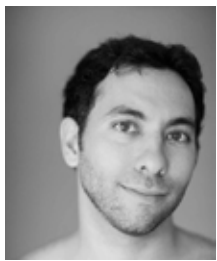


200 - Hour Teacher Training

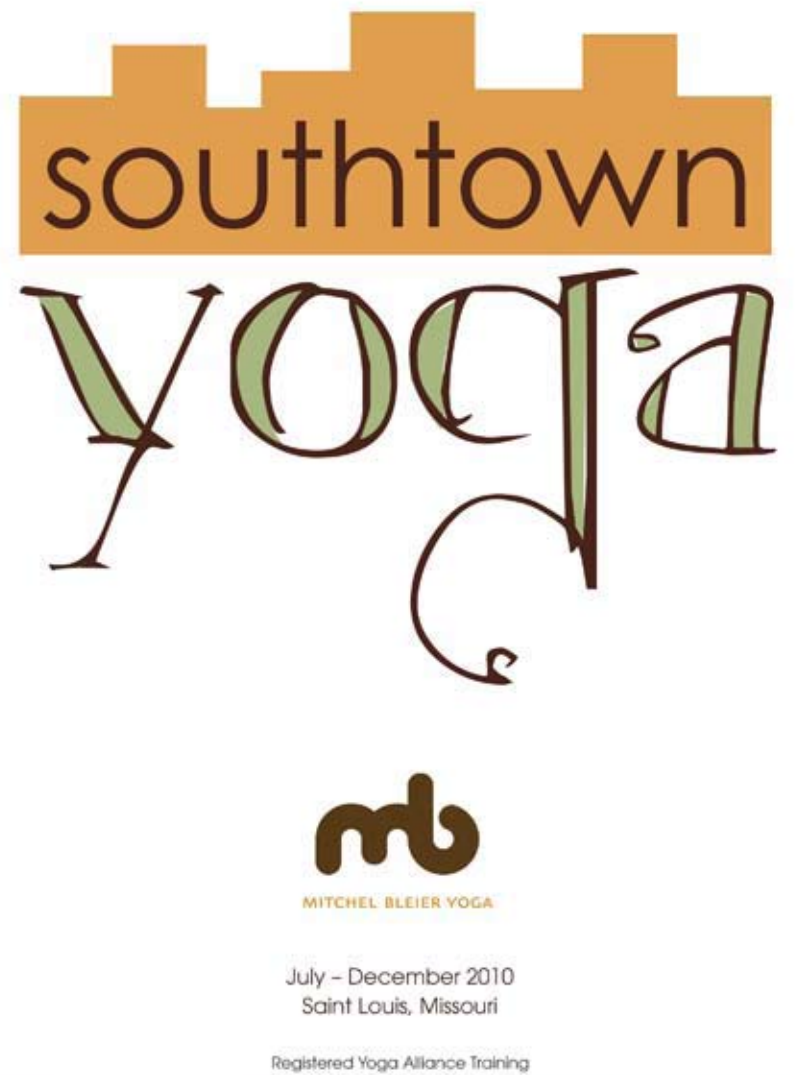
The Teachers Teacher



Mitchel Bleier, internationally recognized yoga teacher, is the epitome of a modern yoga master. He is known for his immense knowledge on all yoga topics, especially asana, philosophy, therapeutics and adjustments. He teaches with passion and offers a kind, generous, humorous, easy and sophisticated approach. Mitchel's classes are an inspiring vinyasa flow incorporating clear alignment direction, deep breathing, and a playful narrative of Indian philosophy and myth that is easily applied to everyday life. Mitchel integrates years of studies and experiences into his classes. He began yoga with Jonny Kest and quickly deepened his study of Ashtanga Vinyasa Yoga with Tim Miller and Richard Freeman. At 23, Mitchel lived in India studying asana with Sri K. Pattabhi Jois and Sanskrit with teachers from the Sanskrit University in Mysore. Mitchel left India to study with John Friend and his newly formed Anusara Yoga. He was one of two students with the privilege to travel with John as his apprentice and assistant for 3 years. Mitchel spent 4 years living in Rochester, NY studying closely with Douglas Brooks at the University of Rochester as well as privately with him. For the last 7 years, Mitchel has traveled the world teaching workshops, trainings and retreats. In the Fall of 2008, he released a 7 DVD yoga series under the Yo-Fi brand.



