

A Gentle Way ® Teacher Training comes to The Yoga Room in Myrtle Beach, SC

Trainers:

Lanita Varshell (E-RYT500) - Owner and Founder of A Gentle Way Yoga & Joyful Movement Center, and Meditation in Movement Style Yoga. Lanita will teach her popular and unique form of gentle & adaptive hatha yoga, and yoga for special needs.

Bri. Damara Shanmugan - (American Hindu Nun), Teacher of yoga anatomy, philosophy, chakras and asanas.

Session #1: October 8 - 12th, 2008

Session #2: April 29 - May 3rd, 2009

Session #3: September 30 - October 4th, 2009

Session #4-5: 2010 - Dates to be announced. We may decide to combine these sessions for a final 2 week training. This will be decided by all participants at session #2.

A yoga teacher, or student in training to be a teacher, may choose to attend 1, any, or all of these sessions. When a student/teacher completes all of AGW's 5 trainings, and passes the required exams and testing, they will then be certified as A Gentle Way 200-hr. trained teacher, and may register with Yoga Alliance to receive their R.Y.T. status.

If a teacher is already a 200hr.-R.Y.T., they may take this training with AGW as their first 200 hours of their 300 hour advanced certification with AGW, and pick up the last 100 hours with further training offered by AGW in San Diego, or at approved locations.

Sample Schedule:

Wednesday:	11:30-6:00	6.5 hours	
Thursday:	12-5:30	5.5	
Friday:	11-5:30	6.5	
Saturday:	11-7pm	8.0	
Sunday:	9-3:30	6.5	
Sunday:	4:30-7:30pm	Special workshop for students = 3hours	Total 36 hours

COST: Early registration: 60-days prior: \$600.00 Late registration: \$750.00

A minimum of 10 paid students needed for each session. Sessions may be postponed by A Gentle Way if the minimum number of students has not been met 60 days prior to each session.

I am interested in this training! Please send me an application and more information:

Name: _____

Email: _____ Phone: _____

Address: _____
