



## **YOGA TEACHER TRAINING CERTIFICATION**

### **200 Hour Level Course - Certified Yoga Teacher - CYT**

### **Teach Yoga Therapy for Holistic Healing Learn Therapeutic Solutions for Ailments to Promote Harmony of the Body, Mind & Spirit**

Our 200-hour level certification is intended for aspiring teachers, current teachers and those wishing to deepen their personal practice and understanding of holistic healing through yoga.

Presented by a team of professionals from the U.S. and India, with more than 100 years of experience combined. The course work includes the history & philosophy of yoga, asanas, working with props, Pranayama, Meditation, Anatomy, Ayurveda, the Chakras, Prenatal Yoga, Yoga for Seniors, Yoga 4 Kids, the business of yoga, ethics and more.

As a participant, you will explore the history of yoga and yoga's evolution into modern eclectic styles. The scriptures of classical yoga and meditation will be studied with guidance from our faculty. You will learn a precise technique and methodology for teaching yoga and meditation for healing, as well as the art of designing and teaching group classes and private sessions. Textbook, Student Workbook, two (2) CD's, eight (8) DVD's, plus the YOGA 4 KIDS® brand of products are all included as part of your tuition. Completion of the course will include practical experience teaching classes. At the completion of the course, you will be a Certified Yoga Teacher (CYT).

***Course topics include:***

**Intensive study and practice of asanas (yoga postures)**

**Daily yoga practice**

**History, Philosophy and Evolution of Yoga**

**Teaching styles**

**Pranayama (Breathing Techniques)**

**Meditation**

**Sanskrit for Yoga Teachers**

**Anatomy**

**Ayurveda**

**Yogic Diet**

**Chakras**

**Chanting**

**Principles of demonstrating, observing, and adjusting**

**Assisting and modification of poses**

**The business of teaching yoga**

**Class planning and sequencing**

**Practice teaching**

**Yoga for Special Populations**

**Many other topics are included, as well**

***Throughout the course, you will learn:***

**1. Technique:**

Here you will learn the proper technique of asanas and the use of props, Pranayama, Meditation, Mudras, Kriyas, Ayurveda, the Chakras and more. There will be guided practice of these methods, as well as training in how to teach these techniques.

**2. Teaching Methodology:**

Here you will learn the methodology for teaching yoga, as well as the art of sequencing classes as organic solutions for student ailments. Also included are teaching styles, qualities of a teacher, the student learning process, communication skills, establishing priorities and teacher/student boundaries, as well as the business aspects of teaching yoga.  
(5 hours minimum.)

<b>Techniques, Training and Practice Topics</b>	<b>Teaching Methodology Topics</b>
<p><b>You will learn the benefits of, and practice the five fundamental categories of asana: (standing poses, forward bends, backbends, twists and inversions) and will begin to develop a relationship to both the form and the function of these different categories.</b></p> <p><b>From practical experience you will understand how the poses in each category share a common foundation and you will learn how to expand upon this foundation,</b></p>	<p><b>Learn effective ways to demonstrate each asana for proper alignment and benefits.</b></p> <p><b>Identify your dominant style, and learn to teach students' with different learning styles.</b></p> <p><b>Through lecture and discussion we will explore proper verbal communication necessary to teach safely and effectively.</b></p>

<b>designing and sequencing classes.</b>	
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### **3. Anatomy and Physiology:**

Here you will learn both physical human anatomy (body systems and organs), as well as energy, anatomy and physiology, (Chakras.) This includes both the study of the subject as well as its application to a yoga practice (correct body movements, benefits and contraindications).

### **4. Yoga Philosophy, Lifestyle and Ethics for Yoga Teachers:**

Here you will study the ancient text of yoga and the history and evolution of the practice. You will gain an understanding of a yogic lifestyle, including diet, and explore ethical issues of the business of yoga.

