



Yoga Study Yoga Okoboji, RYS

Yoga Okoboji offers a yoga study program for those interested in expanding their knowledge of yoga. The yoga study is divided into one 20 hour weekend per month on a Saturday and Sunday (excluding July, August & December). Each weekend has a different focus of study, however, will always include asana, anatomy, pranayama, meditation and discussion of the Yoga Sutras. Four books are recommended for the study course; The Anatomy Coloring Book, Light On Yoga, 30 Essential Yoga Poses, and Yoga Sutras of Patanjali (Satchidananda translation). These books may available to purchase at the studio.

Each weekend is a valuable workshop on its own. However, for those who wish to attain a 200 hour Hatha Yoga study certificate, nine weekends must be completed and approval received from the director of Yoga Okoboji yoga study. Those who complete the entire study and receive a Yoga Okoboji 200 hour Hatha Yoga Completion Certificate will then be eligible to register with the Yoga Alliance. The Yoga Alliance requires a minimum of 200 hours with one school for a RYT credential.

The Yoga Alliance® is the national education and support organization for yoga in the United States. They work in the public interest to ensure that there is a thorough understanding of the benefits of yoga, that the teachers of yoga value its history and traditions and that the public can be confident of the quality and consistency of instruction.

In September 1999, Yoga Alliance established a national Yoga Teachers' Registry to recognize and promote teachers with training that meets our minimum standards. Teachers who meet these standards are eligible to register as Registered Yoga Teachers (RYT®s).

In 2005, in conjunction with enhanced and revised standards for registration, YA began recognizing and registering teachers with significant teaching experience in addition to training. These teachers can register as Experienced Registered Yoga Teachers (E-RYT®s).

Yoga Alliance also maintains a Registry of Yoga Schools to recognize yoga teacher training programs that meet 200-Hour and 500-Hour standards. A school whose curriculum satisfies or exceeds minimum training standards may apply to register as a Registered Yoga School (RYS®). Once a school is registered, all graduates of a RYS are automatically eligible to register with us as RYT®s. Information from www.yogaalliance.org.

This course is arranged in trimesters: Sept-Nov, Jan-Mar, Apr-Jun. \$900 each

Registration must be completed before the first course is taken.