

October 2019 – June 2020

# 200hr Vinyasa Teacher Training\*

with Melody Roberts, Owner of Sacred Path Yoga Studio

*"Yoga is the study of balance, and balance is the aim of all living creatures, it is our home." –Rolf Gates*



This program is a 200 hour Vinyasa Teacher Training affiliated with **Rolf Gates Vinyasa Yoga**. As such it will be a mentally, physically and emotionally challenging process designed to enable serious students to become inspired teachers. You will practice asana, meditation, and pranyama to the point of proficiency and beyond. Your knowledge

of Yoga theory will deepen to the point that it will become an aspect of the fabric of your life and of everything you do and say as a yoga teacher. You will learn to teach classes that combine a consistent therapeutic vision with the inspired spontaneity that is the hallmark of Vinyasa Yoga. You will develop a thorough understanding of the elements of the therapeutic principles of Yoga and be able to design a class or teach a pose in such a manner that your students will immediately embody those principles.

#### SCHEDULE:

October 2019 – June 2020

October 11 – 13, 2019  
November 8 – 10, 2019  
January 10 – 12, 2020  
February 7 – 9, 2020

March 20 – 22, 2020  
April 17 – 19, 2020  
May 15 – 17, 2020  
June 12 – 13, 2020

#### LOCATION:

Sacred Path Yoga, 1146 West Jefferson Street, Shorewood, IL

**TO REGISTER:** [info@sacredpathyoga.com](mailto:info@sacredpathyoga.com), 815-744-3390  
[www.sacredpathyoga.com](http://www.sacredpathyoga.com)

#### The Teacher Training Curriculum will include:

- \* Mastery of the basic techniques of Asana
- \* Mastery of the basic techniques of Meditation
- \* Mastery of the basic techniques Pranyama (Breathwork)
- \* The therapeutic alignment principles of Yoga
- \* Finding alignment within and without
- \* The art of sequencing a class flow
- \* The proper use of tempo in a class
- \* How to use your voice and language for impact
- \* Your class as a transformative space
- \* The art of themeing in your classes
- \* Teaching modifications for all class levels
- \* Teaching to beginners
- \* The anatomy and physiology of Yoga
- \* Nutrition as a support to practice
- \* Study of The Yoga Sutras
- \* Cultivation of the Eight Limb Path as a path of action
- \* Integrating the three elements of spiritual practice into your life
- \* The role of the teacher
- \* The role of practice
- \* The art of sustaining change
- \* Moving from Source



*\*This is a 200hr Rolf Gates Vinyasa Affiliate Training*



Registered Yoga School  
This is a 200hr  
Yoga Alliance  
Certified  
Training