



Port Warwick
101 Herman Melville Ave.
Newport News
757.675-9077
zenyayoga.com

200-Hour Vinyasa Yoga Teacher Training October 2014 Course Catalog

MISSION

Zenya Yoga Academy is committed to present a firm foundation for those who have the desire to teach and those looking to deepen their personal study and understanding of yoga. Passionate about yoga, we pride ourselves in offering an educational experience that informs, inspires and nurtures students to practice and teach from a place of balance and deep understanding.

STYLE

The Sanskrit word Vinyasa means “breath-synchronized movement”. Vinyasa Flow moves through each series of poses in a fluid motion led by the breath. This internal, energetic approach to yoga allows students to move with more intelligence, awareness and ease. The style is athletic in nature & combines hard work with deep relaxation to build strength, flexibility, concentration & balance.

“Yoga is like music:
the rhythm of the body
the melody of the mind
the harmony of the soul.
Create the symphony of life”
Iyengar



200-Hour Yoga Teacher Certification

Do you love yoga, fitness or spirituality? Have you ever thought about deepening your practice or becoming a yoga instructor? Begin the journey of a lifetime at our Yoga Teacher Training Program.

We offer a 200-Hour Yoga Teacher Training program great for students of all levels and abilities including beginners and advanced practitioners, just bring your passion and your willingness to learn!

The certification is recognized worldwide and will give you much more than a certificate. It will be a transformative, individually focused journey shared with others. We are all on our own path, but that path leads us to the same place.

Whether you seek to deepen your personal journey or to learn the art of teaching with confidence, integrity and grace, this program and its teachers provide the sacred space, wisdom, and support necessary for you to blossom and grow along your own unique Yogic path.

Training Topics Include:

- Teaching Methodology
- Yoga Anatomy & Physiology
- Philosophy, Lifestyle & Ethics
- Meditation Techniques
- Prenatal Yoga
- Restorative Yoga
- Yoga For Seniors & Back Problems
- Children's Yoga
- Basics of Ayurveda
- Pranayama
- Yoga Business & Marketing

Upon successful completion of the course, participants will receive a 200-Hour Yoga Teacher Certification through Zenya Yoga Academy and will meet the requirements for Yoga Alliance RYT-200 registration.

200-Hour Yoga Certification Course Info

7-Month Program- Beginning October 24, 2014

Dates: Registration Closes September 30, 2014

Location: Zenya Yoga Academy

Port Warwick- 101 Herman Melville Ave. Newport News, VA 23606

Website: www.zenyayogaacademy.com

Contact: Cortney Cunningham healthychoices@cox.net or 757-675-9077

Program Director: Beate Rose

Tuition: \$2200

Early Bird Tuition: \$1999 if paid in full by August 15, 2014

Class Schedule:

- Tuesday Evenings 7:00PM-9:30PM
- One Weekend A Month
 - Friday 7:00PM-9:00PM
 - Saturday 9:30AM-5:00PM
 - Sunday 8:00AM-3:00PM

*Class size is limited to 14 students- Early registration is recommended.

If you have a passion for yoga and are considering a rewarding and purposeful career as a yoga instructor I would be happy to give you more information and answer all of your questions about the program.

Please call me at 757-675-9077 or email healthychoices@cox.net

Namaste`

Cortney Cunningham

10 Reasons to Become a Yoga Teacher

- 1. Follow your bliss.** If practicing yoga brings you joy and the idea of sharing that joy with others seems like a dream career, then that's a great reason to attend yoga school. You're simply taking a beautiful thing to the next level.
- 2. Deepen your yoga practice.** Stay consistent and grow in your personal practice while teaching others. You will be motivated to grow and advance alongside your students.
- 3. Find work/life balance.** Maybe you're struggling right now with a job that drains your energy. It's often difficult to find that perfect balance between work responsibilities and your personal life. Yoga is a system for living based on balance and moderation and you will learn how to live with that balance through yoga school.
- 4. Go beyond the physical.** Most people start out focusing on the physical aspects of yoga—the postures (asanas) and the breathing exercises (pranayama). In yoga school you'll learn that there's much more to yoga, including dietary recommendations, meditation techniques and a wealth of ancient advice for living a healthy and balanced life.
- 5. Get paid to do what you love.** Teaching yoga classes is an excellent way to make extra income doing what you love. You can teach classes as a full-time career or as a supplement to another full-time job. You can design a career that works for your lifestyle.
- 6. Inspire others and change lives.** As a yoga instructor you will inspire others to learn, grow and experience all of the great benefits of yoga. You will lead them through personal transformations that will enhance their lives. You will help your students connect with themselves, engage with one another and find meaning in a larger community.
- 7. Maintain a healthy lifestyle.** Surround yourself with like-minded people that share your views and motivate you to be healthier and live a healthier lifestyle both mentally & physically. Your regular yoga practice & teaching will help you reap the benefits of yoga, including burning calories, releasing muscle tension and providing relaxation.
- 8. Be of service.** Yoga school will give you the knowledge and tools to share the joy of yoga with others and give back to your community. You will have many opportunities to make a real difference in people's lives—from helping a student find alignment in a pose to teaching charity classes where students donate to a non-profit organization of your choice.
- 9. Travel and work anywhere in the world.** The certification at Zenya is recognized not only nationwide, but worldwide through our registration with the Yoga Alliance. Wherever you travel, live or journey, your ability to teach as a yoga instructor will always be with you.
- 10. Live in the NOW.** One of the fundamental keys to practicing yoga is living in the present moment. It is called the present because it is just that, a gift. After all, the past and future exist only in thought. You will learn through yoga school how to stay grounded in the present and live a more fulfilling life.



at Port Warwick

Zenya Yoga Academy

ZenyaYogaAcademy.com

757-675-9077 • healthychoices@cox.net