

The 200-Hour Essential Study of Yoga

Winter/Spring 2012—Begins Sunday, January 15th, 2012 thru June 2012
With Lisa Tokarz, E-RYT 200, Director of Teaching

Module I: The Eight Limbs of Yoga – Living the Yogic Lifestyle
Deepens your yoga practice through an in-depth study of how yoga works

Module II: Moving Toward Enlightenment - The Secret Teachings
Builds on Module I by preparing you to share this information with others

The Essential Study of Yoga program is designed so that you can take either one or both modules. Upon completion of both modules, you will be eligible to become a Registered Yoga Teacher (RYT) through Yoga Alliance.

The program meets every other Sunday 8:00am – 2:00pm, and Tuesday evenings 7:00-10:00pm. There will be a break for Easter.

Tuition: Module I Only: \$1,150
 Module II Only: \$1,150
 Module I and II: \$2250 (includes silent retreat, July 2012—dates to follow)

Tuition includes all course material, textbooks not included. Payment plan available. A \$100 non-refundable application fee due at time of application to reserve your spot

For more information, please visit the “Classes” tab of our website:
<http://www.theyogastudioofshelby.com/>
Any questions, please call the studio at 586-991-0760 or
email: TheYogaStudioOfShelby@gmail.com

The Yoga Studio of Shelby
for Mind, Body & Spirit

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