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**Yoga Loka also offers a 300-hour Advanced Yoga Teacher Training Course approved by the Yoga Alliance.**

To be eligible for the 300 Hour Certification you will need to have already obtained a Yoga Alliance certification at the 200-hour Level (from Yoga Loka or elsewhere). The 300-hour certification program (300 hours beyond the 200 hours course) allows you up to 3 years to complete the requirements. The faculty and module topics are subject to change from year to year, and the total cost of the program depends upon which Elective Modules are chosen. For complete information on the 300 hour course go to our website: <http://yogalokareno.com/ttThreeHundred.html>

Discover the Spirit of Yoga



6135 Lakeside Dr. #121  
Reno, NV 89511  
(775) 337-2990  
or email: [kim@yogalokareno.com](mailto:kim@yogalokareno.com)  
[www.yogalokareno.com](http://www.yogalokareno.com)

Discover the Spirit of Yoga



## In-Depth Yoga Study and Teacher Training

### 200 Hours plus\* of Yoga Alliance Approved Study

with Kimberlee Orenstein MS, E-RYT 500  
October 2016 thru May 2017 in Reno, NV

This In-Depth Yoga Study and Teacher Training program is designed for experienced yoga practitioners who are committed to deepening their practice and their understanding of yoga as a practice of self-discovery and growth. It is also for those who are currently teaching or would like to teach yoga someday.



The program, conducted by Kimberlee Orenstein, Director of Yoga Loka, has been running since 2002 and has graduated hundreds of graduates. Yoga Loka is a registered school of the Yoga Alliance and this course meets the highest standards for a registered yoga teacher at the 200 hour level.

Woven through the entire course are themes inviting you to make your personal practices more effective and more of an integral part of your life. Therefore, even if you are not interested in teaching yoga, you can benefit greatly from this course.

\*A 300 hour training program at Yoga Loka is also available once the 200 hour program has been successfully completed. See back panel for more information.



**About the Instructor:**  
Kimberlee Orenstein, has been a student of yoga since 1992 and is a

Registered Yoga Teacher at the 500 hour level. She is the Founding Director of Yoga Loka, Director of In-Depth Study Teacher Training, holds a Master's degree in Exercise Science and has 30+ years experience teaching. Kim's yoga practice began following a knee surgery that suspended her mountain bike racing and professional dancing. She teaches a style of yoga that developed through her many years of study with some of the most well respected western yoga masters of the Krishnamacharia tradition (Astanga, Iyengar and Viniyoga), Lorna Benedict, Shiva Rea plus Forrest Yoga, Yin Yoga (Sarah Powers), Pilates, and Continuum Movement. She is also a certified Yoga of the Heart® instructor, a program that adapts yoga for people with heart disease, cancer and other debilitating disease. Currently Kimberlee's mentor and meditation teacher is Camille Maurine, a world authority on women's creativity and self-care. Kim's classes emphasize the linking of movement and breath and her intention in teaching yoga is to inspire people to discover how to move through life effectively and gracefully by learning to dissolve the disconnections to themselves and others. Her teaching expresses her love of movement and provides opportunities for people to explore themselves - in motion and in stillness.

#### Application Questions

Please type your answers on a separate piece of paper and submit with your application.

All information will be kept confidential.

- Describe your yoga experience (Who have you studied with? For how long? Style(s) of yoga you have practiced).
- What does your current yoga practice consist of (What do you practice? How often? Classes you attend?)?
- Please list any other training you think is relevant.
- Describe your health: include physical limitations, injuries, medications.
- What do you feel are your greatest strengths in terms of your yoga practice and as a teacher or potential teacher?
- What are your present challenges in your yoga practice and as a teacher or potential teacher?
- How do you foresee this program enhancing your personal and professional goals?
- Please share anything else you think I should know to best serve your needs.
- How did you learn about this training?

#### Submit application to:

Yoga Loka Teacher Training  
6135 Lakeside Dr. #121  
Reno, NV 89511

#### For further info contact Kim at:

(775) 337-2990  
or email: [kim@yogalokareno.com](mailto:kim@yogalokareno.com)

