



A creative program for yoga teachers. An advanced study program for yoga students. NEW: **ALL ONLINE** 200h TT starting in January 2022.

Open Sky Yoga Center announces a unique opportunity to dive deeply into the practice, study and teaching of yoga. Our **Essential Yoga Teacher Training™** brings together some of the world's leading experts in asana, pranayama, art of teaching, ayurveda, anatomy, yoga of sound, history and philosophy of yoga, sanskrit and ethics. This high-caliber course is designed for experienced yoga practitioners who wish to launch or refine a teaching career, or simply to deepen their personal practice. Through in-depth study you will learn the art of teaching asanas, pranayama, restorative yoga and deep relaxation (savasana), how to see and understand bodies, the principles of alignment and use of props, how to plan and sequence a yoga class, ethical guidelines for teaching yoga, understanding your ayurvedic constitution, using and freeing your voice for chanting mantra, reading and writing basic sanskrit words.

Our emphasis on constructive feedback prepares you to teach with confidence and clarity.

The core 8 month program includes 16 weekend or weekday modules and 2 hr weekly class for teacher trainees. All modules will be recorded and available for reviewing if you cannot attend. Homework—including reading and creative writing—will be given as the Journey unfolds. This 200+ Open Sky Certificate is recognized by **Yoga Alliance (USA)**, **Yoga Alliance Europe** and **Yoga Alliance International (India)**.

All details on content and dates, application form are accessible on the website openskyyoga.com

Fee: \$50 non-refundable application fee. **\$2850** including a \$500 non-refundable deposit. **\$2608** if paying in-full at time of registration. 50% off (\$1425) for previous graduates of Open Sky Yoga 200 and 300 hr TT. No refund after January 20, 2022.

yogawave108@gmail.com 585-301-4416 openskyyoga.com

Faculty:

PROGRAM DIRECTOR

François Raoult MA, E-RYT 500, C-IAYT
Director of Open Sky Yoga, CEO of Yoga Therapy Training

ASANA, PRANAYAMA

François Raoult

Michael Amy MSPT, C-IAYT, E-RYT 500, OYI
Yoga Teacher, licensed Physical Therapist

Carla Anselm E-RYT 500, ERPYT, YAI500
Yoga Teacher, Experienced Doula

Josephine Vittoria E-RYT 200
Yoga Teacher, Jewelry Maker

AYURVEDA

Christianne Asper-Contant CAS, E-RYT 500
Yoga Teacher, Clinical Ayurveda Specialist

HISTORY & PHILOSOPHY

Edwin Bryant PhD
Professor of Religion at Rutgers University

Douglas Brooks PhD
Chair of Asian Studies University of Rochester

Richard Rosen RYT
Yoga Teacher, Author

YOGA OF SOUND

François Raoult

Meg Ruby MA Mus., RYT200
Classical Pianist, Sound Healer

SANSKRIT

Mirabai Mosca
Sanskrit and Yoga Teacher

ETHICS

James Thompson PT, RYT
Social Activist, Physical Therapist

"Tradition is not the worship of ashes but the preservation of fire."
—GUSTAV MALHER





Jan 15-16, 2022

Jan 21 to Aug 12

Jan 22-23

Feb 5-6

Feb 20

Feb 26, Mar 5, and 12

March 26-27

Apr 9-10

Apr 7-14, 21, 28

April 24

Apr 30-May 1

May 7-8

May 21-22

May 28-29

June 4-5

June 11-12

June 25-26

Asana Standing Poses / Art of Teaching (10h)

2h Teacher's Class for 30 weeks (60h)

Asana Standing Poses Part 2 (10h)

Yoga Anatomy (10h)

Yoga Philosophy and History : From Prevedic Times to Now (5h)

Ayurveda (14h)

Back Bends (10h)

Anatomy of the Spine and Back Care (10h)

Intro to Sanskrit (8h)

Ethics and meditation (2h)

Pranayama and Nāda (Yoga of Sound) (11h)

Philosophy: Patanjali Sutra (10h)

Science and Yoga of Sound (10h)

Inversions (10h)

History and Practices of Hatha Yoga (5)

Rotations and Review of Curriculum (10h)

Graduation (10h)

François

Carla

François

Michael

Douglas

Christianne

Carla

Michael

Mirabai

James

François

Edwin

Meg

Carla

Richard

Josephine

François

Most weekend hours 9am-2pm EST. All sessions will be recorded.



François Raoult



Carla Anselm



Michael Amy



Christianne Asper-Contant



Edwin Bryant



Douglas Brooks



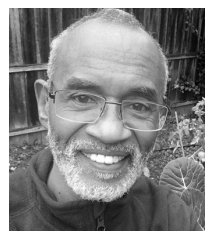
Meg Ruby



Richard Rosen



Mirabai Mosca



James Thompson



Josephine Vittoria



"Tradition is not the worship of ashes but the preservation of fire." —GUSTAV MALHER

yogawave108@gmail.com 585-301-4416

openskyyoga.com