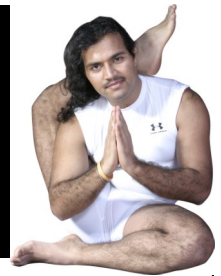


# TEACHER SUNDEEP TYAGI

## 'FREEDOM YOGA'



Georgian College  
is offering a  
200 Hour  
(25 Lessons)  
Part-time Yoga  
Teacher Training  
Program

**SATURDAYS**  
8:30AM—5:00PM  
January to August  
2011

This comprehensive program will prepare potential instructors for certification with the Yoga Network of Canada or the Yoga Alliance and then subsequently, to plan and instruct courses in Hatha Yoga for

Georgian College is approved by **The Yoga Network of Canada** as a registered school for Yoga Teacher Training; Freedom Yoga is a RYS 200 Registered School with the Yoga Alliance.

### **COURSE FEES:**

Term 1: \$1262.50

Term 2: \$1399.50

8 Months of Instruction

Bring your own Mat and Cushion

## BEGINNING JANUARY 2011

# YOGA TEACHER TRAINING PROGRAM

200 Hours

## 2011 COURSE DATES ON REVERSE

This program emphasizes deep transformation and is geared for not only those who wish to teach classes but also for those who desire to deepen their own practice.

While staying true to the over 5,000 year's old teachings of Patanjali's Yoga Sutras, Freedom Yoga beckon the spirit to dive deep into self realization. Invoking an atmosphere of friendship and encouragement, this vigorous and creative approach inspires all beings to reach for their edge, push through the illusions of limitations and discover their true potential.

A recognition of successful completion will be available to students that complete the requirements of the program. Please contact the college for more information.

**SPACE IS LIMITED—REGISTER EARLY**

# GEORGIAN

YOUR COLLEGE · YOUR FUTURE

## ORANGEVILLE CAMPUS

22 Centennial Road - Orangeville, ON. L9W 1P8

[www.georgianc.on.ca/part-time](http://www.georgianc.on.ca/part-time) | email: [orangeville@georgianc.on.ca](mailto:orangeville@georgianc.on.ca)

Phone: (519) 940 - 0331

# YOGA TEACHER TRAINING PROGRAM

**2011  
CLASS SCHEDULE**

*Every class will begin with the practice of Yogic postures and techniques.  
WEEKLY COURSE TOPICS REFLECT THE FOCUS OF THE DAILY STUDIES  
For more detail of daily schedule please contact us!*

<b>TERM 1—COURSE TOPIC</b>	<b>DATE</b>	<b>TIME</b>	<b>Hours</b>
Theory and Practice of Raja Yoga	Saturday January 15, 2011	8:30AM—5:00PM	8.0
Teaching Hatha Yoga	Saturday January 22, 2011	8:30AM—5:00PM	8.0
Nutrition for the Practice of Yoga	Saturday January 29, 2011	8:30AM—5:00PM	8.0
Yoga Philosophy	Saturday February 5, 2011	8:30AM—5:00PM	8.0
Yoga and Creativity	Saturday February 12, 2011	8:30AM—5:00PM	8.0
Basic Anatomy and Physiology	Saturday February 26, 2011	8:30AM—5:00PM	8.0
Relaxation and Stress Management	Saturday March 5, 2011	8:30AM—5:00PM	8.0
Motivation	Saturday March 12, 2011	8:30AM—5:00PM	8.0
Who Am I?	Saturday March 19, 2011	8:30AM—5:00PM	8.0
Esoteric Anatomy Part I	Saturday March 26, 2011	8:30AM—5:00PM	8.0
Meditation	Saturday April 2, 2011	8:30AM—5:00PM	8.0
Specialty Yoga Part I	Saturday April 9, 2011	8:30AM—5:00PM	8.0
Marketing and Teaching	Saturday April 16, 2011	8:30AM—5:00PM	8.0
<b>TERM 2—COURSE TOPIC</b>	<b>DATE</b>	<b>TIME</b>	<b>Hours</b>
Theory and Practice of Raja Yoga II	Saturday May 7, 2011	8:30AM—5:00PM	8.0
Yoga Philosophy	Saturday May 14, 2011	8:30AM—5:00PM	8.0
Esoteric Anatomy Part II	Saturday May 28, 2011	8:30AM—5:00PM	8.0
Teaching Hatha Yoga	Saturday June 4, 2011	8:30AM—5:00PM	8.0
Specialty Yoga Part II	Saturday June 11, 2011	8:30AM—5:00PM	8.0
Yoga Philosophy	Saturday June 18, 2011	8:30AM—5:00PM	8.0
Communication Skills	Saturday June 25, 2011	8:30AM—5:00PM	8.0
Introduction to Comparative Religions	Saturday July 9, 2011	8:30AM—5:00PM	8.0
Adjunct Therapies	Saturday July 16, 2011	8:30AM—5:00PM	8.0
Yoga and Creativity	Saturday July 23, 2011	8:30AM—5:00PM	8.0
Exam/Meditation	Saturday August 13, 2011	8:30AM—5:00PM	8.0
Graduation/Motivation	Saturday August 20, 2011	8:30AM—5:00PM	8.0

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