

A Gentle Way Yoga Center -Teacher Training Workshops & Courses - Study At Your Own Pace

<p>200-HR Teacher Training</p>	<p><u>200-Hr Yoga Certification Certificate</u> Local: San Diego - 14-Hr. weekend Intensives held the 2nd weekend of each month, and each Wednesday evening.</p> <p>Out of Town Students: Choose from below offerings to customize your training with us. Interview and course outline with Lanita Varshell required. Some online courses may be available to take as part of your 200-required hours, and a local Studio or Teacher to practice weekly with will need determined.</p>	<p><u>Fees and Procedures</u> Local: Cost \$2900 - \$3100 (Depending on your payment method) See application on 200-hr. Teacher Training page for details. Out of Town Students: A \$100 Application fee, and an in-person or phone consultation with Lanita Varshell is required to make sure that our training a good fit for you. (\$75 refunded if you do not begin our program, and Lanita will help guide you to a better suited program for your needs). Workshops are paid for individually. \$100 Certificate Fee upon reviewing your , homework, courses and issuing your 200-hr Certificate.</p>
<p>300-HR Advanced Certificate</p>	<p><u>300-Hr Advanced Certification Certificate</u> PLEASE NOTE: 300-HR Advanced Certificate: A minimum of 160-hours study with our Founder, Lanita Varshell is required. 140 hours may be chosen from any of the AGW approved or sponsored workshops below, or possibly some of the advanced training courses you have already taken. Most of our trainings average 7-12 students. We mentor you towards your unique holistic yoga path.</p>	<p><u>Fees and Procedures</u> A \$150 Application fee, and an in-person or phone consultation with Lanita Varshell is required to make sure that your yoga goals and previous trainings make our advanced training a good fit for you. (\$75 refunded if you do not begin our program). Workshops are paid for individually \$150 Certificate Fee upon reviewing your courses and issuing your 300-hr Certificate.</p>
<p>2017</p>	<p><u>Courses-Instructors-Location-Costs</u></p>	<p><u>Description-Times-Schedule</u></p>
<p>April 8-9</p>	<p>Sound Healing Training with Amanda Domitz (AGW Staff) Location: A Gentle Way Yoga Center, San Diego, CA Cost: \$145 AGW Members \$125 Hours: 8 (200-hr, 300-hr, and Continuing Education Credits) 200-hr. Students: Price included in below weekend</p>	<p>Day 1: 2:00PM- Finding Your Own Voice & Incorporating Sound in Your Classes</p> <p>Day 2-2:00PM: Using Healing Bowls and Musical Tools to Enhance Your Classes</p> <p>This course is open to teachers and students of yoga.</p>
<p>April 8-9</p>	<p>200-hr Aalamba Teacher Training Weekend #1 This complete weekend is only open to local Teachers who are beginning their training with us.</p>	<p>Sound Healing Training Week & Restorative Asana Saturday: 10:30-1:00pm - Aalamba Room with Lanita 2:00-7:00pm - Lilac Room with Amanda and Lanita Sunday: 10:00-12:30pm -Practice with Lanita or Carolyn 2:00-6:30pm - Lilac Room with Amanda and Lanita</p>

