

SOUTH OKANAGAN YOGA ACADEMY

Yoga Teacher Training Programs
A Registered School with Yoga Alliance



SOYA's RYT200® and RYT500® Yoga Teacher Training at Purple Lotus Yoga Studio in Penticton, BC



New Entry date is **February 26, 2012**. 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!

This Extensive Yoga Teacher Training is designed to fit into your life while you live your yoga daily. We hold monthly meetings over 1-2 years. Homework in philosophy and lesson planning is completed in between meetings, as well as asana workshops and classes with approved teachers and SOYA Faculty. Join us and deepen your understanding of Yoga in this life-changing program, delving deeper than just asana. Take your yoga to a deeper level beyond the basics!



Students can enjoy the depth of philosophy and practices included in this 200 and 500 Hour Teacher Certification program. Full RYT500 Certification includes studies in:

- Hatha Yoga Pradipika (Hatha Yoga)
- The Upanishads (Vedanta)
- Yoga Sutras of Patanjali (Raja Yoga)
- Bhagavad Gita (Karma, Jnana, Bhakti Yoga)
- Chakras, Koshas and Mudras
- Mantras for various purposes
- Beginner and Advanced Pranayama
- Beginner and Intermediate Level Asanas
- Anatomy & Therapeutic Modifications
- Karma & Reincarnation
- Lesson Planning for yoga classes
- Sanskrit Pronunciation and Writing
- Special Research Project such as Prenatal Yoga, Back care, Seniors, Yoga for Kids, etc.



Learn more about the program at www.soyayoga.com

COST: \$3000.00 plus hst submitted in 6 payments over 2 years.

CONTACT: Kamala at Purple Lotus Yoga 250-493-0054
email info@purplelotusyoga.ca

LOCATION of Training: Purple Lotus Yoga Studio, downtown Penticton

Kamala Wilkie started yoga to rehabilitate from a car accident and has been committed to a daily practice ever since. She started to teach in 2002 and graduated from SOYA's RYT-500 teacher training in 2003 with a specialty in Okido Yoga and later an IYTA specialty in Yoga for Cyclists. Her beginnings in yoga are rooted in a three year mentorship in Yoga Therapy with Dale McLean. She studied Ashtanga under Pattabhi Jois (founder) in India as well as completed teacher trainings with Tim Miller, Erich Schiffman and is currently on the Anusara path to teaching with Chris Chavez. Kamala has completed two silent meditation retreats and is the author of *Poems from a Path* and *Totality*. She is director of Purple Lotus Yoga in Penticton where she teaches various styles and holds 200hr and 500hr teacher trainings through SOYA as an ERYT-500 registered instructor.

