

YOGAMAZÉ

Los Angeles

200 Hour Teacher Training Focus, Fundamentals & Foundation

This yoga immersion and training is a journey of self-discovery and education into the foundational pillars of yoga. It is designed for interested and committed yoga students, aspiring teachers and teachers—every level of experience. This course focuses on asana, pranayama, and meditation, applied anatomy and therapeutics, yoga history and philosophy, basic sanskrit, and foundational teaching skills. Expand and improve your practice, learn a ton that you can incorporate into every aspect of your life, be part of a group of inspired and inspiring people and explore the path of teaching and dissect many disciplines of yoga. You will understand the methodology and reasoning behind practicing and teaching yoga. Here, you build and strengthen the foundation of your yoga, and you gain skills to teach a well rounded and cohesive yoga class with skill, compassion and integrity. Our training also marks the beginning of finding and deepening your voice as a teacher, as you become free and safe—held in the support of strong formulas and fundamentals. At the end of this training you will receive a certificate which qualifies you to register with Yoga Alliance at the 200 hour RYT level.

GENERAL STRUCTURE

The 200-Hour teacher training meets and exceeds Yoga Alliance standards and is comprised of four 6-day on-site weeks in Los Angeles, each averaging 45 classroom hours, and includes:

- Majority of hands-on hours taught by Noah Mazé in an intimate setting with no more than 45 students
- Curriculum created and tailored by Noah specifically for the 45 individuals enrolled in the 200 hour program
- Participation in a larger weekend Philosophy Immersion taught by Noah Mazé and Dr. Douglas Brooks
- A private Facebook forum to correspond with Noah and classmates directly, monitor progress and ask questions
- Continuing course work/homework between on-site sessions
- Regular online meetings

CONTENT

Building a knowledge base for reference in instruction, you will gain a deep understanding of functional anatomy and physiology and how these relate to breathing, asana generally, inversions, and the nervous system. You will study the history of the Yoga traditions—its major philosophical schools and movements, with a special focus on Tantric traditions. As the course progresses, you will learn the art of teaching as we study various formulas of teaching and asana traditions. You will gain an understanding of the meaning behind these asana systems to help you and develop your authentic teaching style. You will focus on 3 areas of study:

- Theory and Practice of Yoga
- Yoga Philosophy
- The Art of Teaching

PRE-REQUISITES

- At least one year of regular practice is recommended
- No prior teaching experience is required
- You do not need to be flexible or injury free
- Dedication, motivation and self directed studentship of yoga and the path of teaching
- Willingness to participate fully in group process, able to give and receive feedback
- Required: Fundamentals of Teaching Yoga Poses Online Course



Noah Mazé's fierce and compassionate dedication to yoga inspires and holds space for students to journey deeper into body, heart, mind, and spirit than they ever could have imagined. Noah teaches internationally and online and lives with his family in Los Angeles. Learn more about Noah www.noah-mazeyoga.com Take Noah's classes: www.yogaglo.com

DATES *

- Module 1: April 11-16, 2014
- Module 2: June 17-22, 2014
- Module 3: August 8-13, 2014
- Module 4: November 4-9, 2014

TUITION *

Early Bird payment in full

Take a \$1,000 discount when you pay the total amount up front by March 7. \$2,500 non-refundable one time payment

Regular payment in full

Take a \$500 discount when you pay the total amount up front March 8-April 11. \$3,000 non-refundable one time payment

Divide your tuition into 4 payments

- \$3,500 non-refundable divided into four payments of \$850
- \$850 deposit holds your space
- 2nd \$850 due before June 9, 2014
- 3rd \$850 due before July 28, 2014
- 4th \$850 due before October 27, 2014

* all payments are non-refundable

AT YOGAMAZÉ LOS ANGELES 169 N. La Brea Ave.
TO REGISTER yogamaze.net info@noahmazeyoga.com

