

Neesha Zollinger Yoga

presents

Intensive Yoga Studies and RYT-200 Teacher Training

Part 1: April 17-30, 2017 (100-hour Immersion)

Part 2: May 2-15, 2017 (100-hour Teacher Training)

at Akasha Yoga, Jackson, WY

You love your yoga and are ready to dive deep for more.

You love the challenge of new poses.

You're intrigued by the bits and pieces of philosophy you hear in classes.

You're noticing that your regular practice is making you a better person, but you aren't sure why.

If this describes you, you're ripe for Part 1 of the Teacher Training.

This intensive workshop is the way to deeply set yoga in your mind, body, and spirit.

It is also the prerequisite for Part 2 of the Teacher Training - the section you'll need to complete if you dream of sharing yoga with others.

Completion of all 200 hours of this Teacher Training
will earn the Yoga Alliance RYT-200 teacher designation.



PART 1: IMMERSING

These first 100 hours can be taken alone. They are the prerequisite for Part 2: Teacher Training.

This intensive workshop is THE way to deeply set yoga in your mind, body, and spirit.

It makes an amazing retreat experience, refreshing you and recommitting you to a mindful and purposeful life. Many practitioners not interested in teaching choose to take this workshop and enjoy dramatic shifts in their lives. If you dream of sharing yoga with others through teaching, this workshop is a prerequisite for teacher training. Students are best honored by teachers who have walked the path before them, so it's important to solidify your own practices before teaching them to others.

Every day of your Immersion workshop will include a mix of asana, hands-on learning, lecture, discussion, journaling, meditation, and breathwork. Expect to practice every morning and every afternoon.



CURRICULUM

- Names, forms, and safe performance of foundational and standing poses
- Safe performance of inversions, arm balances, and backbends
- Basic anatomy
- Subtle body anatomy, including the chakras and the koshas
- Anusara Yoga's five elegant Universal Principles of Alignment which keep you safe in your practice while also building strength and creating vibrancy in your poses
- Foundations of yoga philosophy - including the different schools of yoga and their evolution, the Yamas and Niyamas (ethical precepts of yoga), and other philosophical frameworks
- The Tantric Yoga vision: seeing and celebrating the good
- Introduction to pranayama and meditation
- Seminal yoga texts: Patanjali's Yoga Sutras and the Bhagavad Gita
- Hands-on adjustments and partner work
- Ayurveda and the doshas

I'm coming up on my third anniversary of teaching yoga, and I still find myself referring to my Teacher Training notes for information and inspiration. Plus, my own practice continues to flourish from the hours spent exploring asana in such depth. Whether you're interested in teaching or deepening your own yoga practice, the curriculum and clarity of teaching Neesha brings to this training is remarkable. - Jackie B.

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PART 2: TEACHER TRAINING

You've decided that yoga is an amazing gift, and you want to share it - maybe with your loved ones and friends, or maybe with students in a more formal setting.

Congratulations! You've discovered an amazing calling that simultaneously feeds you *and* your community. You'll be set up to perform this service with confidence, knowledge, and grace through ample study and practice. You'll focus on developing and refining teaching techniques so you'll be prepared to teach. As a result, there is not as much asana in this workshop as there is in the Immersion workshop.

You'll practice teaching in front of small groups and the larger group every day. In our supportive setting, you'll be giving feedback to and receiving feedback from fellow students and instructors.



CURRICULUM

- Moving students through foundational poses
- Teaching Anusara's Universal Principles of Alignment in foundational and advanced poses
- Safe and effective sequencing
- Identifying and adjusting common misalignments
- Speaking clearly and concisely; identifying and working through ineffective speech habits
- Performing basic physical adjustments
- Managing an "all levels" class
- Effective pose demonstrations
- Developing and weaving a theme into your classes
- Instructing more challenging poses such as handstand, shoulder stand, and backbends
- Working with pregnant, obese, and elderly students
- Being a yoga professional
- Unveiling your unique teaching style and stepping into your power

Completion of all 200 hours of this Teacher Training will earn the Yoga Alliance RYT-200 teacher designation from the Neesha Zollinger School of Yoga, a Yoga Alliance Certified School of Yoga (RYS 200). In most studios, this is the standard requirement to teach yoga.



What strikes me most about Neesha's teaching is the potency and clarity with which she conveys the spiritual and energetic pieces of yoga along with the physical components. She truly embodies the gift of playing a bigger game. - Chris J.

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SCHEDULE

April 17-30, 2017 (100-hour Immersion)
May 2-15, 2017 (100-hour Teacher Training)

9-11:45am and 1:15-5pm each day

LOCATION

All sessions will be held at **Akasha Yoga**, 150 E. Hansen, Jackson, WY. If you've never been to Jackson, you're in for a treat! Home to Grand Teton and Yellowstone National Parks, Jackson is surrounded by some of the most dramatic mountains in the country, and yes, you can see them from the studio. Jackson is a world-class resort town, making it a fantastic place to go on retreat. Recreational opportunities abound, and there are plenty of restaurants, shops and theaters in the area.

PAYMENT

Full payment is due at time of registration (unless you do the payment plan option).

\$400 of the Immersion and \$600 of the 200-hour tuition are considered to be your non-refundable deposit.

Payment can be remitted at the registration link below.

PRICING

100-hour Immersion.....\$1600
200-hour Teacher Training.....\$3100

Early Bird Pricing (if fully registered by 2/15):

100-hour Immersion.....\$1425
200-hour Teacher Training.....\$2950

4-installment payment plan available; email neeshamaree@me.com for details

LODGING

There are many hotels, motels, and B&B's in Jackson. Please check the **Jackson Chamber of Commerce website** for a full list.

There are also many short-term rentals in the Jackson area. Check online options or contact a local management company for assistance.

CANCELLATIONS

Change happens. Here is the cancellation policy:

- For cancellation more than 30 days out: a refund of your course fee minus the non-refundable deposit will be provided
- Within 30 days of the course start date: 50% of the registration fee will be refunded
- Within 7 days of the course start date: 25% of the registration fee will be refunded



ABOUT NEESHA ZOLLINGER

A Yoga Alliance E-RYT-500, Certified Anusara Yoga® Instructor, and Owner of Akasha Yoga, Neesha brings 19 years of yoga and dance teaching experience to her classes, workshops, and trainings. Neesha's teaching focuses on empowering others to find sources of health and happiness through detailed knowledge of the body and the steady work of paying attention. The yoga community is central to Neesha's groundedness, and her teachings emphasize the creation of connection through both the practice and the conversation of yoga. Neesha's teaching has taken her around the globe several times. She is a featured instructor on yogatoday.com. She also hosts her own virtual training courses, live workshops, and virtual/live teacher trainings.

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