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2017	<u>Courses-Instructors-Location-Costs</u>	<u>Description-Times-Schedule</u>
<p>May 6-7</p>	<p>Diving Deeper Into the Healing Powers of Sanskrit and Sound Healing</p> <p>with Guest Teacher Cynthia Snodgrass Sanskrit Scholar; Yoga Therapist - from Gainesville, Florida</p> <p>Location: A Gentle Way Yoga Center, San Diego, CA</p> <p>Cost: \$285.00 (\$100 deposit holds your space) \$240.00 Early Bird Special (When paid in full by April 5) Hours: 17 (200-hr, 300-hr, and Continuing Education Credits)</p>	<p>Schedule: Sat/May 6: 11:30a-7:30p Sun/May 7: 1:00p to 8:00p</p> <ul style="list-style-type: none"> • Subjects Covered: Sanskrit & Meditation for Healing Sanskrit - History of this Language of Love • Lose Your Fear of Chanting - Find Your Authentic Voice • Hindu Gods & Goddesses - Is Yoga A Religion • Putting Language With Movement • Chanting - For Energy and Healing <p>This course is open to teachers and students of yoga.</p>
<p>May 13-14</p>	<p>200-hr Aalamba Teacher Training Weekend #2</p> <p>Certified Teachers may take all or part of these workshops for CEU hours if the subject is one that is new to them, or one they need more information/practice in.</p>	<p>Saturday: 10:30-7:00pm (7 hrs) Sunday: 10:00 -6:30pm (7 hrs)</p> <p>Subject details coming soon</p>
<p>June 10-11</p>	<p>200-hr Aalamba Teacher Training Weekend #3</p> <p>Certified Teachers may take all or part of these workshops for CEU hours if the subject is one that is new to them, or one they need more information/practice in.</p>	<p>Saturday: 10:30-7:00pm (7 hrs) Sunday: 10:00 -6:30pm (7 hrs)</p> <p>Subject details coming soon</p>
<p>June 15-18</p>	<p>IAYT-Yoga Therapy Convention International Association of Yoga Therapists</p> <p>INDEPENDENT SIGN UP & STUDY - Location: Newport Beach, CA Marriott Hotel and Spa Cost \$495-695 (See website for details) www.iayt.org Hours: 22 (300, and CEUs)</p>	<p>Take a variety of Workshops, Classes and Lectures from National IAYT Experts. Get to know other Yoga Teachers, Styles, and Training Schools. Choose classes based on your area of study and expertise. Speak with Lanita about what Workshops will be best suited for you. Sign up early for the best price. Room with other AGW teachers. Meet after each day to share and discuss workshops.</p>

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<p>June 26 - July 2</p>	<p>MIMSY - MEDITATION IN MOVEMENT STYLE YOGA 7 Day Retreat Style Intensives Cost: Course #1-3: \$845.00 - \$145 Deposit to Guarantee Space \$745.00 - Early Bird Discount if paid 45-days prior to event.</p> <p>Course #1 - June 26-July 2 (Mount Shasta, CA) 45-hr Certificate after homework</p> <p>Course #2 - October 9-15 (Mount Shasta, CA) 45-hrs. Course #3 - April 3-8, 2018 (San Diego, CA) 45-hrs. Course #4 - September 1-8, 2018 40-hrs. (Montana)</p> <p>Held at the Magical Retreat Center: Feathered Pipe, outside Helena Montana Meals and lodging included with this course.</p> <p>(Scroll down to Sep 1 date for cost and details for #4)</p>	<p>Course #1 - MIMSY Theory - Deconstructing Asana, Physical & Anatomy as it relates to MIMSY and our poses. (Pink:Very Gentle - to - Purple:Gentle-Moderate level classes at AGW)</p> <p>Course #2 - MIMSY for Deep Healing and Limited Movement Bodies (Pink: Very Gentle Floor Classes and Chair Yoga Level)</p> <p>Course #3 - MIMSY - Slowly Flowing Into Traditional Asana using energy and breath, intuitive flow.</p> <p>Course #4 - MIMSY - A Softer Side of Yoga Putting it all together. A deeper understanding of how to make yoga work in your unique everyday life, your unique body.</p> <p>Course #5 - Private Sessions and Special Conditions</p> <p>MIMSY is different from any other yoga teacher training you have ever done. If you are an already 200-hr certified teacher, looking for a new way to look at yoga, and modification training, this is your course. We teach you how to teach your students, not just yoga sequences and poses.</p>
<p>July 8-9</p>	<p>200-hr Aalamba Teacher Training Weekend #4 Certified Teachers may take all or part of these workshops for CEU hours if the subject is one that is new to them, or one they need more information/practice in.</p>	<p>Saturday: 10:30-7:00pm (7 hrs) Sunday: 10:00 -6:30pm (7 hrs)</p> <p>Subject details coming soon</p>
<p>July 16-18</p>	<p>Lanita visits Nashville, TN Save the Date!</p> <p>Location and times to be announced soon.</p>	<p>Subjects:</p> <ul style="list-style-type: none"> • Lecture: Shedding a light on the Prejudices we hold against ourselves and each other - yes - even in the world of yoga. • Workshop: MIMSY: A unique style of yoga that our students can't seem to get enough of. Why? How you can begin to incorporate its principles into your own unique classes. • Workshop: Teaching and practicing 20 Years of yoga in a plus size body. What are the most dangerous or frustrating poses? Is it possible to teach multi-level classes?

