



200-Hour Yoga Teacher Training Certification BEGINS NOVEMBER 2, 2024

Welcome! Whether you aspire to create a meaningful and rewarding career as a yoga teacher, or you simply wish to take your practice to a whole new level, our 200-Hour Vinyasa Yoga Teacher Training will transform your existing practice and introduce you to the art of teaching yoga.

Our immersive program will take you on a journey of self-discovery through a daily yoga and meditation practice, study of the fundamental principles of yoga, art of teaching, creative sequencing, asana alignment, philosophy, anatomy as well as the business of yoga, branding and social media.

Our personal insights and our proven feedback process aim to give you an expanded awareness not only as a teacher, but more importantly as a human being. You will learn the necessary tools to cultivate a confident teaching voice and nurture your own teaching style. In short, our mission is to inspire you to BE the best version of YOU - on and off the mat. This immersive experience is an opportunity to learn, explore and grow in a safe and supportive environment.

So the only question is... ARE YOU READY?

CURRICULUM

- Yoga History, Philosophy, 8 Limbs Of Yoga
- Asana Techniques, Practice, Practice Teach
 - Sun Salutations & Variations
 - Seated & Forward Folds
 - Standing & Balancing
 - Twists, Binds, & Core
 - Backbends & Inversions
- Pranayama Techniques & Practice
- Intro to Ayurveda – The Science Of Life
- Teaching Methodology

- Creating & Structuring a Class
 - Teaching: The Art Of Cueing, Sequencing, & Class Management
- Yoga Anatomy, Physiology, Biomechanics, & 6 Movements Of The Spine
- Subtle Body
 - Mudras & Bandas
 - Chanting
 - Chakra Theory
 - Sanskrit
- Hands-On Adjustment For Proper Alignment
- Use Of Props To Improve or Modify Postures
- Confidence-building through practice teaching
- Feedback process to grow as a teacher
- Prenatal Yoga
- Children's Yoga
- Yoga Ethics & Professionalism
- Cultivating Your Teaching Voice & Teach From The ❤️
- Special Populations
- Chair Yoga
- Mindfulness & Meditation

FACULTY

- Linda Melochick, ERYT-500, Director
- Muning Hu, ERYT-500, RPYT
- Melanie Maglieri, ERYT-500
- Gabrielle Gerard, ERYT-500, EIYT
- Jane Heiby, RN, ERYT-500, LMT, CMT
- Kendall Drake, RYT-500, Yin Yoga Certified
- Danielle Orender, RYT-500, RPYT, RPYT
- Jivani Lisa Drago-Bauer, M.S., ERYT-500

COURSE SCHEDULE - 10 Weekends Over 5 Months

- Saturday & Sunday 8:00am – 5:00pm
 - Meditation & Asana Practice
 - Module Theory
 - Module Practical
 - Lunch (1 hour)
 - Practice Teach Group Sessions
 - Closing Discussions & Meditation

APPLICATION PROCESS

- Online Application <https://bit.ly/YogaTeacherApplication>
- Email from Zenya when Application received
- Assessment period 1 - 2 weeks
- Acceptance or Deferral email from Zenya
- Tuition Payment or Payment Plan Agreement Completed
- Mark Your Calendar & Prepare For The Journey Of A Lifetime!
- Student Orientation Via Zoom – 2 Weeks Prior To Start

PREREQUISITES

- 1+ years of yoga practice suggested
- Appreciation for detail, precision, and high standards
- Willingness to receive feedback, laugh at yourself, and grow as a person

LOCATION: Zenya Yoga Academy

1308 Airline Blvd - Portsmouth

www.zenyayoga.com

Program Director:

Linda Melochick Linda.zenyayoga@gmail.com (757) 532-6090

Enrollment & Admissions Contact:

Cortney Cunningham Cortney@zenyayoga.com (757) 675-9077

TUITION:

-HSA & FSA Approved

-MYCAA, Army COOL, & Airforce COOL funding

-Free Payment Plans:

1. 10 Months - \$170 paid on 1st and 15th of each month
2. 12 Months - \$142 paid on 1st and 15th of each month
3. 15 Months - \$114 paid on 1st and 15th of each month

****Payment plan options have zero fees and can be paid off any time, and are also**

100% Tax Deductible

***Class size is limited - Early registration is recommended.**

Yoga Teacher Training Comparison Checklist:

Compare Zenya to Competitors:	Zenya Yoga	Competitors
1. Experienced & world-renowned Teachers, Authors, & Practitioners	✓	?
2. In person & hands-on Yoga Teacher Training	✓	?
3. Depth and breadth of yoga methodology, history, philosophy, anatomy, physiology, etc. incorporated in the curriculum	✓	?
4. Multiple disciplines and authentic lineage of yogic tradition represented	✓	?
5. Advanced training topics such as Ayurveda, Chakra Theory, Prenatal & Children, and Yoga Business & Marketing	✓	?
6. Meditation & pranayama	✓	?
7. Balance of spirituality & science	✓	?
8. Confidence building through practice teaching and feedback on and off the mat	✓	?
9. Personal immersion equivalent to 3+ years of regular yoga practice	✓	?
10. Internship opportunity to gain experience & build resume	✓	?
11. Numerous options to make-up hours if training days are missed	✓	?
12. Internationally recognized Yoga Academy	✓	?
13. Payments plans as low as \$114	✓	?



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14. Military financial assistance from MYCAA, Army COOL, Airforce COOL	✓	?
15. Alumni discounts for future training, CEU intensive weekends, and workshops	✓	?
16. Student discount on unlimited yoga & meditation membership at both studio locations	✓	?
17. Location, beautiful & spacious training facility with amenities such as full kitchen, 2 yoga rooms, and a meditation center	✓	?
18. Track record of success for over 15 years	✓	?

ZENYAYOGA.COM

[CLICK TO APPLY TODAY!](#)