

## About the Program

The Road to Yoga teacher training program is a sphere of study and discovery, from the deep understanding of the roots of philosophy to achieving the practical skills to facilitate the physical and mental aspects of living and teaching yoga.

The program entails a transformational journey for the body and mind. By following the path of traditional Hatha-Raja-Vinyasa Yoga, which includes the eight limbs, the practitioner will be guided to enrich their own personal practice.

Embark on a spiritual adventure that will change your life forever. Find your authentic voice, learn to inspire others, and expand upon your understanding of yoga.

Take off on the Road to Yoga and self discovery & uncover the best version of yourself.

BambooMoves

To apply please visit  
[www.bamboomovesyoga.com](http://www.bamboomovesyoga.com)

# THE Road to Yoga

**200-HOUR  
ADVANCED PRACTITIONER  
TRAINING PROGRAM**



# Topics of Study

Asana, which includes Energetics and Alignment Principles

Class Planning & Sequencing

Pranayama & Meditation

Sanskrit & Chanting

Body Anatomy & Physiology

Subtle Anatomy, which includes Nadis, Chakras, Bandhas, Vayus

Yoga Philosophy, which includes the study of The Yoga Sutras & Bhagavad Gita

Yogic Diet, Nutrition & Vegetarianism

Kriyas & Fasting

Adjustments & Assists

Yoga Therapeutics



# Dates

Training is from the week of APRIL 17th thru AUGUST 21st, 2018. Weekend sessions begin every Friday evening at 6pm and ends on Sunday at 2:00pm. Save the dates:

April 27-29	June 22-24
May 11-13	July 13-15
June 1-3	Aug 3-5

Weekday evening meetings will take place from 6:00-9:00pm at your local studio (inquire locally for day of week)

# Accommodations

The Road to Yoga teacher training program, will take place at the Himalayan Institute in Honesdale, PA.

We encourage early reservation and deposit due to limited space. To apply please visit [www.bamboomovesyoga.com](http://www.bamboomovesyoga.com), contact your local BambooMoves studio or email [info@bamboomovesyoga.com](mailto:info@bamboomovesyoga.com).

# Pricing

APPLICATION FEE (non-refundable): \$50

TUITION FEE: \$3,500

TUITION EARLY BIRD SPECIAL:  
paid by January 7th, 2018: \$3,250

\*TUITION INCLUDES teaching manual, accommodations, and meals. Does not include additional textbooks required.

