

Join the Class of 2023

Begins Saturday,
September 17, 2022

Total fee of \$2,900 includes:

- *Five textbooks
- *Resource notebook
- *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 at the Yoga Center website at <https://yogacenterdb.com/teacher-training/> or by mailing a check using the form below

2023 Teacher Training Registration Form

Make check payable to: Yoga Center of Deerfield Beach and mail to 811 SE 8th Ave, Suite 207 Deerfield Beach, FL 33441

Name _____

Phone _____ Email _____

Address _____

City _____ State _____ Zip _____

Amount Enclosed \$ _____



Yoga Center of Deerfield Beach
811 SE 8th Avenue, Suite 207
Deerfield Beach, FL 33441

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 over 50 years.

Where are we?

Online: www.yogacenterdb.com
Our studio: 811 SE 8th Ave, Suite 207 In the northwest corner of Palm Plaza shopping center, directly across from Sprouts on the west side of Federal Highway, south of Hillsboro Blvd and north of Sample Rd.

Contact Us:

info@yogacenterdb.com
954-427-2353 (studio)

NEW FORMAT:

Offered in-studio and online.
Saturdays, 1:15-8:15pm; Sundays, 9:00am-6:15pm.
All classes will be recorded for easy make-up and review.

Dates:

Sept 17 & 18, 2022
October 15 & 16, October 29 & 30, 2022
November 12 & 13, 2022
December 10 & 11, 2022

January 7 & 8, January 28 & 29, 2023
February 25 & 26, 2023
March 11 & 12, 2023
April 1 & 2, April 29 & 30, 2023
Graduation: May 20, 2023

Breathe the winds
of change.

Transform Your Life

TEACHER TRAINING

at the Yoga Center of Deerfield Beach

The Yoga Center is delighted to offer **200-Hour Teacher Training** led by a faculty of highly trained yoga educators. We have led teacher trainings since 1988 and became a Yoga Alliance school in 2000. Our staff has over 100 years of teaching experience combined.

NEW FORMAT: This in-depth, comprehensive course will be offered in-studio, online, & over 11 weekends.

Beyond the hours, the information and the training, this course provides an opportunity for spiritual enrichment.

**Teaching Yoga is a Dharma, a calling.
Discover your destiny.
Bring calm into the world.**

Become a Yoga Teacher for the 21st Century. Learn to share this ancient system online, in-studio, and in hybrid classes. Explore techniques for creating a sense of community, whether your students are in your space or at home, local or from around the world. This comprehensive 200 hour course offers in-depth training, textbooks and instructional materials, individual guidance, and exploration of all aspects of Yoga. Deepen your understanding of the practice and teaching of Yoga.

Course of Study:

- Asana
- Trauma-Informed Teaching
- Pranayama
- Anatomy
- Physiology
- Meditation
- Mindfulness
- Philosophy & History
- Bhagavad Gita
- Upanishads
- Patanjali's Yoga Sutras
- Sanskrit terminology
- Ashtanga (8 Limbs)
- Specialized techniques
- Practice Teaching
- Chakras
- Practice teaching
- Using technology
- Creating inclusive classes for today's world

We cover over 100 asanas, including standing, balancing, inverted, forward and back bending, lateral flexion, and rotation. You will learn to help your students find the proper alignment, ways to use language for precise instruction, how to string asanas together in a flow - Vinyasa - and how to use the breath in posture. Special emphasis will be placed on the therapeutic application of asana for pain relief and structural alignment and the mechanics of the various joints of the body.

Explore the physiology of relaxation and how to challenge as well as support your students in class. Energetic anatomy will deepen your understanding of how the cosmic force manifests in the chakra system. You will learn how the 5 Koshas are connected and the role of pranayama in asana and meditation, including Kapalabhati, Nadi Shodhana, Ujjayi, Bhastrika, and more.

Our faculty has over 100 years of combined experience teaching yoga

LEAD FACULTY

Louise Goldberg, MA, E-RYT 500, C-IAYT,



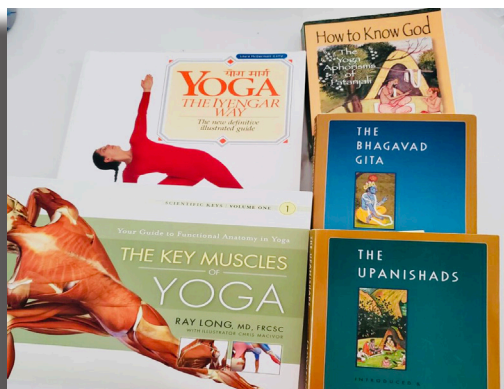
is the director of the Yoga Center of Deerfield Beach and of the Children's Yoga Teacher Training. She is a certified yoga therapist, holds a Master's in reading education, and is a licensed massage therapist. She earned her yoga teacher certification at the Sivananda

Yoga Vedanta Center in Quebec in 1981. 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. A teacher of all ages and abilities, Louise is founder of Creative Relaxation®, yoga instruction for educators, and leads retreats and teacher trainings internationally. She sees yoga's benefits in healing injuries, trauma, and chronic pain. Her 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. 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."



ADJUNCT FACULTY

Joy Weissman, E-RYT 500 began her yoga



journey in 1971. Upon completing teacher training in 1995 with JoAnn Evans, Joy co-founded The Joy of Yoga Center in Coral Springs, Florida. In 2003, she returned to South Florida after 3 years in Sedona, Arizona. Joy's approach to teaching is innovative and soulful. She brings warmth, humor, and enthusiasm to her classes.

Kate Brescia, E-RYT 200, has been teaching



vinyasa yoga for 14 years. Her continuous yoga education influences her attention to alignment and mindful cueing, allowing her to safely support students on their journeys into self-inquiry. She helps each student find the unique expression of their yoga practice. Her classes are playful yet grounded.

Catherine Cook-Cottone, Ph.D., C-IAYT, is a



Licensed Psychologist, Certified Yoga Therapist, and Professor at SUNY at Buffalo. She is creator and director of the Mindful Counseling Advanced Certificate program and co-founder and president of Yogis in Service, Inc. a not-for-profit organization that creates access to yoga. Specializing in embodied self-regulation and psychosocial disorders and writer of ten books and over 85 peer reviewed articles and book chapters.

Melissa D'Errico, RYT 500, attributes the start



of her yogic journey to her love of movement. She holds a Bachelor of Fine Arts in Dance and has been teaching yoga for 7 years with specialties in Prenatal Yoga, Yin Yoga, Yoga Nidra, and Creative Relaxation for Children with Special Needs. She is a Reiki Master and has been practicing Reiki for 34 years. Melissa is the Assistant Studio Manager of the Yoga Center.

*On this path,
no effort is wasted
(Bhagavad Gita 2.40)*