Mentorship Program with Rachel Krentzman

* 100 hours in addition to Happy Back Yoga Certification (in San Diego or Israel) = 200 hour Yoga Alliance Certified Program
* Average of 12 hours per month x 9 months or 3 hours per week: March 2015 through December 2015
* Monthly themes where we work in a group including:
* Advanced Anatomy & Therapeutics
* Applied Yoga Philosophy for Yoga Therapy (Koshas, Chakras, Transformation)
* Pranayama & Meditation
* Personal Practice
* Evaluating Different Styles of Yoga and what is best for you and your patients
* Reading & Journaling
* Designing Yoga Therapy Sessions – evaluation tools
* Case Studies
* Personal Guidance – .5-1 hour private meeting every month with Rachel via skype & personal meetings in SD
* Apprenticeship each summer in San Diego/East Coast and opportunity to apprentice in Israel
* Main intention:
* To dive into Yoga Therapy as a profession
* To learn new techniques and approaches to healing for various conditions and populations within the Yogic context
* To go deeper with your personal practice, to experience transformation and to bring those advanced techniques and enhanced wisdom into your sessions.
* Cost: earlybird $2,450 (registration by Feb. 1, 2015 & paid in full by that date)

Regular: $2,800 (paid in installments or registration after Feb. 1)

Monthly payment plan available.

* 15% discount for embody employees
* Certification granted upon completion of all requirements.