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<p>July 26-29</p>	<p>Polarity Therapy - Communications Skills Course Special Guest Teacher - Carol Briskin Location: A Gentle Way Yoga Center, San Diego, CA 4-Days = 32 Hours Total Training Small, intimate group setting Cost: \$595.00 - \$100 Deposit to Guarantee Space \$495.00 - Early Bird Discount if paid in full by May 26, 2017 (300-hr, and CEUs)</p>	<p>A very important course for all yoga teachers, therapists, healers, and body workers. Customized especially for our needs, and the types of students and clients we will encounter.</p> <ul style="list-style-type: none"> ● Increase and Retain Your Client Base ● What Happens When You Pick Up Your Students Energy? ● How To Communicate With The Most Challenging of Students
<p>July 28 - Aug 6</p>	<p>Yoga Of The Heart - Nischala Joy Devi Therapy Certification Course for Yoga Teachers and Health-Care Professionals with a Yoga Background. Location: Yogaville.org, Yogaville, Central Virginia Hours: 100 (300-hr, and CEU's)</p>	<p>Please Nischala Joy Devi's website for full details on who this Master Teacher is, and why it is important to study with her. This course specializes in working with heart and cancer students. This course, and any of her other courses offered at SoulofYoga.com can be used as part of your 300-hrs with AGW. www.abundantwellbeing.com</p>
<p>Aug 12-13</p>	<p>200-hr Aalamba Teacher Training Weekend #5 Certified Teachers may take all or part of these workshops for CEU hours if the subject is one that is new to them, or one they need more information/practice in.</p>	<p>Saturday: 10:30-7:00pm (7 hrs) Sunday: 10:00 -6:30pm (7 hrs)</p> <p>Subject details coming soon</p>
<p>Aug 30 - Sep 3</p>	<p>Practicing Deep Self Compassion with - Master Teacher Judith Hanson Lasater Exploring the Heart of Yoga Location: Feather Pipe Ranch - Helena, Montana Cost: \$2350 Includes shared room and meals (Private accommodations available)</p>	<p>Known as one of the influential women of Yoga in our day, Judith Hanson Lasater has authored 8 books and travels world-wide teaching yoga philosophy, asana, and restorative yoga.</p> <p>Feathered Pipe Retreat Center is one of most magical places in the United States to practice compassion for yourself. The staff and founder go above and beyond in providing an unforgettable week. www.judithhansonlasater.com</p>
<p>Sep 9-10</p>	<p>200-hr Aalamba Teacher Training Weekend #6 Certified Teachers may take all or part of these workshops for CEU hours if the subject is one that is new to them, or one they need more information/practice in.</p>	<p>Saturday: 10:30-7:00pm (7 hrs) Sunday: 10:00 -6:30pm (7 hrs)</p> <p>Subject details coming soon</p>