Brigette Niedringhaus was introduced to Anusara Yoga® at its inception in 1997. Since then, she has completed hundreds of hours of Anusara study including an Immersion with the founder, John Friend and a Teacher Training with internationally recognized teacher, Desiree Rumbaugh. In 2006, Brigette had found her most influential teacher, Mitchel Bleier. Brigette completed her Yoga Alliance certified in 2006 and started teaching in St. Louis, MO. In 2008, she was hired as Kashi's sole yoga instructor, traveling to 25 US cities on a 7-month wellness tour. She draws her expertise from her extensive study of the Anusara Principles of Alignment™ and the teachings of Mitchel Bleier who embraces a vinyasa flow style supported by precise alignment instruction. Brigette's classes are as much fun as they are challenging. Her clear instruction takes the fear out of the poses and inspires students to discover their full radiant potential. Brigette currently teaches local classes and workshops in St. Louis, as the co-owner and lead instructor at Southtown Yoga.



Curriculum

The Southtown Yoga Teacher Training program is one of the most thorough and effective teacher training programs in the country. Led by internationally known instructor, Mitchel Bleier, and assisted by Southtown owner and lead instructor, Brigette Niedringhaus, students have access to two incredible yogins with over 30 years of combined experience. This training is Yoga Alliance registered and will immensely deepen your understanding and practice of yoga and empower you to share your profound practice with others.

Training is designed for serious students interested in becoming teachers; current teachers that wish to refine their craft; or passionate students that want to further their practice and understanding of yoga. Teachers will learn to be accountable for themselves and their students. Southtown Yoga encourages the thoughtful application of yoga to life rather than blindly prescribed yoga. Through the Southtown Yoga Teacher Training, teachers will learn not only what choice to make for their students, why they are making it, and how to engage appropriately and optimally in every situation.

PART ① The Yoga Experience

- 100+ hours of study into the core teachings of Hatha Yoga that includes:
- Extensive study of yogic philosophy, theory & history
 - Thoughtful exploration of pranayama (breath) & meditation
 - Rigorous practice of asanas & proper alignment

PART ② The Teacher Training

- 100+ hours of study that includes:
- Analysis of anatomy & biomechanics
 - Deeper exploration of pranayama (breath) & meditation
 - Extensive review of myths, mantras, sutras & Sanskrit for Yoga Teachers
 - The Art of Teaching:
 - Class composition and sequencing
 - Use of voice
 - Observations and hands-on adjustments
 - Themes & demonstrations

Training Schedule:

PART ① The Yoga Experience

July 30 – August 6, 2010	September 10 – 12
– Friday 6:00 – 9:00 PM	– Friday 6:00 – 9:00 PM
– Saturday & Sunday 10:00 AM – 6:00 PM	– Saturday 9:00 AM – 6:00 PM
– Monday – Friday 9:00 AM – 5:00 PM	– Sunday 9:00 AM – 4:00 PM

PART ② The Teacher Training

October 1 – 3	Friday 6:00 – 9:00 PM
November 5 – 7	Saturday 9:00 AM – 6:00 PM
December 3 – 5	Sunday 9:00 AM – 4:00 PM

Tuition

Part ① & Part ②
 If paid in full **BY** July 16, 2010: \$2650
 If paid in full **AFTER** July 16, 2010: \$2950

Students, who don't intend to teach, can take Part ① without Part ②.
 Students who have already completed Part ① can take Part ②.

NOTE: Part ② CANNOT be taken without completion of Part ①.

Part ① Only Tuition: \$1625
 Part ② Only Tuition: \$1325

Tuition includes:

- All in-class instruction
 - Teacher training manual
 - Unlimited** pass to Southtown Yoga for the duration of the teacher training.
- **If you have an unlimited membership, it will be put on hold for the duration of training.

Tuition must be paid in full by the start of training.
 A \$500 non-refundable deposit is required.
 Payment plans and financial aid is available upon request.