

## Program Costs

\$200 non-refundable deposit, which will be applied to your total



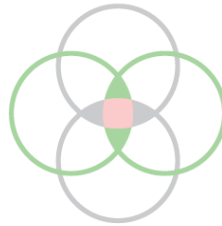
\$2800 if signed up before February 14, 2021.  
\$3000 after



Students are responsible for purchasing their own books.

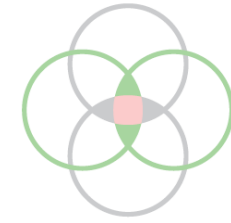


All payments must be received in order to complete the program and receive your certificate.



Linda Stevenson  
Yoga & Vitality

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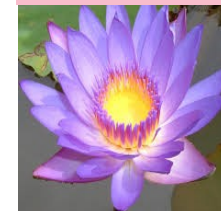


Linda Stevenson  
Yoga & Vitality

## EMPower (Energy Meets Passion)

### 200 Hour Yoga Teacher Training at Strongsville Recreation Center

There is no quick way to learn and embrace over 3000 years of yoga philosophy ! We allow for time in between sessions to incorporate the yoga teachings into your lifestyle. Each student walks away with 6 months of personal growth, confidence and a new outlook on life.



Be the change you wish to see in the world!



Weekend sessions held at  
Strongsville Recreation Center

Phone: 440-888-9865  
E-mail: [info@lindastevenson yoga.com](mailto:info@lindastevenson yoga.com)  
[www.lindastevenson yoga.com](http://www.lindastevenson yoga.com)

## Why Yoga Teacher Training?

Do you often find yourself wondering what else you can learn about the history, philosophy and practice of yoga?

Do you sit on your mat knowing that there is more to this practice, and you are not sure how to find out?

Are you ready for a major change in your life?

If you have answered yes to any of these questions, we have the answer . . .



There is no educational program that can transform your life as much as yoga teacher training. You will meet and bond with amazing and like-minded people. You will learn more about yourself than you ever thought possible, and you will gain a new perspective on life

## What is Required?

- ◆ Complete an application
- ◆ Pay initial deposit, if accepted
- ◆ Purchase books prior to start
- ◆ Attend all 200 hours of training
- ◆ Regular practice and meditation
- ◆ Practice assisting
- ◆ Practice teaching
- ◆ An open mind
- ◆ A love of yoga and of people



EMPower is an approved yoga teacher training school at the 200 level by Yoga Alliance

## 2021 Schedule

Monthly/Bi-monthly on Friday evenings, and Saturday/Sunday days (9 am to 5 pm)

February 26,27,28

March 12,13,14, 26,27,28

April 9,10,11, 23,24,25

May 14,15,16, 21, 22,23

June 25,26,67

July 9,10,11—Graduation Weekend!

All sessions held online and at Strongsville Recreation Center and will begin with an asana practice as a group. Friday nights will be online for all students. Saturday and Sunday will be in person if

Required topics will include:

- ◆ Safe asana alignment
- ◆ Asana sequencing
- ◆ 20 hours of anatomy
- ◆ Philosophy
- ◆ Meditation
- ◆ Pranayama
- ◆ Teaching methods and principles
- ◆ Orientation to the business of teaching yoga
- ◆ And much more . . .