



# Shakti Yoga 200-hour Teacher Training

September 2023 - June 2024

**Become inspired.....Immerse yourself in yoga!**

**Yoga is a journey on the path of knowledge of your own Self. The Shakti Yoga 200-hour Teacher Training program guides you to affirm and reveal your own inherent natural strength and wisdom, while guiding you on a path of learning the necessary skills and methodology of teaching through your own unique voice with conviction and confidence.**

**We welcome you to step into this program for your own personal growth or if you are answering an inner call to teach. In either case, you will cultivate a dynamic and enlivened relationship with the practices of asana, meditation, pranayama, chanting, reflection, and contemplation as well as the enlightening study of yoga's living philosophy. Learn to live your life immersed in yoga!**

*Shakti Yoga is a Registered Yoga School (RYS) with Yoga Alliance.*

*Shakti Yoga teacher training directors:*



**Angela Caplan**

**Jacki McCausland**

**E-RYT 500 certified teachers with Yoga Alliance**

*With special guest teachers:*



**William Mahony**



**Ellen Saltonstall**



**Barrie Risman**



## Deepen Your Practice

### Live the Philosophy

### Learn the Art & Skill of Teaching Yoga

- Learn about the history and traditions of yoga
- Study and discuss yoga philosophy and its essential teachings
- Be guided in asana practice
- Learn principles of yoga alignment
- Begin or deepen a meditation practice
- Practice basic pranayama techniques
- Engage with contemplative practices of reflection, contemplation, journaling
- Learn a strong overall foundation of teaching with confidence
  
- Discover your own voice while teaching in a supportive environment
- Plan lessons with clear instructions and inspiring themes
- Learn how to observe, assist, and demonstrate poses
- Refine and deepen your own asana practice
- Learn anatomy fundamentals
- Learn basics of Ayurveda for healthy living
- Discuss elements of ethics, lifestyle, community, equity, and livelihood

**See our website for details**

**[www.shaktiyogageneseo.com](http://www.shaktiyogageneseo.com)**

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