

YOGA TEACHER TRAINING

Sept. 10th – Sept. 30th, 2010



Namaste!

Thank you for choosing the YOGA TEACHER TRAINING Course: MartaBerryYogaTT 200hrs for Yoga Alliance Certification.

I will do my best to make this course as rewarding and enjoyable as possible for you. My mission is to teach you how to be a Yoga Teacher and help guide you on your path of Yoga. When you have completed this course you will be fully immersed in your personal Yoga practice and you will have all the instruments necessary to begin your new profession.

To complete your objective for becoming a professional yoga instructor, you will need to manage your time well. Because this course is intensive, lasting only 21 days, you will need to balance rest with concentration. As in any other learning experience, this course requires mental and physical strength and discipline. In order to successfully complete this course, I recommend that you:

- ≤ **Read and study all the course material at the beginning of the course and as it is given out.**
- ≤ **Familiarize yourself with the Personal Practices Section of the course materials.**
- ≤ **Be on time for practice and classes.**
- ≤ **Be patient with yourself in the process of learning.**

Course location:

FINCA BINIXEMS, ALAIOR, MENORCA

CONTACT - martaberry811@hotmail.com

Course Requirements (Conduct of a Yogi):

- ≤ **Follow a sattvic diet (the Yogi's sattvic diet course material will be provided on the first day of class).**
- ≤ **Refrain from smoking or drinking alcohol during the period of the course.**
- ≤ **To the maximum extent possible, follow the teachings of NIRMANU and SAMANU (explained in course materials to be provided).**
- ≤ **No mobile phone in class.**
- ≤ **Read and write an essay on the Bhagavad Gita (this book will be provided at the beginning of the course).**
- ≤ **Dedicate a portion of your time daily to study theory as per course materials.**
- ≤ **Maintain a daily practice of taking notes.**
- ≤ **Observe two classes**
- ≤ **Teach (lead) two classes**
- ≤ **1 Hour of karma yoga in the studio is required.**
- ≤ **Instruction hours will include additional activities like Pilates familiarization and classes, weekly field trips to natural areas – beaches and forests – for meditation and practice.**

This course is divided in the following components:

- 160 Hours of instruction
- 40 Hours of personal practice, study, meditation, etc.
- Total 200 Hours.

This training is directed by MARTA BERRY, author of course manual MARTABERRY YOGATT200 YA, a certified Yoga Teacher Instructor for 200 hr. Yoga Alliance, and personal Pilates Trainer.

Upon course completion, and follow successful completion of written examination and aptitude testing, a Teacher Training Certification will be issued: BASIC VINYASA FLOW YOGA 200 HRS, which will permit the graduate to apply for membership in the Yoga Alliance of North America as a Yoga Instructor (200hrs) – recognized internationally as meeting a high standard of Yoga instruction excellence.

Namaste

Marta Berry

