

SOUTH OKANAGAN YOGA ACADEMY



Yoga Teacher Training Programs

A Registered School with Yoga Alliance



SOYA's RYT200® Yoga Teacher Training Immersion in Melaque, Mexico!

February 4-17, 2012 starts 12 noon Feb 4th

**Join us & deepen your understanding of Yoga.
Become a certified & registered Yoga Teacher!**



**Find out for yourself why people love our SOYA Yoga Studies and Teacher Training program!
We have been training Yoga Teachers at International standards for more than 15 years!**



Marion (Mugs) McConnell is a founder and Co-Director of the SOYA Yoga Teacher Training Programs. She is the Canadian Representative for the International Yoga Teachers' Association (IYTA). "Mugs" is a certified Acharya under Swami Vishnu-devananda (1978), and was the last disciple of Sri Yogiraj Dr. Hari

Dickman. She is a Registered Yoga Teacher with Yoga Alliance (ERYT500) and has been teaching yoga for over 30 years, presenting workshops in Australia, Spain, Puerto Rico, Mexico, and Canada. She currently is studying Mantra Therapy and teaches Sivananda Yoga and Vinyasas incorporating Mudras and Mantra. www.yogaessentials.com



Carla Wainwright began practicing yoga in 1996 and teaching in 1999. As co-owner of Chinook Yoga Studio in Prince George, BC, she teaches a wide range of classes from Yin Yoga to Pre-Natal. Carla is a certified SOYA 500 hour Yoga Teacher and she established the SOYA Yoga

Teacher Training in Prince George. She is a Registered Yoga Teacher with Yoga Alliance (ERYT) and the International Yoga Teachers' Association (IYTA). Carla is a mother of 3 and recently graduated as a Doctor of Medical Heilkunst from the Hahnemann College of Heilkunst and Homeopathy. www.carlawainwright.com

200 hour SOYA Training includes studies in:

- Patanjali's Yoga Sutras
- Bhagavad Gita
- Kriyas
- Chakras
- Meditation



- Basic Pranayama
- Professionalism
- Asanas & Modifications
- Lesson Plans & Teaching
- Sanskrit Pronunciation

Prerequisites: Anatomy and Physiology (online course recommended), First Aid and CPR, 30 hours training with an Independent SOYA Faculty Member in your area. Please inquire for more information regarding these prerequisites, which can be done before or after the training.

COST: \$2500.00 payable to SOYA. Meals, Flights and Accommodations are separate. See below for information on flights & accommodations. We will help you get settled! Training at #10 Primavera, Villa Obregon, Melaque.

Contact Marion (Mugs) McConnell at 250-492-2587 or email info@soyayoga.com

www.soyayoga.com Mailing Address: #281 - 3980 Squilax-Anglemont Rd, Scotch Creek, BC V0E 1M5

We recommend you arrive a day early and try to depart at least a day later, so you can get settled in, buy groceries, and enjoy the town! Here are a few sites options for Accommodations that we recommend. *We are happy to book these rooms for you once you decide which place you wish to stay. We strongly recommend you book by November or earlier to ensure availability.* Feel free to ask me questions! These suggested places are near our home at #10 Primavera. You can see them for yourselves at http://www.costalegre.ca/Melaque_Posadas.htm

*Here is a Map showing most of these places <http://www.tomzap.com/mapMelaqueEast.pdf>
Our place is on the far right of this map, across the street from “Red Tree Melaque”*

*If you wish to choose other accommodations please contact them directly. (note: be sure you are near “Calle Primavera” in **Villa Obregon**. The “other” Primavera street is at the far left on the Melaque East map, and would put you fairly far away from us)*

Posada Esmeralda 011 52 (315) 355 6092 Calle (Street) Esmeralda #47. Basic rooms. Weekly rates are approximately \$170 pesos a night for single room with fridge and bathroom (about \$15 a night). Shared Kitchen. Wifi available for a fee. Bicycle Rentals. This is the closest accommodation to our home and studio (*only 2 blocks away*), however availability is limited as it fills fast. Spanish speaking family, very kind people.



Posada de Cervantes 011 52 (315) 355-6574. posadadecervantes2@hotmail.com . Calle Abel Salgado 132, across from the Bungalows Mallorca. 7 bungalows with kitchens. AC, cable TV, fans, pool, restaurant. \$3000 pesos a week single bungalow with kitchen (about \$35-\$40 a night) or \$3500 pesos a week for 2 people (about \$20-\$25 a night each). **Photo.** *About 5 blocks away* English Spoken family, wonderful people!



Casa del Sol 011 52 (315) 355-8917 Address: #8 Zafiro, Villa Obregon, Melaque Very sweet little place... shared kitchen, 1/2 block from beach, about \$280US a week for 2 people (\$20 a night). Six large bedrooms with bathrooms. Nice Garden. About 4 blocks away from our place. Not on map, but very close to Posada de Cervantes.



FLIGHTS:

You should fly into Manzanillo Airport, Mexico. We are only 20 minutes away from the airport. If you have an Alaska Airlines Mastercard you can get “companion flights” <http://www.alaskaair.com/content/mileage-plan/frequently-asked-questions/faq-companion-certificate.aspx>. The credit card entitles you to buy one ticket and get the second one for \$99, once every year. You need to have used the card for 3 months prior to the trip. If any of you have this you could reduce your flight cost by sharing that flight with another student.

There are cheaper and more abundant flights into Puerto Vallarta but you must then take a 5 hour busride to Melaque. Your flight *must* arrive before 3pm in order to get the last bus of the day to Melaque, otherwise you will need to spend the night in Puerto Vallarta (which isn't all bad if you have the time!). Bus information to Melaque can be found here http://www.seatosierra.com/where/tra_b1.html . Be sure to take the First Class bus (they have a washroom) which costs about \$180 pesos one way (less than \$20).