

## Sarah Brey Yoga 200hr Vinyasa **Fall/ Winter** Teacher Training



**Dates:** November – January (2 weekends/ month)

**Times:** Saturdays: 9am- 3pm, (includes Chakra Flow class) & Sundays: 9pm- 3pm

### **Schedule:**

1. Introduction to Yoga (Nov 7, 8)
2. Creating a Sacred Space (Nov 7,8)
3. Centering (Nov 7, 8)
4. Setting the Foundation (Nov 7,8)
5. Poses (Nov 7,8)
6. Pranayama (Nov 21, 22)
7. Poses (Nov 21, 22)
8. The Chakras (Nov 21, 22)
9. Ayurvedic Philosophy (Dec 5,6)
10. Yoga Anatomy (Dec 5,6)
11. Assists and Demonstrations (Dec 5,6)
12. The Yoga Sutras (Dec 12, 13)
13. Meditation, Mudras, Bhandas, Yin Yoga (Dec 12, 13)
14. Transitions (Jan 9,10)
15. Class Design and Sequencing (Jan 9,10)
16. Dharma Talks and Themes (Jan 9,10)
17. The Role of the Teacher/ Practicum (Jan 16, 17)
18. The Business of Yoga (Jan 16, 17)
19. Final Graduation (Jan 16, 17)

Total Cost: \$2400

Includes Power Yoga membership and complete online content access

\$400 down payment to Power Yoga

\$2000 payment online at [www.sarahbreyyoga.com](http://www.sarahbreyyoga.com) (payment plans available)

**Learn to teach yoga and deepen your yoga practice by standing in your power, honoring your truth and speaking your authentic voice!**

Questions:

Sarah: (551) - 427-1708 [sarahbreyyoga@gmail.com](mailto:sarahbreyyoga@gmail.com)

Cindy (702) - 682-9518 [Poweryogalvsite@gmail.com](mailto:Poweryogalvsite@gmail.com)

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Cef (702) – 498-4497 Poweryogalvsite@gmail.com