

SOUTH OKANAGAN YOGA ACADEMY



Yoga Teacher Training Programs

A Registered School with Yoga Alliance



SOYA's RYT500® & RYT200® Yoga Teacher Training at Chinook Yoga Studio in Prince George, BC!

500 Hr Entry dates are Sept 25th, October 23, and November 19, 2011

Feb 26, March 18, April 8, June 3, July 22, Oct 28 and Dec 9, 2012

200 Hr Entry dates are June 3 and July 22, 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 in these Certification programs. 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.chinookyoga.com

COST: \$3360 including hst.

Contact Cindy Szekely 250-997-3519

email for more info to szekely@mackbc.com

Location of Training: Chinook Yoga Studio, 320 Vancouver St, Prince George, BC

Cindy Szekely is a certified SOYA Yoga Teacher and has been teaching since 2005. She is a Registered Yoga Teacher with Yoga Alliance (ERYT 500), and the International Yoga Teacher's Association (IYTA). Cindy has completed yoga therapy training with Susi Hately of Functional Synergy and Thai Yoga Massage with Mia Blackwell. In addition to teaching the 500 hour yoga teacher training, she also co-facilitates SOYA's 200 hour intensive teacher training, leads workshops, and teaches a variety of classes in Mackenzie, BC.

