



**FAST TRACK
FITNESS YOGA
TEACHER TRAINING CERTIFICATION - MODULE 2**

TRAINER: MAUREEN RAE, RN, E-RYT

www.mraesyogastudio.com

**Program Fee: \$275 + HST (Toronto)
\$350 + HST (if outside Toronto)**

Module 2 consists of a 2-day training that builds on the knowledge and skills introduced in Module 1.

Focus will be on advanced sequencing, flow, modifications, adding and decreasing intensity, verbal alignment, class presentation skills, class control, use of voice, hands on adjustment, and more.

Additionally, prior to the weekend of Module 2, the student will be assigned two poses which he/she will be required to present during the second day of the training. Also, students will be required to present submit three written assignments based on the Module 1 manual and additional readings. These assignments will be given after registering for Module 2. Together, these two requirements will ensure that teachers graduating from this program have incorporated the knowledge, and demonstrated the skills necessary to qualify for Fast Track Fitness Yoga Teacher Certification.

A Teaching Hours Tracking Form will be sent upon receipt of registration.

Prerequisites: Module 1

CPR (Proof Required)

Documentation of 25 Hours of Teaching Yoga provided after the completion of Module 1

Can-Fit-Pro CEC's 4 SPRA Credits

Provided: Complete Manual for Module 2, Fitness Yoga Teacher Certification

Maureen Rae is the owner and program director of Maureen Rae's Yoga Studio located in Toronto. A registered nurse by profession, she is also an Experienced Registered Yoga Teacher with the International Yoga Alliance, and conducts yoga teacher training across Canada. She provides Yoga Certificate Programs for the GoodLife Fitness Clubs.

For further information and to register call Maureen at (905) 274-3312

or email info@mraesyogastudio.com

Visa/Master Card Accepted. Fax (905) 891-0497

Make cheques payable to: MAUREEN RAE'S YOGA STUDIO

1400 DIXIE ROAD, #1512, MISSISSAUGA, ONTARIO L5E 3E1

Please register early due to limited space

APPLICATION FORM ON NEXT PAGE

**FAST TRACK
FITNESS YOGA
TEACHER TRAINING CERTIFICATION
MODULE 2**

APPLICATION FORM

NAME

ADDRESS

CITY/PROVINCE

POSTAL CODE

TELEPHONE

DATE

EMAIL ADDRESS

OCCUPATION

1. How long have you been studying/practicing yoga?

Write a brief but complete description of your yoga experience, including the style(s) that you have practiced in the past, with whom you have studied, and when.

2. Do you presently have a regular personal home yoga practice?

Yes No

If yes, for how long have you practiced on your own?

How often do you practice? What style(s) of yoga?

3. Do you attend classes? Where? Taught by whom? How often? What style(s) of yoga?

4. Have you had any teaching experience in general? Please describe.

5. What do you want to gain from this program? If you have specific wishes or areas of interest that you would like to explore, please be specific.

6. What have been the benefits of yoga in your life?

7. Why do you want to teach yoga? Please be as detailed as possible.

8. Do you have any additional comments or questions?

9. Please understand that this course involves a **COMMITMENT** to yoga, and should not be considered lightly. Graduation from the course cannot, and will not, take place unless all requirements have been met.

10. My signature below indicates that I have read the Module 2 Teaching Training brochure in its entirety, am aware of the registration, payment and refund policies/deadlines, and agree to those guidelines.

Please sign and date:

Please mail or fax application along payment to:
Maureen Rae's Yoga Studio
Office Address: 1400 Dixie Road, Apt. 1512
Mississauga, Ontario
L5E 3E1

FAX: 905-891-0497

Visa, MasterCard, cheque, money order accepted.

Please note that registration will be confirmed only upon receipt of payment at which time a **Teaching Hours Tracking Sheet** will be forwarded to you, along with your **written assignments**.

Thank you.

Call 905-274-3312 for more information.

THE INSTRUCTOR

Maureen Rae, RN, E - RYT, has gained recognition across Canada for her unique, centered approach to Yoga and to wellness, having been passionately involved in the industry for the last 20 years. Maureen began practicing Yoga at the age of 13 as a high school student and since then Yoga has become a way of life, spilling over into every aspect of being.

She has been teaching Yoga for 13 years in the technically precise Hatha Vinyasa Flow Style, although her classes are punctuated with postures and techniques from both the Ashtanga and Viniyoga traditions of Yoga. She has studied extensively with Erich Schiffmann in Santa Barbara, California and Angela Farmer in Greece, (among others). She is the owner and program director of Toronto-based Maureen Rae's Yoga Studio, a centre for the study of yoga both for students, and for aspiring teachers. She travels widely to train yoga teachers throughout Canada.

Maureen holds a White Belt in Nia Dance and has developed her own unique approach to DanceYoga - integrating a wide variety of modalities - t'ai chi, yoga, tae kwondo, ethnic rhythms, pilates, modern and classical dance and more.

A highly-regarded CanFitPro presenter, Maureen uses asana, pranayama (yogic breathing techniques), deep relaxation, and discussion to lead her students into stillness.

Becoming still enables one to more intuitively be "guided from within".

email: info@mraesyogastudio.com

website: <http://www.mraesyogastudio.com>