

Yoga Arts 200hr Level 1 Teacher Training, Dubai 2012

Part One – May 25 - June 3 Part Two – 14 - 23 September

Yoga Arts have been Teaching Yoga for 25yrs and specialising in Teacher Trainings for more then 16, YA locations are Bali, India, Sri Lanka, Japan & Byron Bay. This will be the 2nd Training in Dubai. Hosted by Zen Yoga. It is a Yoga Alliance accredited 200hr Level 1 Training.

This is a fantastic opportunity to study with the Yoga Arts' team of teachers, who each have between 10 and 35 years of teaching experience and dedicated practice behind them. Many of Zen Yoga and Dubai's most well loved teachers are graduates of Yoga Arts 200-hr trainings – Line, Laura, Cheryl, Paula, Sascha, Rola, and Paul. The course will be held over 2 x 10-day intensives, offering a comprehensive, and practical training in how to teach Yoga.

Days will be long and full, from 7am until 5.30pm, with breaks for brunch and afternoon tea. The schedule is designed to challenge - physically, mentally and emotionally, for maximum transformation in a short period of time. While the path of Yoga is life long, intensive periods of practice such as this can bring one to really touch and taste the essence of Yoga first hand, in a way that is both personal and authentic.

One of the main objectives of the training is to nurture and encourage the individual transformation of each student, so that graduates can then go out into the world and teach from their heart, and from their own real understanding of Yoga, rather than just theoretical knowledge.

We welcome experienced practitioners who would like to teach in the near future, and also those who would simply like to deepen their Yoga knowledge and practice. Teaching Yoga takes many years of passionate dedication, persistence, consistency of practice, and inner transformation. First and foremost, Yoga Arts' trainings aim to guide each student towards greater spiritual maturity and self-understanding.

Subjects covered include: meditation, pranayama, asana, technique and teaching methodology, practice teaching, anatomy, philosophy, self-inquiry, ayurveda, yogic lifestyle and ethics.

For those interested in completing 500hrs with Yoga Alliance, 300hr Level 2 Trainings are also offered with Yoga Arts, and can be taken as a follow-on in future.

Teachers:

Lucy Roberts – Asana, teaching skills and methodology, moving meditations, meditation pranayama philosophy

Rose Baudin – Meditation, pranayama, philosophy, mantra and ritual

Line Le Fevre – Asana, Teaching Methodology

Course cost:

AED16,500 – Includes comprehensive manual and all tuition. Or an early bird rate of 15,500 if paid by February 29th, 2012. Deposit AED 3,000 required to secure your place. Balance due by April 13, 2012.

To Register:

Please download registration form, complete, and email to Lucy Roberts at shushumnalucy@gmail.com for approval. Once approved (you will be notified by email as soon as possible), please pay deposit of 3,000AED at any Zen Yoga studio to complete the registration process. Final payment is due by April 13, 2012.

Pre-requisites:

To get the most out of this course we recommend that students have a minimum of 18 months of consistent practice behind them. However, in certain cases exceptions are made as we also take students who do not wish to teach immediately, but they simply want to deepen their own practice and knowledge for personal growth. All applications will be considered.