### **5. Practicum:**

Here you will apply what you have learned through practice teaching. Each participant will lead live classes to actual yoga students in the studio.

### **Tuition and Fees:**

Tuition for the course is \$2999.

Tuition includes: Textbook, Student Workbook, two (2) CD's, eight (8) DVD's, YOGA 4 KIDS® teaching tools and other materials.

A minimum deposit of \$500 is required with registration.



**Tatyana Cholan, CYT 800-hour level**

***I want to share with you a story about an amazing woman.***

***When I first met Marita - I knew she was a very special woman with a very big heart. She has one great goal in her life - to change the world by healing people, helping them to improve their health, change their thoughts to a positive level, getting them to believe in themselves and to trust in the Universe.***

***Her incredible dedication and awesome results may surprise you. She motivates everyone around with her positive energy and she supports everyone by her optimism, using her knowledge and experience. It was a big gift for me to meet Marita and become her student. Her wisdom has afforded me an unbelievable experience of new feelings and rise to a whole new level of my development.***

***Marita educated me in a new style of yoga, which I love. This helped me to strengthen my body and mind, become more resilient and healthy, and reconsider the principles of my nutrition and lifestyle. I am confident, that this is necessary in order to reach a higher quality of life and to be more useful to yourself and the world.***

***I am also completely grateful to Marita for teaching me how to build my own business. She found her life's calling and is perfect at it. I appreciate her contribution to our society. She feels everybody very deeply and she tries to help everyone that crosses her path. When I was studying, I witnessed the people coming to class evolve... It's been awesome!***

***If you care to improve your life, heal yourself, or think about the healthiest future possible - Kingwood Yoga and Wellness Center will welcome you with open arms.***

***I sincerely wish for you to encounter the same wonderful experience that Marita and her Kingwood Yoga and Wellness Center provided me.***

***Namaste'***

***Tatyana***



**Anna Demetra**  
**Certified Yoga Therapist & Birth Doula**

After 20 years away, I've found myself back in Kingwood nursing an injury that literally brought me to my knees. "The Universe is perfect!" Marita would say, "You came back here to meet me!" I had been doing various forms of PT with not much success when I found Marita at Kingwood Yoga and Wellness Center. I began doing private sessions with Marita and found her incredibly intuitive with me and sensitive to my injury.

I've had a long history with yoga in my life studying different styles with teachers all over the world. This was a difficult and humbling time for me but through Marita's style of yoga and teaching, I was finally able to begin to move my body again, calm my nerves and most importantly, have hope.

Through my entire rehab process, Kingwood Yoga and Wellness center has become a sacred space for me to be able to feel challenged physically, mentally, emotionally and spiritually.

I embarked on the teacher-training program during this process and found the experience to be an important key to the healing. Marita has a great understanding of people and her training program is incredibly thorough. Marita was very flexible with the schedule to meet everyone's needs and very explicit in her direction so you always know where to go. You will come away with a real understanding of proper alignment and benefits of each asana. The passion she exudes about her work and living the yogic life is inspiring. This yoga studio and the TT program truly are a hidden gem in this town. If you are considering this training program, I highly recommend going for it. You will most likely find that the Universe truly is perfect.

Namaste'

Anna Demetra, CYT, BD

## Teacher Testimonial



August 16<sup>th</sup> 2014

If you're reading this, you might be thinking to yourself- what can the teacher training program at Kingwood Yoga & Wellness Center do for you? Is it the right choice for me? Will I be able to learn everything that I need to know in order to be prepared to metamorphose into a yoga teacher?

