



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

September 7, 2010 – May 25, 2011

Tuesday nights – 5:30-9:30 p.m. (Excluding the following Tuesdays: 12/21, 11/23, 3/30,)

Four Saturdays – 8:30 a.m.-4 p.m.: TBA per students' choice.

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 ytinfo@peacethroughyoga or call 317-225-7867.

[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:

* 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 of Yoga](#) by T.K.V. Desikachar
- [Yoga Anatomy](#) by Leslie Kaminoff
- [Yoga For Wellness](#) by Gary Kraftsow
- [The Yoga Sutras of Patanjali](#) by Sri Swami Satchidananda

Recommended Reading

- Light on Yoga and The Tree of Yoga by BKS Iyengar
- Chakra Meditation by Swami Saradananda
- 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 Living Gita by Sri Swami Satchidananda or any translation
- Insight Meditation by Sharon Salzberg and Joseph Goldstein
- Science of Breath by Swami Rama, Ballentine, M.D., Hymes, M.D.
- Self-Awakening Yoga by Don Stapleton, Ph.D.
- Ayurveda And The Mind by Frawley

Director of Teacher Training

Christine Yovanovich has studied yoga for the past eight years. It was during her studies in Master's of Medical Sociology when she realized just how broken our medical system has become. This is when she became certified as yoga instructor to help bring to others what this ancient healing art has brought to her ~ Healing!

Christine first studied meditation under the direction of Charles Krinshaw and then became a student of Paramahansa's Self Realization Fellowship in Los Angeles. She is currently Kriyaban eligible. She was certified as a yoga instructor under the guidance of Marsha Pappas and Nikki Myers at Cityyoga. She is currently finishing her 500 hr. teacher training at Cityyoga.

She continues her studies through Anusara yoga and is most interested in yoga therapy and the effects of yoga on creative processes. She has also been blessed to have been trained by many nationally and internationally known yoga instructors. These teachers taught in the areas of Iyengar, Anusara, Kriya, Vinyasa, Ashtanga yoga, and Ayurveda.

Christine currently teaches stress reduction for several business and school corporations in addition to yoga studios in and around the Indianapolis area.

