



Peace through Yoga Teacher Training (YTT)

Peace through Yoga Teacher Training is a comprehensive introduction to the heart and science of yoga. Our 200-hour program will prepare you to be a transformational yoga teacher that embodies authenticity, passion, compassion, love and integrity trusting the process and holding sacred space. You will possess a foundation to teach with clarity and confidence as well as deepening your own yoga and spiritual practice.

Requirements:

All applicants must have a consistent yoga practice of at least one year. A completed application and a deposit of \$200 is part of the interview process.

Tuition and Payments:

Tuition is \$1950. \$200 is due upon applying; \$600 due two weeks prior to class starting; \$600 due sixty days after first class; and balance of \$550 is due ninety days after training begins.

Cancellation Policy:

A \$200 cancellation fee will apply once accepted into the training and cancellation is in writing. If cancellation occurs after training begins, a \$500 cancellation fee will apply after the first 30 days of training and complete tuition after the balance is paid 90 days after training begins.

Mailing Address:

Peace through Yoga
6040 DeLong Road
Indianapolis, IN 46257

2010/2011 Training Class

August 25, 2010 – February 16, 2011

Wednesday nights – 5:30-9:30 p.m. (Excluding the following Wednesday: 10/20, 11/24, 12/22, 12/29, 1/20)

Four Saturdays – 8:30 a.m.-4 p.m.: September 25, November 13, January 8, February 5

To apply, download the attached PDF file, fill out the application questions and return the application as directed. If you have additional questions or need more information, please contact us at info@peacethroughyoga or call 317-679-1168.

[CLICK HERE FOR APPLICATION](#)

Training Standards

In order to become a Registered Yoga Teacher with *Yoga Alliance* and be listed on the Alliance's registry, an instructor must demonstrate completion of the following training hours:

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|--------------------------|-----------|
| * Yoga Technique | 100 hours |
| * Teaching Methodology | 20 hours |
| * Anatomy and Physiology | 20 hours |
| * Philosophy and Ethics | 20 hours |
| * Practicum | 10 hours |
| * Electives | 30 hours |

Our program meets and exceeds the requirements set by Yoga Alliance. Graduates receive certification as Hatha Yoga Teachers and will be eligible for the National Yoga Alliance Teacher Registry.

Our yoga training will provide an opportunity to become a transformational teacher in a safe and sacred space. The outcome will be more than just learning about asanas (the physical aspect of yoga), but also about pranayama and meditation---all parts of the eight limbs of yoga. Each individual will obtain confidence, clarity, and communication skills to effectively teach yoga.

Required Reading

- [The Heart and Science of Yoga](#) by Leonard Perlmutter
- [Yoga Anatomy](#) by Leslie Kaminoff
- [A Handbook of Chakra Healing](#) by Kalashatra Govinda

Recommended Reading

- [Light on Yoga](#) and [The Tree of Yoga](#) by BKS Iyengar

- Yogabody: Anatomy, Kinesiology, and Asana by Judith Hanson Lasater Ph.D.
- Asana, Pranayama, Mudra, Bandha by Sw. Satyananda Saraswati
- The Sivananda Companion to Yoga by The Sivananda Yoga Center
- Yoga Nidra – The Meditative Heart of Yoga by Richard Millier, Ph.D. (with CD)
- Autobiography of a Yogi by Paramahansa Yogananda
- The Bhagavad Gita by Eknath Easwaran or any translation
- Meditations for Dummies – Stephan Bodian and Dean Ornish
- The Heart of Yoga by Deskiachar
- Self-Awakening Yoga by Don Stapleton, Ph.D.
- Kundalini Tantra by Sw. Satyananda from the Bihar Ashram

Director of Teacher Training

Dr. Sally Brown, RYT, has been studying yoga for over a decade and opened her own studio, *Peace through Yoga*, in 2003. Sally teaches a variety of styles ranging from gentle Kripalu and Yoga Therapy to a Power Vinyasa. She has had the fortunate opportunity to have been instructed by some of the world's top teachers. Sally has expanded yoga as an outreach into corporations, schools, and hospitals.

Sally leads annual yoga and meditation retreats to destinations like Costa Rica, France, and India, mixed with adventure and/or humanitarian service. Sally also leads an annual Seva Challenge with Seane Corne and Suzanne Sterling through *Off the Mat and Into the World* to place like Cambodia and Uganda. Sally has traveled to over 130 countries and enjoys teaching yoga to children as she travels around the world. Click [here](#) for more information.

