

The Sol Center Hatha Yoga Teacher Training Program 2021

Overview

The [Sol Center Hatha Yoga Teacher Training Program](#) is for anyone who loves Yoga. Our program is perfect for those seeking certified teacher training and professional development, as well as those wanting a deep enrichment of their personal practice.

We emphasize the classical understanding of Yoga as an experiential path towards one's deepest ground of being, and all bodies are welcome.

Techniques are explored from the perspective of form, function, and essence. The studies, practices, and measured pace are designed to help you integrate what you learn and build your vitality and capacity in daily life. The practicums and mentorship support you to link your personal experience to others.

Our approach weaves physical and subtle, practical and philosophical, ancient and modern, and sets the foundation for living and teaching your own unique expression of hatha yoga.

"The essence of our yoga practice is to reawaken the remembrance of our source." Rama

General Curriculum

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|--------------------------|-------------------------|-------------------------|
| -Anatomy & Physiology | -Alignment & Energetics | -Classical Technique |
| -Sound, Sanskrit, Mantra | -Yoga Psychology | -Philosophy & Mythology |
| -Meditation & Yoga Nidrā | -Ayurveda & Dinacharyā | -Lifestyle |
| -Ethics | -Sequencing | -Teaching Methodology |

Format

The format of our 2021 classes will be entirely virtual. The majority of classes will be live, requiring real time participation. A portion of training will be recorded and can be viewed, studied, and reported upon in your own time. Each student will have a monthly, personal mentoring session along the way, and have a final teaching assignment and assessment in order to receive certification.

Calendar 2021

January 16-17 and February 20-21	9:00-12:30 & 2:00-5:00
March 20-21 and April 17-18	8:00-12:00 & 1:00-4:00
May 15-16 and June 19-20	8:00-12:00 & 1:00-4:00
July Summer Break and August 21-22	8:00-12:00 & 1:00-4:00
September 18-19 and October 23-24	8:00-12:00 & 1:00-4:00
November 20-21 and December 11-12	9:00-12:30 & 2:00-5:00

These times factor in the Daylight Savings Time period of March 14th and ends November 7th, 2021

Tuition

\$3200 includes 10 personal mentoring sessions and a Sol Center class pass for the 2021.
There is a \$200 discount for those that register by December 4, 2020.

Accreditation

The Sol Center Haṭha Yoga Teacher Training Program is a Registered Yoga School (RYS) with the national Yoga Alliance. Graduates of our 200 hour certificate program who have completed all required assignments are eligible to join the Yoga Alliance and become a credentialed Registered Yoga Teacher (RYT-200).



Please contact us to discuss your next steps -- <https://solcenter.com> -- 520-628-YOGA

Faculty

Natasha Korshak, E-RYT 500, YACEP, CIM: Director of the Sol Center. Natasha has been teaching and developing yoga, meditation, & mindfulness programs in a variety of health and wellness organizations since 1995. Natasha also brings her background in Interfaith Theology & Ministry, Spiritual Direction, Grief Process, and Vedic Astrology.

Kristina Hook, E-RYT 500, YACEP: Teaching and studying the integration of Eastern and Western traditions since the 1980's, Kristina amalgamates information regarding craniosacral systems, anatomy and physiology, respiratory cardiology, and mindfulness; and brings a wealth of experience with traditional master teachers.

Cynthia Russell, E-RYT 200, RYT 500, YACEP, DMA: Teaching yoga since 2011, Cynthia transitioned from a 30 year career in music education and vocal performance. Fascinated by sound, she has developed a unique way to teach sound and mantra as a physical and aural meditation, traditionally called Nāda Yoga.

Michelle Sanders, RYT-200, P.T., C.I.M.T.: As a physical therapist for more than 25 years and co-owner of a clinic in Green Valley, Michelle is passionate about the study of the human body and its path towards the spiritual and subtle realms. She has a gentle and clear teaching style that is illuminated by her dedication to daily Ayurveda and Yoga practice. She is a graduate of the 2016 Sol Center Yoga Training program.

Ann Wagoner, MA, Board Certified Ayurvedic Practitioner, CAP-NAMA, Yoga Therapist CIAT, E-RYT 500. Ann is the Founder and Director of the Center for Ayurveda and Yoga Study in Portland, Oregon as well as Lighthouse Ayurveda & Publishing. She is passionate about Yoga & Ayurveda as modern health care modalities, as well as a lover of the holistic vision of Yoga Philosophy.