#### Yoga Loka is located at

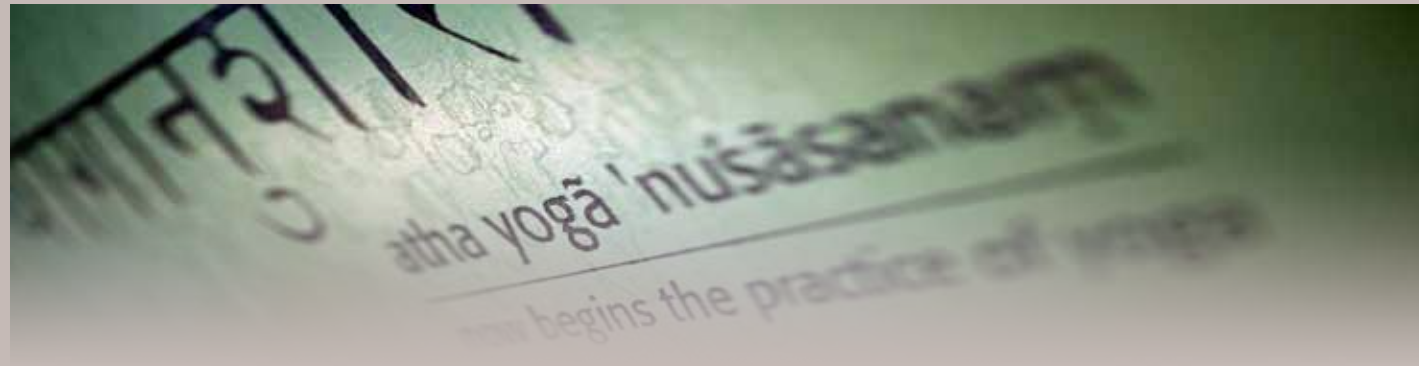
6135 Lakeside Dr. #121 in the Lakeridge Pointe Shopping Center on Lakeside Drive one block south of South McCarran across from the Bartley Ranch

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## This 200 Hour Level Program is designed to meet the Yoga Alliance Registered Teacher Requirements with:

### 100 hours of Asana, Pranayama and Meditation

Knowledge of alignment principles, details of individual poses, awareness of breath and the art of sitting provides the ability to demonstrate and teach with inspiration and clarity.

- Physical adjustments
- General touch principles
- Special populations
- Using the bandhas
- Breath awareness
- Use of props and pose modifications
- Injuries
- Breath ratios

### 20 hours of Anatomy and Physiology

Anatomy will be taught from a functional perspective of the body in asana.

- Alignment principles
- Kinesiology and biomechanics
- Physiology of breathing
- Core stabilization
- Body systems (*skeletal, muscular, nervous etc.*)

### 25 hours dedicated to "The Art of Teaching"

A skilled yoga teacher creates an atmosphere of awareness for the group while remaining sensitive to the individual student.

- Observation: seeing, reading and understanding bodies
- Verbal skills
- The art of sequencing
- Teaching curriculum
- Practice teaching for beginning students
- Question & answer sessions
- Role of teacher
- Effective presentation techniques
- Teaching ethics

### 30 hours Yoga Philosophy and Self Study

The vast and inspiring texts of yoga have traditionally been an integral part of yoga study from its spiritual foundation. We will explore major yoga systems, the yoga sutras, the language of Sanskrit and the Bhagavad Gita. The use of asana, pranayama and meditation are presented as tools to achieve self-awareness. An attempt to instill a practice of "off the mat" awareness skills will also be encouraged.

### 20 hours developing/expanding a personal practice

The power behind effective teaching comes from the embodiment of the practice. The more insights and knowledge you gather walking your own yoga path, the more wisdom you are able to offer to others in their own transformations.

### 10 hours assisting and/or student teaching

Assisting and practice teaching opportunities will be assigned on an individual basis.

### 10 hours miscellaneous category

This will include the introduction of the Ayurveda doshas, the chakra system, chanting and the business of teaching yoga.

### Training Dates

The program will meet from Oct. 2016 through May 2017 Saturdays and Sundays 12:15 p.m. - 6:15 p.m. on the following weekends

- October 1-2
- October 22-23
- November 12-13
- November 19-20
- December 10-11
- January 14-15
- January 28-29
- February 25-26
- March 11-12
- April 1-2
- April 22-23
- May 6-7

### Fees

There are three payment options available:

**Option #1:** One payment paid with application \$2750 paid before 8/15/16 \$2900 paid after 8/15/16

**Option #2:** Two payments of \$1650: one paid with application & the second due by 12/1/16

**Option #3:** Three payments of \$1200: one paid with application; second due by 12/1/16 & third due by 2/1/17

Other options may be discussed on an individual basis. Price includes all instruction and training manuals. Text book costs are not included (approx. \$130).

Refund policy: There are no cash refunds or credits on any payment after a training session begins. This includes full or partial payments. If the program is full or your application is denied, all money will be refunded. Verification of your acceptance will be mailed to you along with the required reading list.

### Certificate of Completion

A certificate of completion will be awarded upon completion of the following criteria:

- Showing a commitment to the course with a demonstrated understanding and proficiency of materials presented.
- 90% or better attendance.
- Maintaining an ongoing journal of your personal practice.
- Completion of reading list and written assignments.
- Successful completion of a practice teaching session.

Discover the Spirit of Yoga



## In-Depth Yoga Study and Teacher Training Program

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone (day) \_\_\_\_\_ (evening) \_\_\_\_\_

Email address \_\_\_\_\_

Please answer the "Application Questions" on reverse side and submit with your application.

PAYMENT OPTIONS: Please check one:

- Option #1: One payment paid with application \$2750 paid before 8/15/16 \$2900 paid after 8/15/16
- Option #2: Two payments of \$1650: one paid with application & the second due by 12/1/16
- Option #3: Three payments of \$1200: one paid with application; second due by 12/1/16 & third due by 2/1/17