



# SOUTH OKANAGAN YOGA ACADEMY

Yoga Teacher Training Programs

*A Registered School with Yoga Alliance*



## RYT300® Hour Upgrade to RYT500®

### Yoga Teacher Training Program in Calgary, AB

**Join us & deepen your understanding of Yoga.**

Our Extended Program fits into your busy life! The group meets one weekend every three weeks for 15 months while completing homework assignments between each meeting. You can be a Certified & Registered 500® Hour Yoga Teacher!



**Training begins September 8, 2012**

**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!**



**Helen Mikuska** is the owner of Harmony Yoga Studio in Calgary, Alberta. She is a certified SOYA Yoga Teacher and Fitness and Pilates Instructor with a Diploma in Food and Nutrition Management. Helen is a Registered Yoga Teacher with Yoga Alliance (ERYT) and the International Yoga Teachers' Association (IYTA), and currently expanding her knowledge in Mantra and Yoga Therapy.



**300 hour Upgrade to 500 hour certification with SOYA includes studies in:**

- The Upanishads
- Hatha Yoga Pradipika
- Koshas and Shariras
- Mudras
- Karma & Reincarnation
- Pranayama (basic and advanced)
- Managing Finances
- Asanas with Benefits & Modifications
- Lesson Plans & Teaching Skills
- Sanskrit Pronunciation & Writing

**Additional requirements:** RYT200 hour certification including studies in the Yoga Sutras, Bhagavad Gita and Chakras (or you can cover these in the upgrade). Basic Anatomy and Physiology, current First Aid and CPR. Please inquire for guidance regarding these requirements.

**COST:** \$3025 including manual, text books and gst. Payments can be made in 6 payments over the duration of the training.

**Location of Training:** Harmony Yoga Studio, #200, 3160-118 Avenue S.E., Calgary, Alberta

**Contact** Helen Mikuska (403) 809-1402, [www.harmonyyogastudio.ca](http://www.harmonyyogastudio.ca) or [info@harmonyyogastudio.ca](mailto:info@harmonyyogastudio.ca)