

BECOMING AN AMBASSADOR OF YOGA

Ambassador Yoga Teacher Training is intended for spirited individuals with a passion for yoga and a thirst for living a balanced life. Our modular approach to earning your Yoga Alliance 200 HR RYT has been broken down into four 50 hour modules, each of which contain all the fundamental required elements and allow you to learn, explore, grow and delve deep. The modules can be started at any time and completed at a pace that fits your life.

The four modules are:

The Enlightened Life:

covers the foundational philosophy of the Yamas and Niyamas, and the Sutras of Patanjali.

Anatomy of a Healthy Life:

explores the anatomical aspects of classical yoga postures (asanas) and breathing techniques (pranayama).

Finding Calm in an Age of Speed:

offers classical postures and meditations in gentle and restorative ways that balance the Chakras too.

Past, Present, and Future of Yoga:

embraces the roots of yoga and the many practical applications for the modern Yogi.



AMBASSADOR YOGA SCHOLARSHIP

We feel it is important to share the love of yoga and the joy of teaching and want everyone to benefit. We offer a \$400 scholarship to one lucky registrant for each module.

How to apply:

- 1) Register and pay for your module. If you win you will be refunded \$400.
- 2) Write a 1 page essay answering: Why you want to take this training (your story)? and How you will benefit from the module of study? Please include the module title and dates of training.
- 3) email your essay to donna@yogainmyschool.com at least 1 month before your module begins.

12 BENEFITS OF YOGA & MINDFULNESS

