

Cancer Care Yoga Teacher Training – Fall

2016

Universal Spirit Yoga

408 West 5th Ave, Naperville, IL 60563

Eligibility

The criterion for successful enrollment into the program

- Interview with Program Director
- A sincere interest, commitment and desire to grow in Yoga Practice
- A high school diploma or proficiency in reading and writing
- Basic computer skills. Word, emails, documents attachment and internet search
- 200 level teacher training certification or a physical therapy certification

If you meet the above requirements or have any questions concerning your qualifications, please Contact: Program Director, Poonam Gupta, at yogateacher.gupta@gmail.com to begin the enrollment process.

Program Outline

Total hours of training are over 50 hours. Students will meet on two weekends for a total of 32 hours and there will be additional 20 hours of home work, reports and research.

Treatments and side effects
Research on Yoga
Subtle practices of yoga
Diet and lifestyle
Classical poses and modifications
Integrative therapies
Practicum

Curriculum

Successful graduation from the Program is contingent on completion of the following items.

Passing Grade (80% or greater)
Fulfillment of all homework assignments
Finishing of all reports and teaching assignments by November 15, 2016

Attendance requirements

Questions, comments or concerns? Let us know!

P: (331) 684-8406

E: yogateacher.gupta@gmail.com

WWW: Yogajyoti.net

We are committed to maintaining very high standards of training and trainees are required to fulfill all certification requirements before receiving certification. Since this is a short program, we expect students to have 100% attendance.

Dates & Timing

The training takes place for two weekends | October of 2016 on Saturday and Sunday. Saturday class begins at 12noon and ends at 8PM and Sunday class begins at 9AM and ends at

Oct 8, Oct 9, Oct 29, Oct 30

Tuition

\$100 Registration

\$690 Tuition

\$100 discount for early registration before July 15, 2016

Payment plans are available

Additional costs:

Textbooks needed for the program are the responsibility of the student. Training material is provided for each segment of the training.

All refund requests must be received by the director of the teacher training in writing.

A \$35 fee will be applied to all returned checks.

A 3% processing fee will be charged for all credit card payments.

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