



LEAD TEACHER
IAN DARRAH
E-RYT 500

Ian Darrah brings his expertise and experience as a yoga teacher to the community, offering public classes & workshops, private instruction, and as a leader of Yoga Teacher Trainer Certification programs. Ian is an E-RYT 500 and has spent time training under the most masterful Vinyasa, Ashtanga, Satyananda, and Sivananda teachers in the world. Having mentored thousands of students since his own teacher's training course, he is widely recognized as a knowledgeable and powerful carrier of the wisdom tradition. His strength as a teacher comes from decades of experience as an impassioned student of health and human potential and daily dedication to personal development and the empowerment of others.

TEACHER TRAINING PHILOSOPHY

Ian Darrah as the Lead Teacher in our Yoga Teacher Training Program, offers the tools to empower personal practice and to become an outstanding instructor. Along with the guidance of a renowned faculty, an invaluable one-of-a-kind experience is created that builds confidence and community for like-minded yogis. This is an extraordinarily rare and unique opportunity where "East meets West & West meets East."
Just OM Yoga Studio is a cozy neighborhood yoga studio and **The Institute for Holistic Yoga** is a traditional Swami-led ashram facility from a major Indian Yoga Lineage.

This training is recognized as the beginning of an important spiritual and physical process.

WHAT TO EXPECT

- * How to teach an exceptional yoga class
- * Significantly deepen your own practice
- * Connect with and build a community of peers and friends
- * Learn to custom design yoga sequences
- * Become qualified to teach yoga privately and in groups
- * Principles of anatomy
- * How to Incorporate Ayurveda into your life, your yoga practice and teaching
- * How to incorporate yoga therapy into classes
- * History & philosophy of yoga
- * Classical yoga of Patanjali & the Yoga Sutras
- * How to structure and creatively sequence a class
- * How to give instruction
- * How to use and teach mantras
- * How to meditate and teach meditation
- * How to use props: blocks, straps, blankets & bolsters
- * How to cultivate higher Self Awareness
- * How to create and harmonize positive energy in and around you
- * The business of yoga
- * How to be truly effective and inspiring as a teacher

INVESTMENT

Certification US\$2,911

Payment must be received in full by January 29th, 2016.

\$500 Registration Fee

Paid in full by January 25th and will be applied towards the total payment

Early Bird Special: 5% off

Must be paid in full by January 8th, 2016

INCLUDES 20 FREE YOGA CLASSES AND A 20% DISCOUNT ON WORKSHOPS from January 29 - June 5th, 2016

MEET THE FACULTY

This Yoga Teacher Training faculty is built on excellence, **JO** and community in yoga instruction. By joining this unique Yoga Teacher Training, you will join a large and diverse network of lifelong, dedicated yoga teachers. During the course, the following **workshops and master classes will be offered** by these exceptional practitioners and experts in their areas.

Swami Brahmailyananda

Guru/Disciple Relationship
Mantra & Bhakti Yoga



Yamuna Devi

Ayurveda Wellness
& Yoga Therapy



John Scott

Diet & Purification
(colon/liver cleanse)



Krista Miller

Advanced Vinyasa Flow
& Kids Yoga



David Keil

Anatomy Online Course



Vanessa Michel

Pre-natal Yoga



Betsy Mullins

Multi-sensory Learning



Monika Gressier

Special Population



Alex Urvina

Business of Yoga



YOGA ALLIANCE TEACHER TRAINING

Course Requisites

100 Hours	Techniques Training
25 Hours	Teaching Methodology
20 Hours	Anatomy & Physiology
30 Hours	Yoga Philosophy
25 Hours	Practicum

CERTIFICATE REQUIREMENTS

180 hours of guided instruction
Successfully pass the written test
Teach 1 community class
Fulfill tuition requirements