



# 500 Hr Advanced Teacher Training

Are you ready to open your life and teaching to transformation? This unique and profound training at River Yoga flows from the classical lineages of Tantra & Kashmir Shaivism. Our dedicated senior faculty will guide you in techniques which enhance your experience of wisdom, creativity and authentic power. Emphasis is placed on practical ways to guide students on their journey toward consciousness. Offered on 16 weekends over 12 months, students will need to attend a minimum of 11 weekends to complete a 500 hour certification with Yoga Alliance. A minimum of 200 hours of teacher training in any lineage is a prerequisite for this advanced training. Please contact River Yoga ([office@sryyoga.com](mailto:office@sryyoga.com) or 215-794-1890) for more information or to enroll in individual weekends.



Tuition: \$300 per weekend.

## 2011

Mar 4- 6	Yin Yoga
Mar 11- 13	Yin Yoga
Mar 25- 27	Yin Yoga
Apr 1- 3	Yin Yoga
May 13- 15*	Kaula Yoga Intro to Emotions Mandala
Jun 24- 26*	Kaula Yoga/Wisdom Goddesses
Jul 15- 17	Meditation/Compassion Practices
Aug 12- 14*	Kashmir Shaivism/Wisdom Goddesses
Sep 9- 11*	Spandakarikas/Shiva/ Intro to Shree Vidya

\* required weekend

Sep 30- Oct 2	Chandi Path/Sanskrit Alphabet/ Cosmology
Oct 21- 24	Ritual: Bridge between Form and Formless
Nov 4- 6	Yoga Nidra
Dec 2- 4	Therapeutic Yoga

## 2012

Jan 13- 15	Death and Dying Practices
Feb 17- 19	The Journey of Teaching Yoga: Ethics/business/creativity/balance
Mar 3- 5	Satsang/Q&A/ Graduation