

CHARLESTOWN YOGA

Basic Level – 200 hr – 6 month program

Yoga Teacher Certification – January 2012 through June 2012



Program is approved by the National Yoga Alliance

26 weeks of asana classes at Charlestown Yoga plus Sunday weekend intensives at Charlestown Yoga & B Yoga Center

Thursday Evenings from 7:30-10:00 PM
Sunday Workshops from Noon – 6:00 PM

Sunday Intensive Schedule:

(Subject to change until program begins)

January 8th & 22nd (Science of Yoga, Ayurveda, Restorative, Anatomy 1)

February 5th & 19th (Anatomy 2 & 3, Pranayama, Partners Yoga)

March 4th (Yoga Philosophy 1 & Meditation)

March 18th & April 1st (Yoga Philosophy 2, Sanskrit, Anatomy 4, Yoga for Trauma)

April 15th & May 6th (The Chakras, Structural Alignment 1, Assists, Yoga Therapeutics)

May 20th, June 3rd & June 17th (Yoga Anatomy 5, Yoga Philosophy 3, Structural Alignment 2, Yoga & Energy)

Course Requirements

- **Tuition is \$2900.00** which includes training curriculum and required books
- Convenient monthly payment plans available, and credit cards (MC/VISA only) are accepted.
- **\$600.00 deposit** is required to reserve a space. The full deposit is applied to the tuition.
- The remaining balance of \$2300.00 (plus \$20 processing fee) can be paid in a monthly payment plan over 6 months: \$370.00/month. - **MC/VISA must be on file** for monthly payments. Total cost using this option is \$2920.
- **10% discount on the tuition if paid in full the first day of class** (\$2010.00 remaining after deposit)
- Class attendance is mandatory – please make every effort to attend class each week since the curriculum is designed to transform you in a six month period.
- If you miss a class you may make up contact hours at B Yoga Center.
- Weekend intensives must be attended – you may make-up a weekend in the next course. You can also contact the faculty of the weekend you missed to see if you can make up with them at your own expense.
- If you miss a weekend you will receive a provisional certification upon graduation (meaning the hours must be finished before you are fully certified to become a Registered Yoga Teacher.

Contact Information:

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Owner

Charlestown Yoga

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