



Registered Yoga School

mang'Oh
yoga

322 east 39th street, nyc 10016
telephone. 212 661 6655
sayhi@mangohstudio.com
www.mangohstudio.com

mang'Oh Teacher Training

Joy Within: Creating a Life of Abundance through Yoga

200 Hour Teacher Training Overview: Spring 2012

March 2 – April 1, 2012

“Let the beauty of what you love be what you do.” Rumi

We are pleased to announce mang'Oh yoga's 2012 teacher training course, designed for both yoga practitioners with a desire to deepen their practice and those who wish to share their love of yoga through instruction.

If you are a student of yoga and have a desire to spend six weeks intensively honing your practice, we encourage you to consider mang'Oh yoga's "Joy Within" 200-hour teacher training course.



The mang'Oh teacher training program is uniquely designed to give you the physical and emotional space to intensively refine and strengthen your practice, as well as build the skills to become a yoga teacher if you choose to do so. At mang'Oh, teacher training is not just a vocational program, but a chance to build a toolkit of self-discovery, allowing you to live your life with a spirit of abundance, both physically and spiritually.

The program combines art and science, physicality and spirituality - it is a journey of the mind, body and spirit, designed to take you on an

This was an incredible, life-changing experience for me. I am so grateful that I had the opportunity to be a part of this program!

adventure of the heart and soul.



Schedule

4 Weekends

March 2, 9, 16, and 30

Fridays (5-9pm), Saturdays & Sundays (12:30pm-7:30pm)

7-day intensive off-site retreat in the Hudson Valley

March 22 - 28

Retreat

The training will culminate in a 7-day intensive retreat at **Lifebridge Sanctuary**, a green retreat center nestled in the Hudson Valley, with expansive views of the Catskills.

“The escape from our lives to focus on yoga was incredible.”


Away from the hustle of the city, we will use the time to hone technical skills as well as reflect on the spiritual and emotional aspects of the training journey. By sharing this time with peers and teachers, you will be able to build a community for your yoga practice, which will serve you for a lifetime.

The retreat fees outlined below will include accommodation and meals at Lifebridge.

More information about **Lifebridge** can be found at <http://www.lifebridge.org/sanctuary.cfm>.



Curriculum

Certification	Course Offering
<p>200 Hour Hatha Vinyasa Certification</p>  <p>Registered Yoga School</p>	<ul style="list-style-type: none"> - Asana and Alignment: extensive study and breakdown of yoga postures - Sequencing and Choreography: creating and building your own class - Yoga Philosophy and the Yoga Sutras: yoga's meaning and importance in your life and teaching - The Art of Teaching: learning hands on assists, practice teaching, building the foundation to support and inspire your students - Pranayama - Sanskrit and Chanting - Meditation - Anatomy: as it applies to yoga, in the physical and subtle bodies - Pre-natal and Restorative Yoga - The Business of Yoga: practical lessons on how to become a yoga teacher

Tuition Options

Payment in full:

- **\$2900 tuition + \$1050 retreat fees (\$3950)**, when paid in full by Jan.15, 2012
- **\$3100 tuition+ \$1050 retreat fees (\$4150)**, when paid in full by March 2, 2012

Installment plans:

Individualized payment plans and student discounts are available. Please inquire with Erica (erica@mangohstudio.com).



Deposit:

- A deposit of **\$250** is required with your application. This will be applied to your fees when making your payment in full, or on your first installment of the payment plan.

Participants will receive an **unlimited mang'Oh membership** during the Teacher Training program. The pass will activate on March 2nd and will be valid through April 2nd.

Application

Applications should be submitted on our website (www.mangohstudio.com) no later than Feb. 17, 2012.

Questions?

We look forward to answering any questions that you might have about **mang'Oh Teacher Training**. Please do not hesitate to email us at teachertraining@mangohstudio.com if you have further questions.

“Very grateful for the course. It was an absolutely wonderful course and wouldn't dream of doing it anywhere else.”