

Yoga Teacher Training Program 2019

at the Sol Center in Tucson AZ

The [Sol Center Hatha Yoga Teacher Training Program](#) is for everyone. Our program is perfect for those seeking certified teacher training, as well as those seeking 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.

Techniques are explored from the perspective of form, function, and essence. The studies, practices, and practicums are designed to help you integrate what you learn along the way. Your vitality and capacity in daily life will grow while you explore the traditional teachings and how they link to the living stream of Yoga that has flowed for thousands of years.

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 yoga.

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

General Curriculum

The curriculum is rich, with inspiration drawn from Rama Jyoti Vernon. *Rama is one of the modern matriarchs of Yoga in the United States.*

Anatomy & Physiology - Alignment & Energetics

Classical Technique - Sound, Sanskrit, Mantra

Yoga Psychology - Philosophy & Mythology

Meditation & Yoga Nidrā - Ayurveda & Dinacharyā

Lifestyle - Ethics - Sequencing - Teaching Methodology

Format

We meet one weekend each month, for nine months, beginning in September. Friday sessions are from 6:00pm to 9:00pm, Saturdays & Sundays from 8:00am to 6:00 pm.

Friday evening sessions set the theme for our weekend studies and practice. Saturday and Sunday sessions grow from a public class experience into posture clinics that detail technique, methodology, anatomy & physiology, as well as teaching. There is a strong Ayurveda & meditation component to our weekends.

Manual materials, study and practice assignments, and monthly mentoring check-ins are designed to help you integrate your learning, balance your personal practice, and develop your voice all along the way.

Faculty

Natasha Korshak, E-RYT 500, YACEP: 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, 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 1980s, 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, 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.

Schedule

2019

Sept 20-22 | Oct 18-20 | Nov 22-24 | Dec 13-15

2020

Jan 17-19 | Feb 21-23 | Mar 20-22 | Apr 17-19 | May 15-17

Tuition

\$3395, includes an eight-month Sol Center class pass and a monthly mentoring check-in session. There is a 7% discount for non-local students & those that enroll before July 1st.

Accreditation

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



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