

THE DEEPER STUDIES

Meditation & Yoga

The Deeper Studies of Meditation and Yoga teacher training is a registered Yoga Alliance 200 hour training program. The program meets on Thursday and Saturday, September through April. Sessions are held at either Still Point Yoga Center, located in Blackwood, or at The Yoga Center of Haddonfield. Training dates and locations are outlined below:

Thursday evenings sessions are from 6:30pm - 9:30pm

Saturday afternoon sessions are from 1pm - 6pm

Italicized dates represent choice of either Thursday or Friday evening Meditation

Orientation:

September 5th: 1:00—3:00pm

Class Sessions:

September: *10, 11*, 17, 24, 26

October: 1, 3, 8, 15, 17, 24, 29, 31

November: 5, 7, 19, 21

December: 3, 5, *10, 11*, 17, 19

January: 7, 9, 21, 23, 28, 30

February: 4, 6, *11, 12*, 18, 27

March: 6, 11, 13, 18, 25, 27

April: 1, 8, 10

Tuition: \$2,700

\$200 deposit is required when submitting your application. The deposit will be refundable prior to training start date, less a \$50 processing fee. Once the program begins refunds will not be given. The refund policy will be addressed at orientation.

Program Directors: Darlene DePasquale and Cathy Landschoot

Other Program Instructors: Nita Speilberg

Required Materials (to be purchased by student):

Kripalu Yoga On and Off the Mat by Richard Faulds

The Breathing Book: Vitality & Good Health Through Essential Breath Work by Donna Farhi

Anatomy Book - The Key Poses of Hatha Yoga Vol. 2 by Ray Long MD

This meditation and yoga teacher training program is highly experiential in nature. You will study the many dimensions of yoga asana's as well as the Art of Self Inquiry Meditation. Focus will be spent on learning, aligning and energetics of yoga asana, Patanjali's 8 Limb Path, Meditation, Teaching Methods, chanting, chakras, business skills, anatomy & physiology. In addition, special interest segments will be explored such as: Restorative Yoga, DanceKinetics, Yogassage, and Prenatal Yoga. Program hours not listed above also include, meditation classes, yoga classes, practice teaching, assisting, observing yoga classes, and student projects.