



Peterborough Yoga Teacher Training 2012

Thanks for expressing interest in our upcoming Yoga Teacher Training course! It's a really exciting time for me as an instructor and for the Peterborough yoga community! Sure it's nice to travel the world and take trainings in exotic beautiful countries however, it's also nice to be able to train while all other aspects of your life continue to roll forward; work and family life don't have to change.

Training runs August 8th to November 25th. The 25th being graduation day on Sunday. An afternoon ceremony will conclude your 200 Hour Teacher Training through the Yoga Alliance.

Class on Wednesday nights from 6:45pm - 9:45pm and Saturdays 11:30am - 7:30pm. Breaks included.

No class Thanks Giving weekend.

Cost:

Option 1: **Early Bird Special \$3,400 until May 31/2012.** Includes unlimited yoga membership at H.Y.P. from Aug 1st - November 30th 2012 and Peterborough Yoga Teacher Training Manual.

Option 2: **Full price \$3,999** Includes **Unlimited Year Membership at H.Y.P.** from the date you start taking classes at the studio. If currently on membership your year unlimited will begin once that membership expires. Includes Peterborough Yoga Teacher Training Manual.

Start training now through regular classes and bank hours towards the 75 Hours of contact training required, great option for those with full schedules.

Payment options: paid in full before training can be split into 2 or 4 payments

Primary Instructor [Laura A Cooney](#) E-RYT. Zen Wellness Certified QiGong Instructor (200 hr),
assisted by [Tiina Kivinen](#) E-RYT

Guest instructors coming in for Voice Coaching ([Brian Nugent](#)), Kirtan ([Francoise Roy](#))
and Anatomy lessons.

Access to [Zen Wellness](#) Members only site and weekly calls with Master Michael Leone for credited hours towards your training. Learn energetic anatomy, Yin Yang theory, 5 elements.

Upon full or first payment you will receive the list of required readings and course syllabus. You will also be receiving the first posture you are required to memorize and instruct before the training starts.

I can honestly say that my first teacher training was the most transformational process of my life. Hot Yoga Peterborough is a result of the passion yoga ignited in me to follow my dreams, attain them and keep setting intentions to constantly grow in mind, body, and spirit!

I am looking forward to the possibility of taking you through this transformative process. Some of you will use this 200 Hour training to teach yoga and some of you will use it for self development, both excellent reasons to go through this course! There will be at least a couple spaces open for teaching at the studio after graduation, it will be an honor to teach with you!

If you are serious about starting this program please send an e-mail to awaken@hotyogaptbo.com with subject: 2012 Peterborough Yoga Teacher Training Application

Namaste,

Laura A Cooney

E-RYT. Primary Instructor.