
SOMAYOG TEACHER TRAINING 2011



FUTURE SOLUTIONS NOW!

**BODHI TREE YOGA
KEMPTVILLE, ONTARIO**

Feb. 25-27, 2011

Friday 18:00 - 21:00

Saturday 12:00 - 18:30

Sunday 12:00 - 18:00

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

www.bodhitreeyogacentre.ca

BECOME A SOMAYOG TEACHER AND DEEPEN YOUR YOGA PRACTICE

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
- *Somayog with Susan* DVD, sent upon registration if you are not familiar with the program
- Certificate of completion
- Celebratory tea
- Free parking



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

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: **\$395**
Minimum class size 6 students,
maximum class size 12 students.

Please register with Bodhi Tree Yoga by email or telephone before December 31, 2010

For further information on all of the above, please contact us at:

613.258.5775 or
info@bodhitreeyogacentre.ca

PRE-REQUISITE:

- Certification as a yoga teacher or yoga teacher in training



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HOW TO GET THERE:

The Centre is situated at 28 Prescott Street in the heart of Old Town Kemptville.

Directions:

Take hwy 416 to exit 34
Turn towards Kemptville
Follow through roundabouts
Turn left on Rideau St.
Turn left on Clothier St.
Turn right on Prescott St.
Arrive at 28 Prescott on the right

Map:

