



Introducing at Thrive

Ishta Yoga Professional Teacher Training

Module II

Yoga Alliance Certified for RYT500

Module II

*(232.5 hrs/7 weekends/home study/
apprenticeship)*

Topics include:

Advanced ISHTA Teaching
Advanced Poses Posture Labs
Sequencing
Practice Teach
Hands-on Assisting
Advanced Poses and Spotting
Assisting
Apprenticeship
Final Project
Yoga Practice
Testing

Classroom Training:

Fridays, 6-9pm

Saturdays, 9-5

Sundays, 8-5

*Other Requirements to be completed at Thrive
by Dec 2011:*

- (7) Mentor Sessions
- (7) Practice Teaching Private Sessions (One-on-Ones)
- (7) In-class Practice Teaching Private Sessions
- (26) Classes as Teaching Assistant
- (4) Class Observations

Requirements:

200hr Teacher Training Course/ISHTA Bridge

Interested students must submit an application for admission

CEUs available

500hr ISHTA and RYT500 certification upon completion of Module I & II

Module II

Sept 24-26

Oct 15-17

Nov 19-21

Dec 17-19

Jan 7-9

Feb 4-6

Mar 4-6

**Register by 7/15:
\$1975**

After 7/15: \$2175

3-installment payment plan is also available

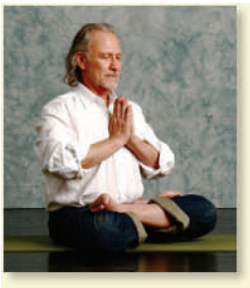
**Review application
for more info:**

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301-294-9642

www.thriveyoga.com

www.ishtayoga.com



500hr Teaching Staff:

Yogiraj Alan Finger ~Sarah Platt Finger

Susan Bowen~April Puciata~Peter Fertko

ISHTA  YOGA

thrive
yoga
yoga that moves you