



## Mukti Yoga Foundation Training with Shelley Williams January 30-April 30, 2010 - 150/200 hour

The schedule listed below will be for 150 hour Foundation Training. The remaining 50 hours can be earned at either weekend retreat with Shelley Williams, or in any of the Mukti Yoga School 50 hour modules (schedule of 50 hour modules available at [www.juliesyoga.com](http://www.juliesyoga.com))

All training meetings will be held Mon/Wed/Fri evenings and one weekend per month at The Pilates Room & Yoga Lounge in Hermosa Beach, except Saturday morning practice class, which will be held at Yogaworks, El Segundo.

Optional weekend retreats in Santa Barbara April 16-18, or November 12-14, 2010. Students can earn remaining 50 hours in either weekend retreat to make the TT a complete 200 hours. Please note there are holidays/breaks built into the training schedule.

### *Within this training, you will experience and learn:*

- Introduction and exposure to classic yogic texts
- Dinacharya (daily Ayurvedic ritual)
- History and philosophy of yoga
- In depth study of primary and intermediate asanas: key alignment points, contradictions, benefits, language and cueing
- Develop skills in hands-on adjustments
- Basic Sanskrit pronunciation and etymology
- Several templates for creating/sequencing individual and group classes
- Team-teaching community yoga classes
- Deep understanding of several types of namaskars
- Anatomy of the body mandala
- Karma yoga
- The Business of Yoga
- Pranayama (breathing practices)
- Basic Meditation practices
- The arc of well-balanced class
- Developing a personal practice

Cost	
150 hour Foundation Training Cost	\$1900
Retreat cost	\$550

### How to Sign Up

To reserve your space in this training, \$350 deposit can be made by Jan 10, 2010. Balance is due at beginning of training. Please contact Shelley Williams with any questions at: [aquadiva2009@gmail.com](mailto:aquadiva2009@gmail.com)

### Class Schedule

#### January

##### *Week 1*

Sat 30<sup>th</sup> - Sun 31<sup>st</sup>

#### February

##### *Week 2*

Mon 1<sup>st</sup> - Wed 3<sup>rd</sup> - Fri 5<sup>th</sup>

##### *Week 3*

Mon 8<sup>th</sup> - Wed 10<sup>th</sup> - Fri 12<sup>th</sup> - Sat 13<sup>th</sup>

##### *Week 4*

Mon 15<sup>th</sup> - Wed 17<sup>th</sup> - Fri 19<sup>th</sup>

##### *Week 5*

Mon 22<sup>nd</sup> - Wed 24<sup>th</sup>

#### March

##### *Week 6*

Mon 1<sup>st</sup> - Wed 3<sup>rd</sup> - Fri 5<sup>th</sup>

##### *Week 7*

Mon 8<sup>th</sup> - Wed 10<sup>th</sup> - Fri 12<sup>th</sup>

##### *Week 8*

No Class

##### *Week 9*

Wed 24<sup>th</sup> - Fri 26<sup>th</sup> - Sat 27<sup>th</sup>

##### *Week 10*

Sun 28<sup>th</sup> - Mon 29<sup>th</sup> - Wed 31<sup>st</sup>

#### April

##### *Week 11*

Mon 5<sup>th</sup> - Wed 7<sup>th</sup> - Fri 9<sup>th</sup>

##### *Week 12*

Optional Retreat Weekend

##### *Week 13*

Mon 19<sup>th</sup> - Wed 21<sup>st</sup> - Fri 23<sup>rd</sup> - Sat 24<sup>th</sup>

##### *Week 14*

Sun 25<sup>th</sup> - Mon 26<sup>th</sup> - Wed 28<sup>th</sup>

### Meeting Times

Mon & Wed:	6:30-9:30p
Friday:	5:00-9:00p
Saturday:	10:45a-12:15p and 1:30-5:30p
Sunday:	12:00-4:30p