



Back Bay Yoga Studio Teacher Training

This training, the first of its kind to be offered by the Back Bay Yoga teaching community at Back Bay Yoga, is going to be an incredible learning experience for all. Whether you have considered doing a

teacher training for some time, or you are interested in deepening your own practice and understanding of yoga, this training will transform and grow you in ways that can be dreamt of but not by the mind.

Co-taught by the über talented
Nicole Clark and Kate Greer

Managed by task master and cheerleader Lynne Begier
Admin support by the amazing Deb Delaurell

WHAT YOU WILL LEARN

- Teaching techniques including demonstrating, sequencing, and assisting
- Correct alignment and action for traditional Hatha postures
- How to work with injuries and ailments
- Meditation and room-centering techniques
- Pranayama or breath work
- Om-ing and Chanting
- Introductory Anatomy in relation to yoga
- Yogic Philosophy and Lifestyle
- A yoga 'game plan'; intro to business of yoga
- How to bring greater joy to your own life and those of everyone around you!

WHAT YOU CAN EXPECT

- Professionalism and deep respect from your teachers at all times
- Ties to the community of Back Bay Yoga trainees and teachers that will extend well beyond the duration of the course.
- Every day of training will open and close with a master class taught by Nicole, Kate or a special guest ;-)
- A deepened understanding of yourself through the practice of yoga and tools to change your relationship to the world around you through yoga
- A lot of laughter and smiles, maybe even some tears by the end.

8:00 am-5:30 pm EACH DAY

October 11–October 17
November 6–November 7
November 13–November 14
December 4–December 5
January 8–January 9
January 22–January 23
February 19 - February 20
February 26 - February 27

Details For Payment

\$500 Deposit Required To Hold Your Place. Non Refundable. \$2900 If Paid In Full By September 1st / \$3000 Thereafter

Payment Plan Option

Because We Love Our BBY Peeps!
\$500 Deposit, then \$500 billed on the first of October, November, December, January and February.
Payment auto-billed to your credit card on file.

