

## 2016 Courses

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Yoga and Ayurveda Diet and Lifestyle (45 hours)

1:00-7:00pm

May 21-22, June 11-12, July 30-31, August 6 (make-up day)



Yoga and Ayurveda Subtle Therapies for Body and Mind (45 hours)

1:00-7:00pm

September 24-25, October 29-30, November 19-20, December 3 (make-up day)



I think yoga is a life long journey.

As soon as you feel you have a pose down, SURPRISE there is more to learn. It is not just about the anatomy and many layers of a pose. There are many other elements such as the spiritual practice, breathing, yoga nidra, restorative, therapeutic, chanting, meditation, and Ayurveda as well. We are lucky to have people like Janet and Victor right here in Tulsa!

They are on a lifelong quest of continuing to educate themselves and pass along what they have learned and practiced. I love continuing my education and delving deeper into my own practice. Yoga Spirit Academy is able to give that to me in an atmosphere that is encouraging, nurturing, safe, and true to the practice of yoga. I highly recommend the advanced courses to any student or teacher.

**Jenny Earle**

Yoga Spirit Academy graduate

2008 200-hour yoga teacher training certificate

2015 100-hour certificate in Restorative and Therapeutic Yoga

Yoga Spirit Academy

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918-261-9786

# Ayurvedic Yoga Teacher Training 300-Hour

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*Yoga Spirit  
Academy in  
Tulsa, Oklahoma*

## 300-Hour Ayurvedic Yoga Teacher Training (A.Y.T.)

Ayurveda, the 5000-year-old "science of life" is the companion to Yoga in the ancient Indian arts of health and wellness. Yoga emphasizes postures, breathing and meditation, while Ayurveda teaches the best diet and lifestyle choices according to one's constitution. Together these systems provide a holistic vision for living with vitality, clarity and joy.

Yoga Spirit Academy's Ayurvedic Yoga Teacher Training (A.Y.T.) is a comprehensive exploration of the relationship between Yoga and Ayurveda. Students who undertake this program will

- Learn the healing aspects of Yoga and Ayurveda
- Deepen their own understanding and practice of Yoga and Ayurveda
- Uncover new ways to see themselves and others through the lens of Yoga and Ayurveda
- Learn how to assess their students' needs according to the ancient teachings of Yoga and Ayurveda
- Develop plans and programs that will meet students' needs in both group settings and in private settings
- Grow in confidence, understanding and wisdom as they embark on a journey with others who share their values and vision

## The Curriculum

### 7 Required courses

Yoga and Ayurveda 1: Constitutional Analysis (45 hours)

The philosophy of Ayurveda, Ayurvedic anatomy, the disease process, and constitutional analysis of pulse, tongue and face

Yoga and Ayurveda 2: Diet and Lifestyle (45 hours)

Diet and lifestyle according to the doshas and the seasons, five tastes, cooking, herbalism

Yoga and Ayurveda 3: Subtle Therapies for Body and Mind (45 hours)

Chakras, nadis, koshas, marma therapy, aromatherapy, color and gem therapy, mantra and sound therapy

Yoga and Ayurveda 4: Practices (40 hours)

Asana, pranayama and meditation for the doshas

Advanced Anatomy for Yoga (30 hours)

The biomechanics of the shoulders, hips and spine; common injuries with an emphasis on anatomically safe movements; assisting and adjusting; subtle anatomy

Therapeutic Yoga and Ayurveda (45 hours)

Therapeutic applications of Yoga and Ayurveda to heal and prevent injuries and illness and for mental and emotional healing

Advanced Pranayama and Meditation (50 hours)

The physical, psychological, emotional and spiritual benefits of pranayama and meditation

## Additional Information

- Prerequisite: 100 hours of yoga teacher training from any yoga school or 300 hours of yoga teaching experience
- Weekend trainings allow you to learn the material over several months
- Free make-up day in case you miss a class
- No application fee for Yoga Spirit Academy students who have already paid the application fee
- Affordable tuition of \$15 per hour
- Courses can be taken individually or take all seven to complete the 300-hour program



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