

**Yoga Aims RYS**  
**TEACHER TRAINING ANNOUNCEMENT & PAYMENT INFORMATION**

**DATES OF TRAINING**

*Flexible per trainee*

**HOURS OF TRAINING:**

*Flexible per trainee*

**FORMATS OF TRAINING:**

**100% Online Approved by Yoga Alliance**  
**Hybrid In-person and Online**  
**In-person**

**LOCATION OF STUDIO:**

**106 South 6th St., Gadsden, AL, USA**

**COURSES INCLUDED:**

*HISTORY OF YOGA, 8 LIMBS OF YOGA, SYSTEMS OF YOGA, STYLES OF YOGA, SANSKRIT, PRANAYAMA TECHNIQUES,  
BANDHAS, MEDITATION TECHNIQUES, AYURVEDA  
CHAKRAS, KOSHAS, KLESHAS  
DETAILED DISCUSSION OF THE YOGA SUTRAS  
SCIENCE OF YOGA: HUMAN ANATOMY, ANATOMY TERMINOLOGY  
TEACHING YOGA IN PREGNANT WOMEN, KIDS AND SENIORS  
SPECIALTY YOGA: CHAIR, SUP, AERIAL  
YOGA AND HEALTH EMPOWERMENT  
GROUP ASANA PRACTICE  
DETAILED STUDY OF ASANAS/POSTURES  
CREATION OF YOGA CLASS SEQUENCE  
PRACTICE TEACHING WITH ACTUAL YOGA STUDENTS  
USE OF ASSISTS, ADJUSTMENTS, MODIFICATIONS AND DEEP TOUCH  
USE OF THEME, MUSIC AND PROPS  
YOGA AND COMMUNITY SERVICE  
YOGA ETHICS  
BUSINESS OF YOGA*

**TOTAL TUITION:**

**200-hour \$2,750; 300-hour \$3,500**

**(Deposit of \$600 is required to register)**

*A careful evaluation of application will be undertaken.*

*Payments are **NONREFUNDABLE on the first day of training.***

*A payment plan is available upon request.*

*Cash, checks are acceptable forms of payment.*

*Trainees must attend all sessions to complete the training program.*

*Session dates are flexible under special circumstances (medical, weather)*

*Make-up hours are available upon approval: \$30 per hour.*

**FOR MORE DETAILS, CONTACT:**

**Aimee Quizon**



**Yoga Aims Studio, RYS 200, RYS 300**

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