

# Advanced Yoga Studies Course



presented by  
**Yoga Center of Carmel**



***Are you a Yoga Instructor looking to expand and deepen your teaching skills?  
or  
Are you a passionate Yoga student wanting to deepen your understanding of Yoga?***

*Ready for an exploration of your body from the outside in? Join us for our Advanced Yoga Studies Course. These Advanced Yoga Study offerings can be used to deepen your understanding of Yoga, or for Yoga Alliance CEU Credits. Sign up for a weekend or an entire unit. Balance, connection and ease await!*

*Units can be taken individually and in any order for those not seeking the 200-hour or 300-hour Alliance registry. You can take an entire Unit or just one weekend. Yoga Alliance continuing education hours are available for both options.*

## **Course Calendar**

**Unit Two: *Alignment, Asana and Adjustments***  
***January 5-7, 2018***

*Faculty: Karen Quinn*

*Asana – Foundations of movement*

*Communication skills-teaching, listening*

*Movements of the spine, forward folds, bending back*

***January 19-21, 2018***

*Faculty: Karen Quinn*

*Asana-side bending, twists*

*Adjustments and alternatives*

***February 9-11, 2018***

*Faculty: Karen Quinn*

*Asana-Balance*

*Standing up and falling down*

***February 23-25, 2018***

*Faculty: Karen Quinn*

*Sequencing, languaging, creating an injury free practice*

**Unit Three: *Exploring the Subtle Bodies***

*March 9-11 & 23-25, April 6-8*

**Unit Four: *Yoga for Specific Populations***

*April 20-22, May 4-6, May 18-20*

**Class Hours:      Friday, 6-9 p.m.    Saturday 12:15-7:15 p.m.    Sunday 11:45-5:00 p.m.**

**Tuition:** (sorry, credit cards not accepted)

<b>Unit 2</b>	(four weekends)	\$1100	Yoga Alliance CEU's	(not applicable for 200/500 YA registry)
<b>Unit 3</b>	(three weekends)	\$825	Yoga Alliance CEU's	(not applicable for 200/500 YA registry)
<b>Unit 4</b>	(three weekends)	\$825	Yoga Alliance CEU's	(not applicable for 200/500 YA registry)
<b>One Weekend Only</b>		\$275	Yoga Alliance CEU's	(not applicable for 200/500 YA registry)

### **Course location**

Yoga Center of Carmel, Sunset Cultural Center, Cottage #18 on 10th Ave. near San Carlos St. Carmel-by-the-Sea, CA

### **Course Faculty**

*Karen Quinn, ERYT500, Certified Yoga Therapist, Certified Ayurvedic Practitioner is the lead instructor for this training. She brings 18 years and over 10,000 hours of teaching experience to create trainings rich in anatomy, alignment and ahimsa. Her emphasis is on sharing the many tools of yoga therapy that allows students to discover the wonder and ease of this ancient practice. In addition, we have assembled an incredible group of instructors with years of hands on experience to share their knowledge and expertise so that you can share with others the many gifts of yoga.*

### **For more information or to apply:**

Contact: Karen Quinn- [karen@feelbetteryoga.com](mailto:karen@feelbetteryoga.com) or [www.feelbetteryoga.com](http://www.feelbetteryoga.com) 303-588-6866

*Application Form on Following Page*

# 2018 Advanced Yoga Studies Course Application Form

Presented by

## Yoga Center of Carmel

Training and Certifying Yoga Teachers since 1998

To register, please complete the information below and provide a brief description (200 words or less) of your Yoga background and goals as a Yoga Instructor and what you enjoy doing outside of Yoga.

Name \_\_\_\_\_

Address \_\_\_\_\_ City/State/Zip \_\_\_\_\_

E-mail \_\_\_\_\_ Birth date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Work Phone: (\_\_\_\_) \_\_\_\_\_ Ext. \_\_\_\_\_

Home Phone: (\_\_\_\_) \_\_\_\_\_ Cell Phone: (\_\_\_\_) \_\_\_\_\_

### Emergency Contact

Name: \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_ Relationship: \_\_\_\_\_

**Tuition:** (credit cards not accepted)

<b>Unit 2</b> (four weekends)	\$1100	Yoga Alliance CEU's	(not applicable for 200/500 YA registry)
<b>Unit 3</b> (three weekends)	\$825	Yoga Alliance CEU's	(not applicable for 200/500 YA registry)
<b>Unit 4</b> (three weekends)	\$825	Yoga Alliance CEU's	(not applicable for 200/500 YA registry)
<b>One Weekend Only</b>	\$275	Yoga Alliance CEU's	(not applicable for 200/500 YA registry)

### **Release of Liability:**

NOTICE: This is a legal document releasing our liability. Please read.

By signing this document you state that: (1) You assume all risk of injuries from participating in this 300 HOUR TEACHER TRAINING CERTIFICATION COURSE. (2) You release YOGA CENTER OF CARMEL, and their DESIGNATED INSTRUCTORS from all liability arising out of your participation in these classes.

1. **RELEASE OF LIABILITY:** In consideration for the opportunity to participate in this activity and the services provided by YOGA CENTER OF CARMEL, and their DESIGNATED INSTRUCTORS, I (on behalf of myself, my family, heirs, assigns, and legal representatives) release YOGA CENTER OF CARMEL, and their DESIGNATED INSTRUCTORS from any liability whatsoever arising out of my participation in or presence in the 300 HOUR TEACHER TRAINING CERTIFICATION COURSE.
2. **MEDICAL RESTRICTIONS:** To the best of my knowledge, I have no physical or medical restrictions, which would prevent me from participating in the 300 HOUR TEACHER TRAINING CERTIFICATION COURSE.

Participant \_\_\_\_\_ Date \_\_\_\_\_

Please mail Tuition Plan amount, completed release of liability form, and your registration information to:

**Yoga Center of Carmel Teacher Training PO Box 1413 Carmel, CA 93921**