I would encourage anyone on the outskirts of these thoughts to dive into the pool of knowledge that Marita and the entire Kingwood Yoga & Wellness Center has to offer. As a well-traveled and experienced yogi, I can say with confidence that Kingwood Yoga & Wellness Center is a hidden gem in Texas. I'm a 500-hour graduate teacher. I first completed my 200-hour certification, but afterwards I found myself wanting to learn more and more through the Kingwood Yoga & Wellness Center – I was hooked! The teacher training programs exceed any corporation standards by leaps and bounds and can be completed flexibly through your OWN schedule. As a full-time student paired with a job, this was very important for me! The careful and personable attention couldn't be found anywhere else. The yoga teacher certification at Kingwood Yoga & Wellness Center is a comprehensive program of instruction and training that teaches you the asanas every step of the way, the therapeutics of yoga, pranayama and meditation. Upon completion, I was also ready to teach Yoga 4 Kids as well as Prenatal Yoga. I left here a thoroughly trained and certified yoga therapist and teacher, well versed and confident instructing all ages.

Through my journey here at Kingwood Yoga & Wellness Center I learned how to cure myself and then cure others. Becoming a yoga teacher truly touched and changed my life. I am forever grateful for my training, and I hope one day to train teachers as well and thoughtfully as the Kingwood Yoga & Wellness Center. So go ahead, jump in – the water is just right! Bathe yourself in the knowledge and light of the Kingwood Yoga & Wellness Center.

Thank you & Namaste',  
Devon Brunner E-CYT 500, CCYT, CPYT

## Yoga Teacher Testimonial



May 21, 2011

*"Yoga is a light which, once lit will never dim. The better your practice, the brighter your flame."*

~ B.K.S. Iyengar

My light had been lit when I started a regular yoga practice. I realized yoga's benefit for my body and my mind. With every practice, I became more connected, more centered and calm. I wanted to help my children find this calm and connection by teaching them yoga, early in their lives.

As I started researching teacher trainings, I was amazed how my angels guided me to Kingwood Yoga Teacher Training & Yoga 4 Kids. I could have done a "crash course", but was afraid I wouldn't be able to absorb everything in 8 days. I also wanted a teacher who had "hands-on" experience with children, not just text book theory.

Kingwood Yoga Teacher Training offers flexible hours, hands-on classroom training working with students, the understanding of student's individual needs and the benefits of therapeutic yoga. Since the day I started my training, I loved every minute of it! The founder Marita Gardner-Anopol, shares real life experience and truly explains the business of yoga without withholding information. She knows the world needs more yoga teachers and she wants hers' to be successful and true.

As my training advanced, I was offered the chance to teach a children's class. If it had not been for Marita, my first class would have been a disaster. I had taught a few adult classes and expected that a children's class would be very similar. Even though I am a Mom, I had no idea that teaching yoga to children is so different. Thanks to Marita, I was prepared for my first class and didn't turn off my own kid's from yoga. I brought Marita's "Yoga 4 Kids" game and watched the children's eyes light up. The game makes yoga fun and can be played so many ways to keep them interested. After each class, Marita offered insightful feedback that helped me improve my teaching.

Yoga for children is about planting the seeds of yoga, not about perfection. I have learned that teaching children yoga allows them to draw on certain breathing techniques when faced with challenges at school and at home.

Kingwood Yoga Teacher Training has taught me to be a humble yoga teacher and student, always striving to learn more and improve the alignment of each pose. Slowing down my flow routine has helped me incorporate proper alignment and breath into each sequence. I also learned that as a teacher we do not need to be able to do every pose in order to teach it. Everyone's anatomy is unique and each student's ability is different. It is important to teach students this so they can accept where they are instead of getting frustrated with themselves. After all, as Marita says' "it's just yoga!"

Yoga is therapeutic. During my training, learning the health benefits of each pose has been very helpful and now I am teaching this to children. I feel there is so much more to learn, but now have the proper resources to research whatever might arise in any yoga class. It is also comforting to know that Marita is just a phone call away.

I am truly blessed to have met Marita and have completed Yoga 4 Kids Teacher Training® and Kingwood Yoga Teacher Training at the 200-hour level. I feel confident and excited to continue on my yoga journey as a teacher and, following in her footsteps and "brightening my flame."

