



200 hour NYSY Yoga Teacher Training

Interested in becoming one of the best qualified Yoga/Pilates Teachers internationally?

You don't have to travel far.

The world's best teachers now come to you at NYSY!

200 hour NYSY Yoga Teacher Training (click for details) with Vivi Letsou, 500 hour Yoga Alliance Certified Teacher, and, Rusty Wells, one of the most beloved modern yoga teachers! [200 hour Yoga Alliance Certification.](#)

- 1. Basic Program: Hatha Yoga with Vivi Letsou, 170 hours**
- 2. Specialization Program: Bhakti Flow I, with Rusty Wells, 30 hours.**
- 3. After program 1 and 2, you receive your 200 Hour YOGA DIPLOMA**

Category	Required Hours	Description
1. General Program		
Hatha Yoga		with Vivi Letsou
Technique	80 Hours	Includes asanas, correct alignment and adjustments, pranayama, asana sequencing, and meditation.
Teaching Methodology	20 Hours	Principles of instruction, teaching styles, qualities of a teacher.
Anatomy and Physiology	20 Hours	Includes both physical Anatomy and Physiology (bodily systems, organs, etc.) and kinesiology (analysis of body posture, asanas to do and avoid.)
Theory, Philosophy	20 Hours	Study of Yoga History and Philosophy, Scriptures (Yoga Sutras, Bhagavad Gita, etc.), ethics for yoga teachers, chakras, etc.
Practicum	30 Hours	Observation and teacher assisting in 30 classes
1. Hatha Yoga	170 Hours	
Specialization:		
2. Bhakti Flow I	30 Hours	with Rusty Wells
Programs 1 & 2	200 hrs	Diploma in Hatha Yoga with specialization in Bhakti Flow

from NYSY Studios which qualifies you for the **Yoga Alliance**, 200 hour certification

Prerequisites:

- A. 1 year of serious yoga practice
- B. At least 2 months prior yoga classes at NYSY Studios
- C. Meeting with the program director, Vivi Letsou
- D. Application

2009 NYSY YOGA Teacher Training
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1) BASIC PROGRAM: HATHA YOGA TEACHER TRAINING, 170 Hours.

February–June 2009, 8 weekends, 140 lecture hours

Cost: 1,750* euro before December 31, 2008, **1,850*** euro after Jan. 1, 2009

* plus 19% tax

This program gives the students a broad basis for teaching the standard poses— asanas, with correct alignment and adjustments, breathing practices—pranayama, and the fundamentals of anatomy, yoga history and philosophy.

Taught by: **Vivi Letsou**, *Yoga Alliance Certified Teacher, 500 hours*

Anatomy teacher: **Yannis Tsekouras**, *PhD Physical Education*

Anatomy & physiotherapy teacher: **Yannis Ntatis** *Physiotherapist*

Chakras: **Swami Nirvikalpa** *Senior Teacher, Satyananda Center*

8 weekends of:

- Teaching Asanas—Posture alignment, and adjustments
- Pranayama Techniques
- Methodology
- Anatomy
- Yoga History & Philosophy

Dates:

- 1) February 21,22
- 2) March 6,7,8
- 3) March 13,14,15
- 4) April 10,11,12
- 5) April 24,25,26
- 6) May 8, 9, 10,
- 7) May 22,23,24
- 8) June 12,13,14

Hours:

Weekend #1: Anatomy: The neuromuscular system –7 hours,

Alignment & History –7 hours, total 14 hours

Saturday 2-8pm

Sunday 10am-5pm

Weekends #2-8, 18 hours each

Fridays 5.30-9.00 pm
Saturdays 9am-6pm (one and a half hour break)
Sundays 9am-5 pm (one hour break)

Total Lecture Instruction	140 hours
<u>Class Observation/Assisting</u>	<u>30 hours (classes)</u>
<u>Program Total</u>	<u>170hours</u>

2) SPECIALIZATION: BHAKTI FLOW I, with RUSTY WELLS, 30 hours
plus 6 hours practice
June 2009

Cost: 690* euro before May 15,
790* euro after May 16, 2009
* plus 19% tax

Rusty will teach a one week intensive on Bhakti Flow, including:

- Bhakti Flow or Power Flow Practice
- Sequencing
- Teaching methodology
- Chanting
- Philosophy

He will lead us step by step on how to teach a complete class in this dynamic flow style.

Some of the elements that make Rusty's classes so popular (he teaches daily to classes of over 100 students) is the unique blend of world music and Indian chanting—both of which he will emphasize during this seminar.

CERTIFICATION

1. After successfully completing program 1 you obtain a simple verification letter that you completed:

NYSY Studios, Hatha Teacher Training Program, 170 hours

2. After completing programs 1 and 2 you obtain NYSY's Teaching Diploma:

HATHA YOGA with specialization on BHAKTI FLOW, 200 hours.

3. This qualifies you for the **Yoga Alliance Certified Teacher 200 hour.**

Note: If you prefer to follow a different specialization you will have the option to follow another 30 hour Teacher Training week at NYSY Studios, like Pre-Natal Teacher Training, Anusara Immersions, KidsYoga, etc.