COST: \$2500.00 plus hst (\$2800). Payments are made to SOYA by cash, cheque, visa or mastercard. Payment plans available. Accommodations available at Sunny Bay Estate (\$25 a night for a total of \$350 cash or cheque to Marsha Saldat). Kitchens available for preparing your meals.

Location of Training: Sunny Bay Estate <http://www.sunnybayestate.blogspot.com/> Sunny Bay Road between Penticton and OK Falls. Directions provided upon registration.

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

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