



Yoga Teacher Training Directors

Lisa Garner Santa started teaching yoga in 2007 after graduating from the Kripalu Center for Yoga and Health. She teaches Yoga and the Creative Arts: Philosophy and Practice at Texas Tech University, where she is also Professor of Flute. She continues the study of Sanskrit and philosophy with Dr. M.A. Jayashree and M.A. Narasimhan, of the Anantha Research Foundation in Mysore, India. In 2011 and 2015 she studied at the K. Pattabhi Jois Ashtanga Yoga Institute (KPJAYI) as a student of Saraswati Jois. Lisa served as a faculty assistant at the Kripalu Center for Yoga and Health in the summer of 2012.

Selina Vaughn Selina Vaughn took her first yoga class in 2005 and was instantly inspired by the healing power of this ancient practice. She attended yoga teacher training at the Kripalu Center for Yoga and Health, in Stockbridge, MA, earning her 200 hour certification in 2008, and her 500 hour in 2010. She recently completed Yoga Therapy training at Yoga Yoga in Austin. Selina teaches from experience in a variety of styles, including Kripalu, Ashtanga, Yin, Restorative, and Yoga Therapy. Using the techniques and principles of yoga, she has been working with people of all ages to improve their level of health and reduce stress.

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Yoga Shala Lubbock

Yoga Teacher Training (YTT) at the Yoga Shala Lubbock is designed to creatively nurture and support Lubbock's growing yoga community. Our goal is to graduate educated, inspired, and compassionate teachers who, through a scientific understanding of the functional aspects of yoga and the mindful application of yogic philosophy, facilitate safe class experiences that are sensitive to the individual as well as to the group. Yoga Shala Lubbock is dedicated to offering the highest quality training through an exceptionally designed curriculum, interaction with a diverse and highly respected faculty, and adherence to the highest ethical standards.

It is strongly recommended that applicants have a minimum of six months experience with a Yoga Alliance Registered Yoga Teacher (RYT) prior to embarking on the Yoga Teacher Training program.

Tuition and Fees

Application Fee: \$99 (Will be applied toward tuition upon acceptance)

Tuition: \$2910 due by August 10, 2018

Early Bird Discount: \$2790 by July 2, 2018

Pay as you go: \$3240 (9 equal payments of \$360)

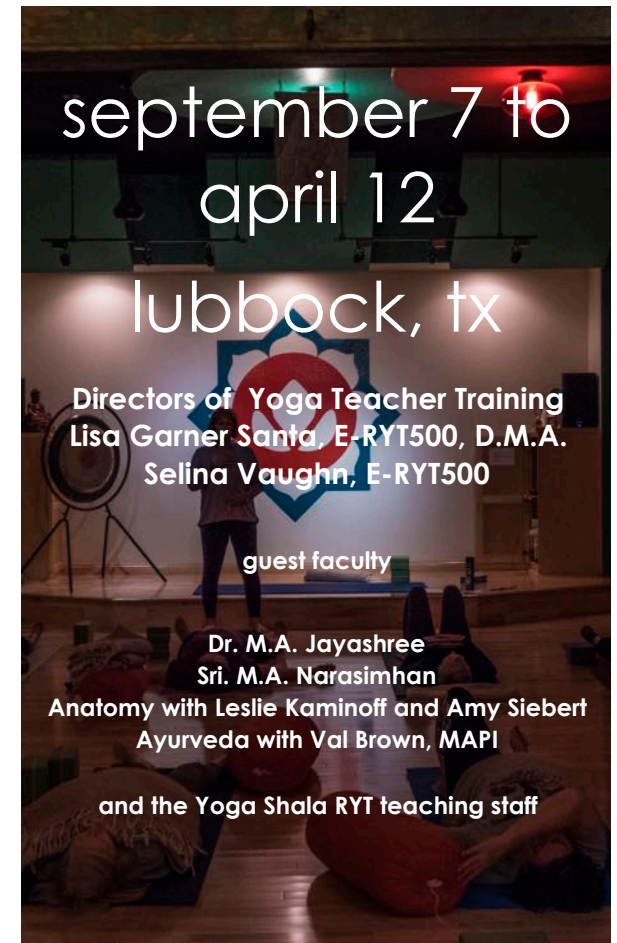
\$600 non-refundable deposit due upon acceptance.

Tuition includes all instruction (including unlimited classes at the Yoga Shala) and the Curriculum Manual. It does not include room and board or required text books.

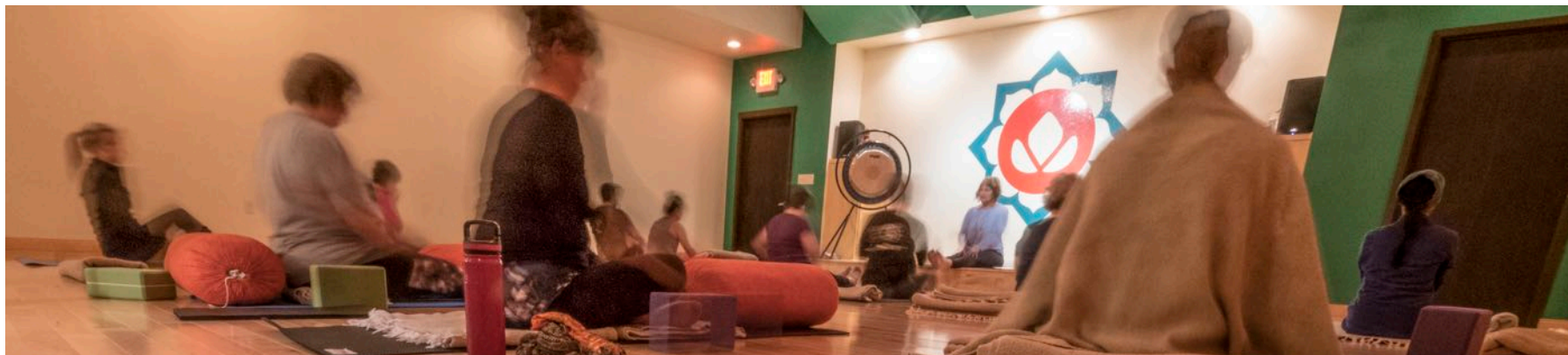
Limited Enrollment

YOGA SHALA

200-hour yoga teacher 2018 - 2019



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yoga teacher training 2018 - 2019

Is Yoga Teacher Training for You?

Has yoga already begun to transform your life?

Would you like to support and connect with others on the yogic path?

Would you like to deepen and build your personal practice?

Are you ready to accelerate the evolution of your practice even if you don't plan to teach yoga?

How Do I Apply?

Visit hwy108.com - Yoga Shala - Teacher Training.

Send the completed application (found online) and \$99 application fee to:

Yoga Teacher Training
Yoga Shala Lubbock at HWY108
4410 50th St.
Lubbock, TX 79414

Email yogashala@lubbockhwy108.com for additional information.

Training Schedule

WEEKLY SESSIONS	Sundays 1:00-6:30pm	<i>The Training Schedule is designed to allow local participants to enroll in YTT while remaining engaged in regular work or university related activities.</i>
Sept. 23, 30	Plus an average of 3 yoga classes per week at the Yoga Shala during the duration of the training.	
Oct. 21		
Nov. 11		
Dec. 2, 16		
Jan. 27		
Feb. 3, 24		
Mar. 3, 24		
Apr. 7		
6 WEEKEND INTENSIVES	Fridays 5:30-9:00pm	Philosophy
Sept. 7-9	Saturdays 9:00am-4pm	Ayurveda
Oct. 5-7		Anatomy I
Nov. 2-4		Anatomy II
Jan. 11-13	Sundays 2-5pm	Meditation
Feb. 8-10		Special Populations
Mar. 8-10		

Participants must attend both weekly sessions and weekend intensives. 100% Attendance is required.

Yoga Teacher Training Curriculum

100 Hours - Yoga Technique: Asana (Postures), Pranayama (Breathing), Mudra (Hand Positions), Bandhas (Energy Locks), Meditation Practices, The Language of Yoga, Sequences and Flow.

30 Hours - Yoga Methodology: Exploration of Asana Traditions as well as How to Work with Children, Seniors, and Expecting Mothers.

30 Hours - Yoga Philosophy: The History of Yoga, The Yoga Sutras of Patanjali, The Branches of Yoga, Ashtanga Yoga (Eight Limbs of Yoga).

30 Hours - Anatomy and Physiology: The Musculoskeletal, Respiratory, Circulatory, Endocrine and Digestive Systems and Their Relationships to Yoga Asana and Flow, The Subtle Energy Systems.

10 Hours - Student Practicum: Documented Practice Teaching.

Students who successfully complete the Yoga Shala Lubbock Yoga Teacher Training qualify to register with the Yoga Alliance.

