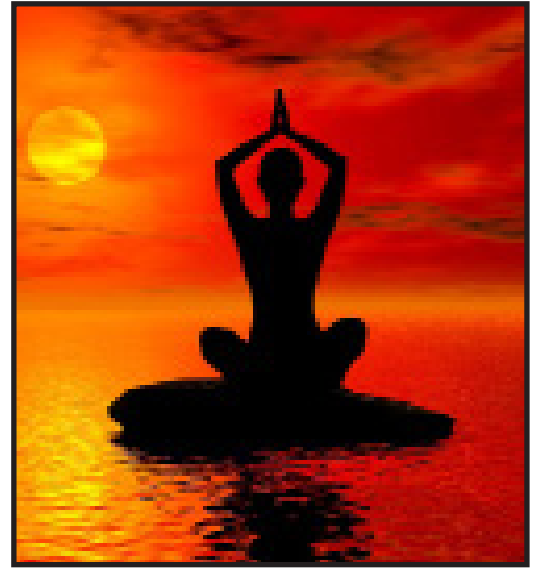


# Hatha Yoga

## 200 Hour Teacher Training Program

Yoga for Today is pleased to offer a comprehensive 200 Hour Hatha Yoga Teacher Training Certificate program. This time of intensive study will help the yoga practitioner develop their own personal practice as well as begin to acquire skills to teach and share their passion for yoga. Our intention is to make this process rewarding and enjoyable. A supportive environment, based on mutual respect, personal integrity, commitment and sharing is the basis for learning and personal growth. By participating in this teacher training program, you will learn the technical skills needed to teach yoga and leave with the personal awareness, inner confidence & ability to offer this gift of health and vitality to others.



Enjoy new growth in your yoga path and discover how to share your passion for health through yoga with others. As a yoga instructor, enjoy the freedom of choosing your own hours and connecting with others in an environment that facilitates and nourishes health and wellness on all levels.

### Requirements:

Participation in this unique learning opportunity is based upon the approval of your application.

Those interested in applying need:

- Two years of hatha yoga experience
- Minimum 18 years of age
- Approval of your application

- Applications forms available online at [www.yogafortoday.ca](http://www.yogafortoday.ca)
- Further details available by contacting Chris Erdmann Boyko, at Yoga for Today or email [chris@yogafortoday.ca](mailto:chris@yogafortoday.ca)



**To teach is to love**

Yoga for Today Teacher Training is an intensive 200 hour process that spans 9 months. It is based on an adult education model, supported in a group of students committed to sharing and learning for personal and professional growth. This schedule is ideal for those who are working or studying full-time or those who need to compress on site learning into short time frames.

Monthly weekend intensives cover: asana, anatomy, pranayama, the science and psychology of yoga, the history and philosophy of yoga, mantras, sound and chakras, meditation, student teaching session, and hatha yoga classes with senior instructors.

*Let the beauty that you love  
be what you do.*

Rumi



780-416-4211 #206, 2016 Sherwood Drive  
[www.yogafortoday.ca](http://www.yogafortoday.ca) Sherwood Park, AB

# Program Team



## Glenda Sartore, Rita Maltais, Chris Erdmann Boyko

**Glenda Sartore** brings years of experience leading workshops and retreats for adults, as well as her experience as a dedicated yoga teacher and student. Chronic back pain brought her to yoga in the early 90's and to the home studio of Chris Erdmann Boyko. Presently she is inspired by yoga studies in the Anusara tradition with Robin Golt and continued study with Richard Miller. She is a designated Yoga Association of Alberta Training Teacher. Gerda Krebs Hatha Yoga Centre Certified, Yoga Association of Alberta Certified, Certified Rest & Renew Trainer. Yoga Nidra training with Richard Miller.

**Rita Maltais**, B.Ed. has practiced yoga for many years and is excited to share her passion with people seeking to improve their physical, mental and emotional health. She has been a school teacher for over 25 years and is excited to bring her leadership skills to Yoga for Today's Teacher Training Program. Rita has been blessed to have studied with inspiring teachers including Chris Erdmann-Boyko, Glenda Sartore, Joan Randolph, and Freema Bram. In addition she has had the opportunity to take part in workshops taught by Gerda Krebs, Friedel Khattab, Teddy Hyndman, Margo Balog, Kate Potter, Doug Swenson, Michael Stone, Marla Erickson, Robin Golt, Sue Ducros, Ann Douglas and Judith Lasater. Yoga for Today International School of Hatha Yoga Certified, Yoga ed. Certified, Yoga for Today 15 Hour Yin Yoga Teacher Training Program, Radiant Child Yoga Program Level 1. She is currently completing the Relax and Renew Certification.

### Additional Faculty Members:

Reg Nugent, BSc, MA, CEP: Anatomy & Physiology  
Donalee Campbell, YAA Intermediate Teacher (600 hr+)  
Coordinator, YAA Teacher training & Certificate Program,  
Traditional Yoga Studies: Philosophy,  
Chris Erdmann Boyko, Senior Yoga Teacher: Process Facilitation

**Dedicated to helping people  
create greater health and  
wellness through yoga.**



**Yoga Alliance**  
Integrity. Diversity. Community.

9 month Training with Glenda Sartore,  
Rita Maltais, Chris Erdmann Boyko  
& other Senior Teachers  
March, 2017 - November, 2017

## Weekend Intensives

March 10 - 14

April 7 - 9

May 12 - 14

June 9 - 11

June 23 - 25

Aug. 11 - 13

Sept. 15 - 17

Oct. 13 - 15

Nov. 3 - 5 (graduation)

Approx Hours: Fri 5-9 pm, Sat 8 am-4 pm, Sun 7 am-3:30 pm

**Application deadline: April 15, 2017**

**Tuition: \$3,150 +GST**

Includes the Yoga for Today Teacher Training Manual and "The Tradition of Yoga" by Georg Feuerstein.

In addition to the above, one 10 hour weekend workshop with an approved international instructor is required for Certification with Yoga for Today. Approximate cost of this workshop is \$225.

Students will attend one weekly hatha yoga class for a minimum one year commitment. Calculate 9 months for teacher training and schedule your weekly class to begin prior to October and/or if necessary after teacher training ends. Classes need pre-approval from yft.

Applications are taken on a first come, first served basis. All successful applicants will be contacted. Once accepted into the program, a \$500 non-refundable deposit is required to hold your space. The balance of the tuition is due on April 15, 2017



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