



The Still Point Yoga Teacher Training Course

This is a year long course in all the basics of Hatha Yoga. It takes place one weekend a month for a full year. Its venue is the beautiful Still Point Retreat Centre on the Bay of Quinte. At the end of the course the student who successfully completes the course and the final examination will be qualified and certified to teach Hatha Yoga.

The course will cover in various degrees of detail the following topics:

Asanas (postures):

As this is how Hatha Yoga manifests in the western world we will spend many hours in yoga practice and analyzing specific postures.

Yoga and Vedanta:

Here we explore, in some depth, the philosophy behind our yoga practice.

Meditation:

Every day we sit in practice *sitting* meditation and of course *active* meditation. We also explore the philosophy and techniques of meditation.

Classes:

We explore, in various degrees of detail, a number of different types of yoga classes.

Anatomy and Physiology:

In great detail we explore the workings of the body. There will be special emphasis on yoga posture related muscles and skeletal alignment.

Pranayama:

Basic breathing techniques are cover in detail.

The Bhagavad Gita;

We will explore this most sacred of the Hindu texts.

Chanting:

We chant every day and the student will learn a variety of chants from around the world.

Every weekend is an intensive workshop. It breaks down as follows:

- Friday, two hours of hatha yoga
Two hours Satsanga
- Saturday, two and a half hours meditations and hatha yoga
Six hours of lectures/asana workshops
Two hours Satsanga
- Sunday, Two and a half hours meditation and hatha yoga
Four hours of lectures/ asana workshops
- Total hours are twenty one hours per weekend

Grand total is 21 hours times 12 months equals **252 hours** plus homework, plus personal practice, plus personal teaching (totals to about 500 hours overall).

For more information, email us at: stillpoint@kos.net and visit our website at www.stillpointyogaretreat.com.