

## 200-hr. Yoga Certification

200 contact hours and 130 non-contact hours  
Non-contact hours include, home study, journaling, private practice, and class observation

### Program Curriculum:

Explore the traditions of yoga: asana, pranayama, meditation, applied yogic philosophy & the energetic body

Functional Anatomy & Physiology, Bio-mechanics

Kinesiology of Yoga

Planning & Sequencing a Yoga Class

Observing your yoga students and their bodies

Principles & ethics of adjusting, modifying yoga asanas

Foundations of yoga philosophy

Guidelines for establishing & growing the business of yoga

Professional Ethics & Boundaries

Yoga Fundamentals for teaching specialized classes

Yoga for stress and trauma & integrating TRE

Yoga for Back Care & the Spine

Basics of Ayurveda

## 2017 Dates

June 2 - 4, 2017

Friday 1p.m.-9p.m.

Saturday 8 a.m. – 7 p.m.

Sunday 8 a.m. – 3:30 p.m.

July 10 - 15, 2017

Monday - Friday 8 a.m. – 5:30 p.m.

Saturday 8 a.m. – 3:30 p.m.

August 10 – 13, 2017

Thursday 1 p.m. – 7 p.m.

Friday 8 a.m. – 6 p.m.

Saturday 8 a.m. – 9 p.m.

Sunday 8 a.m. – 3:30 p.m.

September 15 – 17, 2017

Friday 1 p.m. – 9 p.m.

Saturday 8 a.m. – 7 p.m.

Sunday 8 a.m. – 3:30 p.m.

October 20 – 22, 2017

Friday 1p.m. – 9 p.m.

Saturday 8 a.m. – 7 p.m.

Sunday 8 a.m. – 3:30 p.m.

January 19 - 21, 2018

Graduation Weekend!

Friday 1 p.m. – 9 p.m.

Saturday 8 a.m. – 7 p.m.

Sunday 8 a.m. – 3:30 p.m.

(Snow date: 1/26/18 – 1/28/18)

Price: \$3850

Application Fee: \$150

**EARLY BIRD: pay in full by Dec 30, \$3700**

**APPLY by March 30, 2017**

8-person minimum, 15-person maximum

All training materials provided except required reading

Travel costs not included

Visit [stillwaters-retreat.com](http://stillwaters-retreat.com) for book list and applicatio

### About IIYT

Institute of Integrated Yoga Therapy was founded and is co-directed & co-owned by Donna Phillips & Mona Flynn. IIYT is a member school of the International Association of Yoga Therapists (IAYT) and a Registered Yoga School with the Yoga Alliance.

The Institute of Integrated Yoga Therapy is comprised of 5 schools, training yoga students of all levels and abilities. Yoga students are guided and mentored through a well-planned, fluid and balanced teacher-training curriculum, with great emphasis on the application of yoga therapy to becoming a Certified Yoga Therapist.

The intention of IIYT is to guide students through the transformation of becoming a yoga teacher and/or a yoga therapist. This is an in-depth journey of the body, mind and spirit and the unique evolution of the teacher is individualized as they take this journey, deepening their knowledge of yoga.

1. Level 1 Yoga Fundamentals: Yoga Alliance credentialed RYT200
2. Level 2 Yoga Therapy Foundations: Yoga Alliance credentialed RYT300
3. Level 3 Certified Yoga Therapist: 800 hour Yoga Therapy Teacher Training Program

Specialty Schools:

4. Children's Yoga Teacher Training: 95-hour program: Yoga Alliance credentialed RCYT
5. Prenatal Yoga Teacher Training: 85-hour program: Yoga Alliance credentialed RPYT



