



# TEACHER TRAINING

## Kundalini & Hatha Yoga

### Topics Include

- Asana Form & Alignment
- Yoga History & Philosophy
- Developing a Personal Practice
- Principals of Teaching
- Meditation, Pranayama, Mantra
- Anatomy & Body Systems
- Chakras & Esoteric Anatomy
- Restorative Yoga
- Business of Yoga
- Kids Yoga, Prenatal Yoga

### Training Includes

- 200 Total Hours led by Kelly Wood
- Training Class Pass
- Supplemental Materials
- Certificate and Letter of Completion

### Course Requirements

- Attend all lecture & practicum sessions
- Complete all homework assignments
- Maintain a daily personal practice during training
- Attend classes included in training class pass
- Complete the final exam

### Certification

Our training meets the Yoga Alliance 200 Hour standards, Multi-Style.

### Course Fees + Dates

Our training is held in semi-private or private sessions and fees begin at \$1900. Please email [info@karunayoga.net](mailto:info@karunayoga.net) for details. Dates are posted on the [Karuna Yoga website](http://karunayoga.net) or scheduled according to student's needs.



### Mission

The Karuna Yoga 200 Hour Teacher Training course emphasizes the relevancy and application of this ancient art form in modern life while encouraging the expression of one's authentic voice and teaching style. All levels welcome!

*Kelly Wood is the owner and director of Karuna Yoga. Kelly's extensive teaching experience meets people of many different ages and abilities. She is dedicated to helping others develop self-discipline, rooted in a softer tone from the heart.*

### Application - Everyone is welcome!

To join our training, please complete the application below and send to [info@karunayoga.net](mailto:info@karunayoga.net). For an email version, [click here](#) and provide the info requested (signature is implied when applying via email). Please submit your course fees by visiting the [Karuna Yoga store at karunayoga.net](http://karunayoga.net).

Name \_\_\_\_\_

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

Phone \_\_\_\_\_ Email \_\_\_\_\_

Yoga Experience \_\_\_\_\_

Other Related Experience \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

*Cancellation Policy: 20% cancellation fee plus prorated fees as applicable.*