

### *In Their Words*

“The training deepened my practice tremendously in ways I had never anticipated and it enriched my life philosophy.”

“I found a part of myself and that is the key to becoming a good teacher.”

“I’ve discovered many aspects of yoga that I hadn’t been exposed to and it inspires me.”

“I could never have foreseen the growth I would have as an individual.”

“My passion for teaching, yoga, mind, body, spirit and life have all been enhanced through this training.”

“I had so much fun (and) made such good friends.”

“It was a life changing experience.”

### *SYTT Graduates*



**We begin where we are, and how we are and whatever happens, happens.**

*TKV Desikachar*

# *sol yoga*

## *yoga teacher training program*



“I learned so much more about yoga than I thought possible (and) I can actually teach! I found a voice inside myself.”

*Sol Yoga 2009 Graduate*



**Sol Yoga's 'Yoga for the People' Teacher Training** is designed to transform your life and the lives of others by deepening your understanding of the entire system of yoga and giving you the tools to effectively teach to **all levels** of students. Anyone can benefit from the teachings of yoga and a good teacher has the ability to meet people **where they are** with expertise and encouragement.



Yoga for the People Teacher Training will require you to dig deep & work hard. Tapping into your unique teacher within will be the underlying effort as you accumulate over 200 hours of training - learning & putting into practice thousands of years of wisdom. You will explore the vastness of yoga through study of many styles and philosophies. Together with fellow trainees, you will learn, practice, teach, play and have fun together. After much intense and joyful work, you will graduate as a budding teacher with the tools and confidence to teach soothing Gentle Yoga, and/or challenging Vinyasa Yoga. Your style will embody the wisdom of the sages and the uniqueness of you. Whether you decide to teach or not, you and your yoga will be transformed for the better.

### Program Director

Dorcas Quynn McWilliams, E-RYT-500, is founder & director of Sol Yoga and has been a teacher for over 15 years. After 20 years in martial arts, she discovered her passion in yoga and has been immersed in the practice ever since. With professional training in both Power Vinyasa & Kripalu Yoga Styles, from renowned yoga teachers worldwide, Dorcas offers a wide spectrum of yoga to her students. Since 1999, she has taught yoga to thousands of people at all levels and believes strongly that yoga can be accessible and enlightening for everyone. With joy, lightness and warmth, Dorcas is honored to guide students toward reaching their full potential as teachers of yoga.

Other great staff & guest teachers will join us throughout the program.

Topics covered will include:

- Yoga Asana, alignment, benefits, safety, Sanskrit
- Modifications, variations, prop usage & teaching yoga to various levels
- Pranayama (breathing techniques) & Meditation
- Yoga philosophy & history, 8 limbs of yoga, Sutras, Bhagvagita, Koshas & more
- Ayurveda – sister science of yoga
- Anatomy & Physiology
- Teaching methodology: structuring & sequencing a well rounded class
- Verbal & hands on assisting & adjusting
- Chanting & Bhakti Yoga
- Chakra Energy System
- Teaching to special groups (prenatal, seniors, etc).
- Ethics & Business of Yoga

This program is Yoga Alliance Approved. Upon completion of all requirements, you can apply to the Yoga Alliance for 200 hour **Registered Yoga Teacher (RYT)** status. Additionally, you can apply to any 500 hr yoga teacher training



Registered Yoga School

## Program Requirements

Our fantastic new format allows for trainees to immerse in the study of yoga during two 10-day modules. Participation in both modules & all scheduled sessions is mandatory for completion of program. In addition to the requirements below, trainees will be assigned projects & homework.

### 2011 Dates & Requirements

20 days of training

Module 1: June 3– 12, 2011

Module 2: September 9-18, 2011

Daily 8-4:30 except opening Fridays 12-8:30

4 Teaching Circles: Wednesday nights 6:30-9:30pm  
1 each month June, July, August, Sept, dates TBD

35 Yoga Classes

30 at Sol Yoga / 5 at other facilities

You may begin the 30 SY classes upon registration.

## How to Register

**Possibility 1:** register for our full 20 day, 2 module teacher training program for \$2100 (that's \$10.50 per hour for 200 hour program! Wow!) For full program registration, print out and complete our application online & mail with deposit of \$525 to Sol Yoga, 256 West Patrick Street, Frederick, MD 21701 (Note - there are minimum requirements for participation listed on application)

**Possibility 2:** develop your yoga practice on the specific topics that interest you. Join us for part day sessions, workshop style, with no requirements or application. This spring & summer visit our 'workshop' tab on our website to view topics.

## Faq's

**What if I miss a session?** In some cases, makeup sessions are offered or can be arranged. And there is always the option to take the missed session the following year.

**What is a typical training weekend like?** Read answers to this and other FAQ's on our website...

## Talk to us

Call us—877.SOL.YOGA

Email us: [info@solyoga.org](mailto:info@solyoga.org)

Read More: [www.solyoga.org](http://www.solyoga.org)

Visit us: 256 West Patrick Street, Frederick, MD

## Cost

**Early Registration**  
\$2100 if you register by March 15, 2011

**Late Registration**  
\$2350 after March 15

**Other Expenses:**  
Approx 10 books & 35 yoga classes

**Application & deposit deadline:**  
April 15, 2011  
(or until program fills)

\$525 deposit  
due w/ application

2nd payment of \$525  
due by April 15, 2011

2 more payments  
of \$525 due June 12

