

# DEEPEN YOUR YOGA PRACTICE



## 200-HOUR REGISTERED YOGA TEACHER TRAINING

Maybe someone told you that you would be a good teacher, or maybe you feel this calling to share your love of yoga with others. Or, maybe you simply love to learn and want to grow your own practice. Whatever the reason you feel compelled to consider teacher training, we encourage you to explore this interest.

The *Find Your Edge Yoga Teaching Training Program*, hosted by Tapestry Healing Arts Center, is a registered school through Yoga Alliance (pending certification Dec. 2017), and is built on a new model of training and development. This program has been carefully tailored to meet a variety of learning styles and schedules. Although there is required in-person training hours, students are able to cater their program to include educational time between sessions with online activities, ensuring consistency of concepts and greater exploration of the themes discussed. This program will enable you to maintain balance in your own practice, work and family life.

## DISCOVER THE FIND YOUR EDGE YOGA DIFFERENCE

The *Find Your Edge Yoga Teaching Training Program* incorporates modern educational learning tools, styles and flexibility. Key features of the *Find Your Edge Yoga* program include:

- **VARIETY:** Exposure to a variety of yoga styles as compared to many programs rooted in one particular yoga lineage.
- **MENTORING:** Consistent, ongoing mentoring throughout the program as well as after graduation.
- **FLEXIBILITY:** The program schedule offers flexibility including the option to make-up sessions missed due to illness or family/work commitments.
- **BALANCE:** Having a balanced life is at the top of the list for many interested in becoming a teacher. While in-person training is mandatory to earn certification through Yoga Alliance, and necessary as so many concepts are best learned in-person, there are many topics that can be discussed using an online discussion board, phone conference and other online tools between in-person sessions.
- **THE REST OF THE STORY:** This program goes beyond learning poses, cueing and sequencing to a broad-based education on yogic philosophy, Ayurveda, yoga for special populations (those with chronic pain, seniors, kids, pregnancy, etc.) and the business of yoga.



## ABOUT FIND YOUR EDGE TEACHING TRAINING PROGRAM

Find Your Edge Yoga was founded in 2014 by Kimberly Kayler, RYT 200, RYT® 500. A graduate of a 100 hour program that specializes on working with veterans as well as others with chronic pain and/or depression, she then went on to 200 hour Registered Yoga Teacher (RYT) as well as her 500 RYT certification. Her 500 RYT program specialized in restorative, Ayurveda, yin and yoga for athletes. In addition to Kimberly, you'll learn from some of the best teachers in the industry including many sessions lead by Tapestry Healing Arts Center co-owner Tammy Shellhaas, e-RYT200.



## SCHEDULE

We will utilize every other Tuesday evening as meeting time to alleviate so many weekends away from families. The 7-9 pm time slot allows time for you to attend the 5:30-6:30 pm class, travel from work or eat an early dinner with your family. Tuesday dates in person are: Jan. 9 and 23, Feb. 6, March 6, April 17, May 15 and 29, June 12 and 26, July 10 and 24. Tuesdays from 7-9 pm via phone are: March 20, April 3 and Aug. 7. Once a month, we'll meet on Saturday from 10 am-4:30 pm, with a half-hour lunch break. Scheduled Saturdays are Jan. 20, Feb. 10, March 10, April 14, May 5, June 9, July 14 and Aug. 11. The schedule is subject to change.

## INVESTMENT

Tuition is \$3,250, payable in two lump sums (by Jan. 5 and April 1, 2017). The books were carefully selected to cost no more than \$150 total. An unlimited membership at Tapestry Healing Arts is required (reduced fee of \$550).

## NEXT STEPS

An informational session will be held at Tapestry Healing Arts Center on Sept. 23 at 1:30 pm. Additional information can be found at [www.findyouredgeyoga.com](http://www.findyouredgeyoga.com).

*The Find Your Edge Yoga, LLC Teacher Training Program is hosted by Tapestry Healing Arts Center in Troy, Ohio.*



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