

## Join the Class of 2018

October 1, 2017 – April 22, 2018

Sundays Only (excluding holidays)

8:00 am - 5:00 pm

### Total fee of \$2,900 includes:

- five textbooks
- resource notebooks
- study aids
- two additional classes per week at the Yoga Center
- extensive teaching practice

Please make a \$500 deposit early to guarantee your place. The balance may be made in installments.

### Registration:

You may register by credit card at the Yoga Center, or with a check by mail using the form below.

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### 2018 Teacher Training Registration Form

Make check payable to **The Yoga Center** and mail to:  
827 SE 9th Street, Deerfield Beach, FL 33441

Name \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Amount Enclosed \$ \_\_\_\_\_

Briefly describe any physical limitations:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Become a Registered Yoga Teacher at the Original Yoga Center

Quotes from Teacher Training Graduates:

*"You embody the highest yogic principles..."*

-Luli Hazelcarn

*"Be prepared for a life changing experience, one that will put you in touch with your true self..."*

-Brett Northrop

*"...wisdom passed down from spiritual, knowledgeable teachers... a joy and a blessing."*

-Ann Rosenbaum

### Who are we?

We are the oldest Yoga Center in South Florida. We have been in Deerfield Beach for nearly 50 years. Offering teacher training programs since 1988, we became a 200-Hour RYT Yoga Alliance School in 2000. We offer Advanced Teacher Trainings as well as Children's Yoga Trainings.

### Where are we?

In Palm Plaza shopping center, located on the west side of Federal Highway at SW 10th Street (about 1 mile south of Hillsboro Boulevard and 1 mile north of Sample Road.)

### Contact Us:

[info@yogacenterdb.com](mailto:info@yogacenterdb.com)

954-427-2353 (Yoga Center)

954-946-8101 (JoAnn Evans)



The Yoga Center of Deerfield Beach  
827 SE 9th Street  
Deerfield Beach, FL 33441  
[www.yogacenterdb.com](http://www.yogacenterdb.com)

Breathe the winds of change.

*Transform your life!*

# TEACHER TRAINING

*at the Yoga Center of Deerfield Beach*

The Yoga Center is honored to offer **200-Hour Yoga Alliance Teacher Training** led by JoAnn Evans, E-RYT 500 and a faculty of highly trained yoga educators with over 130 years of combined teaching experience.

This 200 hour Yoga Alliance certification has been ongoing since 2000. Beyond the hours, the information and the training, this course provides an opportunity for **spiritual enrichment.**

## Becoming a Yoga teacher is a dharma, a calling. It is a great gift to yourself to discover your destiny.

This in-depth, 200 hour comprehensive course provides hands-on training, textbooks and instructional materials, individual guidance, and exploration of all aspects of Yoga. It offers the opportunity to deepen your understanding of the practice and teaching of Yoga. We will study:

- **Asana**
- **Pranayama**
- **Meditation**
- **Philosophy**
- **Anatomy**
- **Physiology**
- **History**
- **The Vedas**
- **Bhagavad Gita**
- **Upanishads**
- **Patanjali's Yoga Sutras**
- **Sanskrit terms**
- **Ashtanga (8 Limbs)**

We cover 101 primary asanas in the various categories: standing, balancing, inverted, forward and back bending, lateral flexion, and rotation. You will learn how to help the student find the proper alignment, when and how to touch, when not to touch, how to string asanas together in a flow - Vinyasa - and how to breathe during the asanas.

Special emphasis will be placed on the therapeutic application of posture for pain relief and structural alignment. We will study the mechanics of the various joints of the body - the ankle, knee, hip, shoulder and spine.

The Chakras will be studied as we observe how the cosmic force manifests in each of the 7 centers and how this emphasis expresses itself in the personality and awareness of the individual. We will learn how the various sheaths are connected and the role of pranayama regarding the Chakras.

We will practice the principle pranayamas: Kapalabhati, Nadi Shodhana, Ujjayi, Bhastrika, and more.



**JoAnn Evans, E-RYT 500** has dedicated herself to the propagation of Yoga. She has been teaching Yoga for over 40 years. She was awarded the title of Yoga Siromani in 1975 from Swami Vishnu Devananda after 6 weeks of Teacher Training at Sivananda Yoga Vedanta Center in Val Morin, Quebec, Canada. Before moving to Florida in 1979, JoAnn operated a successful studio in the DC area. At the Yoga Center of Deerfield Beach, she teaches Hatha Yoga, stress reduction, meditation, Bhagavad Gita, and Yoga Sutra classes. Hundreds of students have completed her teacher training classes in South Florida and in Bethesda, Maryland. Her Yoga classes draw students from all over the country. JoAnn's unparalleled style of teaching Raja Yoga combines postures, breathing techniques, and meditation with methods to incorporate the philosophy of Yoga into our daily lives. Her knowledge of the body enables her to effectively teach beginners as well as the most advanced students. Her wisdom, kindness and wit create a stimulating and warm environment for her students.

JoAnn has been the Yoga Center Director of Teacher Training since our Teacher Training program began in 1988. She has 500 instruction hours registered with Yoga Alliance.

**Louise Goldberg, MA, E-RYT 500, C-IAYT**, is the director of the Yoga Center of Deerfield Beach and of the 95-Hour Children's Teacher Training. She is a certified yoga therapist, holds a Master's in reading education, and is a licensed massage therapist. She earned her yoga teacher certification at the Sivananda Yoga Vedanta Center in Val Morin, Quebec, in 1981. In addition to teaching gentle and hatha yoga to adults, she teaches yoga to children, including those with exceptional needs. She is the author of Classroom Yoga Breaks: Brief Exercises to Create Calm (2017) and Yoga Therapy for Children with Autism and Special Needs (2013) published by WW Norton. Louise has trained hundreds of educators internationally in Creative Relaxation®, to implement yoga-based interventions into classrooms and therapeutic settings. She sees yoga's benefits in healing injuries and chronic pain, both physical and emotional. Louise's love for asana, her fascination with yoga philosophy, her extraordinary faith in people, and her desire to bring peace into the world are the foundations for her teaching.

**Christine Apter, PhD, E-RYT 500**, holds a Doctorate in Natural Health and a Master's in Microbiology. A student of yoga since 1968, she offers deep insights into the techniques, philosophy, body mechanics, and wisdom of yoga. She is the author of A Journey in the Heart: Teaching Yoga Deeper, an advanced teacher training manual, and leads advanced trainings at the Yoga Center. She has been inspired by the Anusara style of yoga which blends the science of biomechanics and the art of opening to grace to add more joy and beauty to the world. It cultivates skills and virtues to empower the yoga practitioner to become the person that he or she wants to be both on and off the mat. The results are freedom in the body, mind, and heart, with a more expansive perspective of life. She embraces the delight of yoga and is dedicated to serving each student to help them unveil their innate goodness, worthiness, and Supreme nature. Known for her enthusiasm, knowledge, wit and wisdom, Christine's yoga philosophy is: "Our purpose on this earth is to realize our true nature."

**Dotty Zevin, E-RYT 200**, was director of the Yoga Center for 27 years. She received her yoga teacher certification in 1987 at the Kripalu Center in Lenox, Mass. At Kripalu, Dotty developed her philosophy about yoga: it is a journey through our hearts to open to our highest selves. She believes in the joy of teaching. She encourages playfulness in her classes as a way to connect to divine grace. Dotty has the gift of inspiring her students to become teachers. With patience and kindness, she supervises the teaching practicum in this training.

*Over 130 years of combined experience teaching Yoga*