I would recommend Kingwood Yoga Teacher Training to anyone who really wants to deepen their practice, learn proper alignment, Anatomy, Ayurveda, the Chakra's, how to teach children, adults, pre-natal, seniors, the business of yoga and more.

Namaste'

Julie Maldonado, CYT, CCYT



## Teacher Testimonial



*May 14, 2014*

For many years I explored several styles of yoga, trying to find a style that was in sync with my physical, mental, emotional and spiritual needs. Although I would get a good work-out, I would leave class wanting more from the instructor... adjustments, modifications, and to learn about the benefits of the poses, just to name a few. That all changed when I came upon the Kingwood Yoga and Wellness Center Teacher Training Program.

I admire Marita's detailed approach to every pose and the importance of proper alignment. The Pranayama techniques have taught me to quiet my mind, control my anxiety, and the Ujjayi breath enables me to go deeper into my practice.

Before meeting Marita, I never understood the benefits of *any* yoga pose. She passionately explains each and every pose that she teaches and the abundant benefits received from each one of them. Marita not only taught me the true essence of yoga, she has also empowered me with life skills to control my blood pressure, insomnia and stress level. She also enlightened me on how the universe is perfect and that everything happens for a reason.

Thank you Marita, for establishing the Kingwood Yoga and Wellness Center Teacher Training Program. You truly *have* changed my life.

Namaste'

Rasha Alkhatib, CYT  
*Certified Yoga Teacher*

Kingwood Yoga Teacher Training gave me the “why” knowledge to support the practice I embraced several years earlier.

Marita is so engrained in Yoga and Yoga, in her it is a learning experience to have any conversation with her. Her knowledge of all aspects of the practice is vast. If only I could press my forehead next to hers’ and through osmosis absorb all of the yogi, as well as life wisdom that she has collected there.

Marita brought my attention to how aware I need to be to the needs and challenges of my students. Marita is very astute in this area naturally and has cultivated this gift.

The business aspects Marita has shared is invaluable to a new teacher wanting to promote herself. These are things it would take years and many costly mistakes to learn on your own by trial and error.

I have truly emerged from Kingwood Yoga Teacher Training as a “Yoga Teacher”. Awareness that “The Universe is Perfect” and each one of us is exactly where we are intended to be at each moment gives me freedom of spirit and an acceptance of “ours” beyond what I previously thought possible.

Though, my conscience mind will never know the “whole” of the benefits of this practice we call “Yoga”, discovering daily, is the Journey!

Namaste’

Linda McKinley, CYT



# Admission Application

*Please fill out all fields and submit this application form.*

Please tell us a little bit about yourself

First Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Please tell us about your yoga practice and interests

How long have you been practicing?

Less than one year

One to three years

More than three years

How many times per week do you practice, on average?

Do you have a regular home practice? Yes  No

For which program are you applying?

\_\_\_ 200-Hour Level (CYT 200)

\_\_\_ 95-Hour Level - Yoga 4 Kids (CCYT)

\_\_\_ 500-Hour Level (CYT 500)

\_\_\_ 85-Hour Level - Prenatal Yoga (PYT)

\_\_\_ 800-Hour Level (E-CYT 800)

\_\_\_ Workshop

What motivates you to practice yoga? \_\_\_\_\_

\_\_\_\_\_

What challenges you most in your practice? \_\_\_\_\_

\_\_\_\_\_

Please describe your regular yoga practice. \_\_\_\_\_

\_\_\_\_\_

What interests you in this particular yoga training? \_\_\_\_\_

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What do you want to get out of this training program? \_\_\_\_\_

\_\_\_\_\_

Please list any previous teacher training programs you have successfully completed, if any. (If none, please note, "None".)

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Please describe your experience teaching yoga, or any other topic, if any. (If none, please note, "None".)

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Please tell us about your medical history

Please describe any current or past injuries that may affect your practice. (If none, please note, "None".)

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