



The 200hr Yoga Teacher Training with a Therapeutic Focus is for those who want to teach Yoga as a healing art or deepen their own personal practice. Along with offering Yoga classes with a focus on health and healing to the general public, you will learn tools and techniques to teach Yoga-based wellness programs in a wide variety of complementary health care settings. The 200Hr Integrative Yoga Teacher Training with a Therapeutic Focus immersion program is from the lineage of Joseph and Lillian Le Page and utilizes their training manual coupled with hands on expertise and wisdom from Nancy Levenson, an IYT Affiliate Teacher Trainer.

This program is open to anyone with a basic foundation in Yoga and is especially suitable for body-workers, health care professionals, Yoga instructors, therapists and anyone desiring to deepen their practice.

IYT teachers also develop special focus programs, such as Yoga for back care, depression, seniors, stress management, and many other health conditions. This program is registered with the Yoga Alliance as a 200-hour Teacher Training certification program (RYT-200).

Nancy Levenson is an IYT Affiliated Teacher Trainer and this program will prepare you for the 500hr Professional Yoga Therapist certification training program. Visit <http://www.iytyogatherapy.com> to learn more about Integrative Yoga Therapy.

200 hr. Course requirements for graduation are

- Mandatory - 180 Hours classroom time
- 3 hours group and private lessons under staff guidance
- Up to 20 additional hours group class time or independent research & study

2012 Course Dates

January 13, 14, 15-October 12,13,14

Meets the second weekend of every month for Ten (10) months

Friday night from 5:30-9:30p

All Day Saturday 7:00a-6:30pm

Sunday 7:00a-2:00p

Program Cost - \$2,395. A \$500 deposit holds your space and is due upon application submittal and no later than December 15, 2011. All program costs must be paid by January 10, 2012. Additional costs apply for program books. Contact Nancy Levenson for additional questions at nancy@namasteworksyoga.com.

