

# Maureen Rae's Yoga Studio

5324 DUNDAS STREET WEST

TORONTO, ONTARIO

905-274-3312 (office) 416-716-7589 (studio) 905-891-0497 (fax)

## YOGA TEACHER TRAINING INTENSIVE

100 Hour Program

SEPTEMBER 2009 - MARCH 2010

### Course Specifics:

Each Fall, we offer our 100 Hour Teacher Training Intensive. 10 Sunday afternoons from September - March, plus home assignments. The curriculum focuses on how Yoga works, the history and philosophical groundings of Yoga, and an exploration of the fundamental poses of Yoga. The style of yoga is Vinyasa Flow Yoga - a dynamic system that marries mind, asana and breath. You will also learn how to instruct and set up classes, the purpose of each asana, verbal cueing, and some hands-on corrections.

### *Yoga Teacher Training Eligibility*

While we recommend a home practice of at least one year, anyone sincerely interested in Yoga is most welcome to enroll in the course in order to expand his or her own practice and knowledge with or without the desire for yoga certification. Our school recognizes its responsibility for maintaining its excellent reputation for high standards. Teaching certificate is awarded on the basis of successful comprehension and mastery of the principles and practice of Yoga as indicated by written assignments, in-class discussion and demonstration of precise alignment and technique. The ability to communicate information about asanas to others is paramount. Those students who apply themselves should find no difficulty in achieving success.

### Dates:

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October 4 and 25	1 - 5:00
November 8 and 22	1 - 5:00
December 6 and 20	1 - 5:00
January 10 and 24 2010	1 - 5:00

February 7 and 21 2010

1 - 5:00

**Location** Maureen Rae's Yoga Studio  
5324 Dundas Street West  
Toronto, Ontario

**Pre-requisites:** Home practice of at least 1 year.  
Acceptance to program subject to approved application, and personal interview.

**Cost:** Fees for the full course:  
\$1200 + gst of \$60 TOTAL \$1260

This fee includes unlimited regularly-programmed classes on our schedule for the duration of the training. The fee does not include pre-registered programs.

- A deposit of \$500 *with the application* is required to reserve your space. The full amount of \$500 will be refunded should your application be declined.
- Payment options are available - \$500 deposit with application, and balance (\$760) may be paid in two additional installments of \$380 each, dated September 15 2009 and February 1 2010. If desired, discussion re alternate payment arrangements may be arranged i.e. monthly payments from October to March.

**REFUND POLICY:** Please note well. Teacher Training Fees are 100% non-refundable and non-transferable once the course has begun.

- Visa, MasterCard or postdated cheques accepted.
- If paying by post-dated credit card slips, all information must be supplied by September 15, and all slips must be signed on the first day of the Program.

**PLEASE NOTE:** Any student paying by credit card who withdraws from the program will be required to continue with credit card payments until the program fee is paid in full. There will be no exceptions.

A very limited number of applications will be approved for this program.

Please apply early.

Application Form on next page.

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### 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 is an intense program, and should not be considered lightly. Graduation from the course cannot, and will not, take place unless all requirements have been met. Written assignments are to be submitted in hard copy - typewritten and clearly legible. Although consideration will be given under *exceptional* circumstances to individuals who may encounter situations during the course of the program that require re-scheduling, the School cannot guarantee that any session will be re-scheduled. It, is therefore, imperative that the student clear the slate for yoga for the duration of the program.

Acceptance into this course is subject to a personal interview.

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

Please sign and date:

*Please mail application along with deposit of \$500 to:*

Maureen Rae's Yoga Studio

Office Address: 1400 Dixie Road, Apt. 1512

Mississauga, Ontario

L5E 3E1

Visa, MasterCard, cheque, money order accepted.

Please note that registration will be confirmed only upon receipt of deposit, and a hard copy of the application form - complete with signature and date. A personal interview will be scheduled. Thank you.

Call 905-274-3312 for more information.

## **THE INSTRUCTORS**

**Christine Ling, RYT.** After practicing yoga for more than a decade, and enjoying its many benefits, Christine decided that yoga was indeed "a gift worth sharing". As a Registered Yoga Teacher with Yoga Alliance she teaches all yoga levels at the studio, and a corporate class outside the studio. We welcome Christine to our teaching faculty on both our YTT 100 Program, and also our YTT 250 Yoga Alliance Program.

Christine walks for fitness and spends quality time with her family to complete her day.

**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 14 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 rhythmns, 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](mailto:info@mraesyogastudio.com)

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