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## SOMAYOG TEACHER TRAINING 2010



**FUTURE SOLUTIONS NOW!**

**CENTRE DE LA PAIX,  
WAKEFIELD, QUEBEC**

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**July 2-4, 2010**

**Friday 18:00-21:00**

**Saturday 09:30 – 16:30**

**Sunday 09:30 – 16:30**

**Register for this 20 -hour  
training course.  
(15 contact hours  
5 hours independent study)**

[www.centredelapaix.com](http://www.centredelapaix.com)

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## BECOME A SOMAYOG TEACHER AND DEEPEN YOUR YOGA PRACTICE

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Along with developing a deeper personal practice grounded in the roots of the yogic tradition, you will receive all the tools you need to be able to teach a safe and comprehensive Somayog Level One class.

You will explore, learn and delve into:

- Somatics, including Sensory Motor Amnesia, & the practical benefits of this understanding
- Yog Meditation, Praanayaam, Bhagavad Gita, Patanjali Yog Darshan
- Relaxation techniques
- Teaching methodology
- Somayog philosophy, ethics and lifestyle
- Practice teaching

## THIS PROGRAMME PROVIDES:

- Teaching instruction and teaching manual
- Detailed choreography for a Somayog 8 week course
- A Feldenkreis experience
- *Somayog with Susan* DVD, sent upon registration if you are not familiar with the program
- Yoga Belt
- Certificate of completion
- Celebratory lunch
- Free parking



"Bringing  
the wisdom  
of the ages  
into the heart  
of everyday life"

[www.yourlifestylecenter.com](http://www.yourlifestylecenter.com)

**Somayog** was originally created at the International Meditation Institute in Northern India and brought to the West at the turn of the century. It focuses on promoting correct alignment, increasing mobility and flexibility of the spine, developing strength of core muscles and unfolding sensory awareness. An added benefit is the ability to 'relax on a dime.'

People's bodies transform through Somayog; it is a treat for the back, the neck and every muscle and joint in the body. Deceptively easy and disarmingly repetitive, it is a sophisticated and advanced form of yoga that reveals layers of depth through its practice. It takes care of the physical body whilst settling and strengthening the subtlest pranic body, soothing the nervous system in the process.

Somayog teachers tune into a quiet inner rhythm, which unfolds a deep sense of presence, connecting our life force to the body and mind through the breath. We meditate. This gives us the sensitivity and capacity to create a subtle but palpable atmosphere of ease that is the very fabric of the technique. Experiencing our inner body awakens our natural connection with heart and spirit, our unconditioned being. It is this connection that regenerates and renews our whole life.

#### YOGA GUIDE:

**Susan Randall**, an internationally certified yogi, educator and coach, offers a lineage of teachings linked directly to India and the source of yoga.

#### YOGA REGISTRATION:

Investment, inc. taxes:  
\$325

Minimum students 6, maximum 8  
Please register with Susan by email or telephone.

For further information on all of the above, please contact us at:  
819.459.1160 or  
[lifestyle@magma.ca](mailto:lifestyle@magma.ca)

#### PRE-REQUISITE:

- Certification as a yoga teacher or fitness instructor



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#### HOW TO GET THERE:

The Centre is situated at 9 Legion Road in Wakefield.



Wakefield is a charming twenty-five minute drive from Ottawa, nestled by the beautiful Gatineau River.

From Ottawa, take Highway 5 north towards Maniwaki. At the end of Highway 5, head north along Highway 105 until you come to the Wakefield turnoff. Turn right down Valley Drive to the Gatineau River, left along Riverside and north through the village to Legion Road, which is the first left turn after the *Wakefield Bakery*. You can freely park on Legion Road. The centre is at the end of driveway #9 - entrance via the middle door of the house.

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