

Have you been looking for a way to deepen your understanding of yoga? Have you heard about the transformational experience of a yoga teacher training (YTT) program, but think it might be gimmicky? Have you Googled and researched and visited multiple studios and gyms but you're still not sure what to do?

Angelique Flynn of Whole Image Wellness, Inc. is partnering with Team 85 Fitness and Wellness in Bordentown, NJ to help you find the most meaningful path for YOU on your yoga journey. This 200-hour Yoga Alliance certified program will help you advance not only in your physical practice of yoga, but also in your understanding and knowledge of yoga as a way of life.

Through active discussion, lectures, demonstrations, and hands-on practice, we will explore:

- The history of yoga and its ancient texts.
- Yoga philosophy
- The 8-limbed path of yoga and what it means to you as a yoga teacher
- An in-depth anatomy lesson by renowned yoga teacher, John Vitarelli of Dhyana Yoga
- Learn meditation from Robin O'Hagan, Team85 meditation expert
- Pranayama (Breathing Techniques)
- A workshop on mantras, chanting, and mudras by Diana Vitarelli
- Inversions and Arm Balances - how to teach them and how to practice them
- A colorful and fun journey through the 7 major chakras.
- Finding your voice and confidence as a teacher and mentor.
- How to use props and modifications to make yoga accessible to all.
- How to be "trauma-informed" and use culturally-sensitive language in yoga class and beyond, led by Roxanne Nelson of Mindful Healing.
- Sequencing an intelligent yoga practice or class.
- How to maintain a personal yoga practice during times of overwhelm.
- Creating a fun and positive environment for students.
- Ayurveda, the sister science to yoga
- Service as a yoga teacher
- Grounding and centering techniques
- The business of yoga
- Cultivating a mind-body-spirit alliance within yourself and your community.
- Awaken your inner fire for deeper exploration of the study of yoga.

Why THIS training?

Angelique Flynn, your lead instructor, has over 2,000 hours of teaching experience and more than 300 hours of training as a yoga teacher. She has taught yoga in multiple locations in both New Jersey and Pennsylvania and led or co-led four previous YTT programs. She put together this training to fill holes she found in other programs and to nurture the love of yoga that brings students to a YTT program in the first place. Angelique has invited experts from other studios and practices to share their passion with the Team85 family.

In addition to this inaugural program at Team 85, non-members will receive unlimited access to the fitness center for the six months of the training, for both yoga classes and other pursuits. Current members will enjoy a substantial discount in the program.

Logistics:

YTT is an intensive training, and as such, requires time and commitment. Participants must attend all sessions or makeup sessions with the instructor's approval. Meeting times are as follows:

Fridays 6-9:30 PM

Saturdays 9:30 AM - 4:30 PM

Sundays 12:30 PM - 5 PM

7/17-7/19

7/31-8/2

8/14-8/16

8/28-8/30 (Saturday 8/29 is MANDATORY)

9/11-9/13

10/2-10/4

10/16-10/18

10/31 - MAKEUP DAY

11/1

11/20-11/22

11/28 & 11/29

12/18-12/20

COSTS:

\$500 non-refundable deposit holds your place in the training.

Members: \$2500 or

\$2300 if paid in full

Non-Members: \$3000 or

\$2800 if paid in full

Payment plan will be \$400/month from July through November for Members, and \$500/month for non-members.

Sign up for this program at the front desk of Team 85!

Questions? Contact Angelique at angelique@wholeimagewellness.com