



## 500 Hour Yoga Teacher Training Certification Program

Certified by Yoga Alliance, the 500-hour program offers an in-depth understanding of Yoga as it has evolved over the years and as it is being taught at Red Sun Yoga today. This teacher training program is one of the most thorough and comprehensive trainings around. Upon completion of this program plus 100 hours of outside teaching, you are eligible to register with the Yoga Alliance for your 500-RYT.



### 500 HOUR PROGRAM COVERS:

- The opportunity to improve your teaching skills, deepen your practice and expand your service to your students.
- Learn how to teach Intermediate Hatha Yoga classes without losing the essence and overall goal of yoga.
- Intermediate asanas, variations and modifications, as well as intermediate pranayama and meditation practices.
- Explore ways to help students focus inward and experience the True Self.
- A mini-course of the classic text the Bhagavad Gita is included – expanding your grounding in the universal teachings of Yoga.
- Personal development and enriching your understanding of practicing and teaching Yoga.
- This is a wonderful opportunity to meet and spend time with other Yoga teachers, to share experiences and new ideas and to find creative solutions to problems encountered in teaching.



### TUITION:

\$3,700 for 270 contact hours plus 60 non-contact hours, certified by the Yoga Alliance.

\$500 non-refundable deposit due by March 1, 2011 to hold your space.

If you have received your 200-Hour Pre-requisite from Red Door/Red Sun Yoga, there is a \$200 discount.  
Early Bird Discount – \$100 if the full amount is paid by March 1, 2011

For full details of discounts and payment plans visit the website or call today.

### REQUIREMENTS:



Committed students of Yoga who are genuinely interested in expanding their knowledge and understanding of Yoga and have completed the Red Door/Red Sun Yoga 200-Hour Teacher Training certification program or an equivalent Yoga Alliance certified program.



### TRAINING DETAILS:

Six-Month Program  
June – November, 2011

Three 5-Day Intensives  
Wednesday thru Sunday – 8:00 am-7:00 pm  
Session 1 – June 1 - June 5, 2011  
Session 2 – August 17 - August 21, 2011  
Session 3 – November 2 - November 6, 2011

In Between Sessions  
Saturdays – 9:00 am-7:00 pm  
June 11-18-25, July 9-16-30, August 13-27, Sept. 10-17-24, October 1-15-29

Plus – 100 hours of Teaching Experience –  
Outside the 500-hours

The five-day intensives are led by teacher trainer Jeannie Laslo Douglas, E-RYT-500, and in between sessions are facilitated by Red Sun Yoga's certified and registered Yoga teachers (RYTs).



**Yoga Teacher Training of Central Florida**  
Hatha Yoga School

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