

Blue Heron Holistics

ॐ School of Yoga

200 hr Yoga Teacher Training

Dates: September 11, 2020-October 18, 2020

Place: Center for Lost Arts, Cobden, Illinois centerforlostarts.org

Six Weekends:

Fridays 6pm-9:00pm

Saturday 8am- 8:30pm

Sunday 8am- 8:30pm

(online meeting once during the week)

Become your best self, and become an inspired yoga teacher in this Yoga Alliance Approved six-weekend, 200 hour Yoga Teacher Training in Classical Hatha Yoga. Immerse yourself in a yogic lifestyle and emerge with a deepened awareness of the transformational quality of Yoga. Experience the benefits of yoga. Become inspired to share what you know.

Grounded in classical, integral Hatha yoga with an emphasis on Raja Yoga's eight limbs, this yoga teacher training course equips students with the foundational practices of asana, multiple pranayama and meditation techniques, development of a practice of personal ethics and daily yogic lifestyle choices, traditional yogic practices such as satsang and kirtan, and a deepening self-study. In addition to the emphasis on Western anatomy, asana training, technique, and practice, students will be introduced to Yoga's sister science, Ayurveda, to derive understanding of the physical, subtle, and causal bodies and their relationship to holistic well-being. Students will study the influences between the physical body and subtle body, and become familiar with Eastern anatomies such as the chakras and the nadis.

Blue Heron Holistics School of Yoga offers thorough and quality training by skilled and experienced teachers Diana Tigerlily (E-RYT 200) and Lal Maharajh (E-RYT 500). Both Diana and Lal are registered yoga teachers with Yoga Alliance. Together, they comprise a dynamic teaching team offering a breadth and depth of modalities and knowledges.

Growing up in Ramrick Sadhu Sewala (temple), yoga was a part of Lal Maharajh's life from an early age. He received initiation and mantras from his guru Pujya Sat Gurudev Pundit Lutchmee Persad, who ardently followed Swami Sivananda's teachings of karma service. In 1964, Lal received Janeau (sacred thread). As founder of Vastu School of Yoga and a partner with Blue Heron Holistics School of Yoga, Lal Maharajh has trained hundreds of yoga teachers from around the world, and is particularly gifted as an instructor of asana and pranayama.

Diana Tigerlily has studied with Judy Grier in the Kripalu tradition, and with Lal Maharajh and Lorrie Conglose in the Sivananda tradition. She has completed over 500 hours of yoga teacher training and over 1000 hours of yoga teaching, including training yoga teachers, and she continues deepening her study and practice of Yoga & Ayurveda. Diana holds a Ph.D. in Communication Studies emphasizing Performance & Embodiment and is a faculty member at Southern Illinois University where she teaches Yoga philosophy and practice.

TUITION

\$2100 Early Bird Registration

\$2300 Installment Option

\$1000 non-refundable registration fee (applied toward total cost)

Pay via PayPal at diana.tigerlily@gmail.com, or pay by cash or check made to Diana Tigerlily. There is a non-refundable \$1000 registration fee to hold your spot. This amount will then be applied to your total tuition. If you want to pay early bird, your balance of \$1100 would be due by June 15. If you want to do an installment plan, the total would be \$2300, with the amounts listed below.

Schedule of Payments:

Registration: \$1000 non-refundable fee due at the time of registration (applied to total tuition)

Early Bird: \$2100 paid in full by June 15, 2020

Installment Plan: \$1000 nonrefundable due at registration; \$500 due July 1; \$500 due August 1; \$300 due September 1.

Email blueheronholistics@gmail.com for more information or to discuss payment options.