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<p>Oct 9-15</p>	<p>MIMSY - MEDITATION IN MOVEMENT STYLE YOGA 7 Day Retreat Style Intensives Location: A Gentle Way Yoga Center, San Diego, CA Cost: Course #1-3: \$895.00 - \$100 Deposit to Guarantee Space \$795.00 - Early Bird Discount if paid in full by 4/1/2017</p> <p>Course #1 - June 26-July 2 (Mount Shasta, CA) 45-hrs. Course #2 - October 3-8 (Mount Shasta, CA) 45-hr. Course #3 - April 3-8, 2018 (San Diego, CA) 40-hrs. Course #4 - September 1-8, 2018 40-hrs. Held at the Magical Retreat Center: Feathered Pipe, outside Helena Montana (Scroll down to Sep 1 date for cost and details for #4)</p>	<p>Course #2 - MIMSY for Deep Healing and Bodies in Deep Distress, Pain, or Limited Movement Bodies (Pink: Very Gentle Floor Classes and Chair Yoga Level)</p>
<p>Oct 14-15</p>	<p>200-hr Aalamba Teacher Training Weekend #7 Certified Teachers may take all or part of these workshops for CEU hours if the subject is one that is new to them, or one they need more information/practice in.</p>	<p>Lead Teacher: Diane A. Saturday: 10:30-7:00pm (7 hrs) Sunday: 10:00 -6:30pm (7 hrs)</p>
<p>Nov 11-12</p>	<p>200-hr Aalamba Teacher Training Weekend #8 Certified Teachers may take all or part of these workshops for CEU hours if the subject is one that is new to them, or one they need more information/practice in.</p>	<p>Saturday: 10:30-7:00pm (7 hrs) Sunday: 10:00 -6:30pm (7 hrs)</p>
<p>2018 Dates</p>	<p>Courses-Instructors-Location-Costs</p>	<p>Description: Times</p>
<p>Feb 19-23 2018</p>	<p>Experiential Anatomy Master Teacher Judith Hanson Lasater The most fun anatomy course you will ever take! Location: Old Town San Diego Special room rate and room sharing will be available. \$715-795</p>	<p>Retreat style training in Old-Town San Diego. See our website (courses-workshops) for complete details.</p> <p>This course, and any of her other courses 20 hr. courses can be used as part of your 300-hrs with AGW.</p>

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<p>April 3-8 2018</p>	<p>MIMSY - MEDITATION IN MOVEMENT STYLE YOGA 7 Day Retreat Style Intensives Location: A Gentle Way Yoga Center, San Diego, CA Cost: Course #3 Course #3 - April 3-8, 2018 (San Diego, CA) 50-hrs.</p>	<p>Course #3 - MIMSY - Slowly Flowing Into Traditional Asana using energy and breath, intuitive flow.</p>
<p>Aug 3-12 2018</p>	<p>Yoga Of The Heart - Master Teacher Nischala Joy Devi Therapy Certification Course for Yoga Teachers and Health-Care Professionals with a Yoga Background. Location: Yogaville.org, Yogaville, Central Virginia August 3-12, 2018 Reith, Tyrol, Austria Hours: 100</p>	<p>Please Nischala Joy Devi's website for full details on who this Master Teacher is, and why it is important to study with her. This course specializes in working with heart and cancer students. This course, and any of her other courses offered at SoulOfYoga.com can be used as part of your 300-hrs with AGW. www.abundantwellbeing.com</p>
<p>Sep 1-8 2018</p>	<p>A Softer Side of Yoga with Lanita Location: Feather Pipe Ranch - Helena, Montana</p> <p>Cost: \$1795 Includes shared room and meals (Private accommodations available) 300-hr. TT 40 certificate</p>	<p>Feathered Pipe Retreat Center is one of most magical places in the United States to practice compassion for yourself. The staff and founder go above and beyond in providing an unforgettable week. Join Lanita as we practice Aalamba (adaptive) Hatha Yoga in the mornings, MIMSY (Meditation in Movement Style Yoga) in the afternoons, and have plenty of time to wander these mystical grounds, get massages, and body work.</p>