

Mahalaxmi Yoga Teacher Training

This Yoga Teacher Training is unique in that it incorporates the many facets of Yoga practice. Mary's years of study with Master Yogis and teachers in India give this training authentic roots. The Yogic texts give methods and systems that can aid in having a steady and easy seat in life or "Sukham Sthiram Asanam" as stated in the Yoga Sutras. Beyond learning about the postures, creating intelligent sequences and exploring styles such as Hatha, Kundalini, Vinyasa and Ashtanga yoga, we will study Ayurveda, Meditation and Yoga history. You will touch on more ways to create a calm happy joyful mind and body and learn how to share these tools.

These Trainings are for:

- 200 hour is for those who want to become teachers or deepen their understanding of themselves and yoga, and have at least 2 years of practice history
- 300 Hour is for those with at least 5 years of practice history or already have a 200 hour TT, and want to either become teachers or deepen their understanding of themselves and yoga.
- Those who want to fine tune and strengthen their teaching ability
- Those who want to deepen their experience of the many facets of the yoga path in a community of others
- For information, pricing and dates call Mary @ 267-252-2389 or go to www.maryflinn.com

Marys' Bio

- Director and co-director of Teacher Trainings since 2004.
- Practicing for 25 years
- KPJAYI Authorized
- Sivananda Yoga Certificate
- Studied Kundalini Yoga with Yogi Bhajan
- Co-Director *The Kundalini Yoga of NYC* in 1998
- Director of *Satya Yoga* in Brooklyn NY and *Mount Airy Yoga* in Philadelphia
- MFA Queens College NYC
- Ayurveda Consultant through *The Institute for Vedic Studies* and *Dixit Health Clinic* under the supervision of *Dr. Anil Kumar*

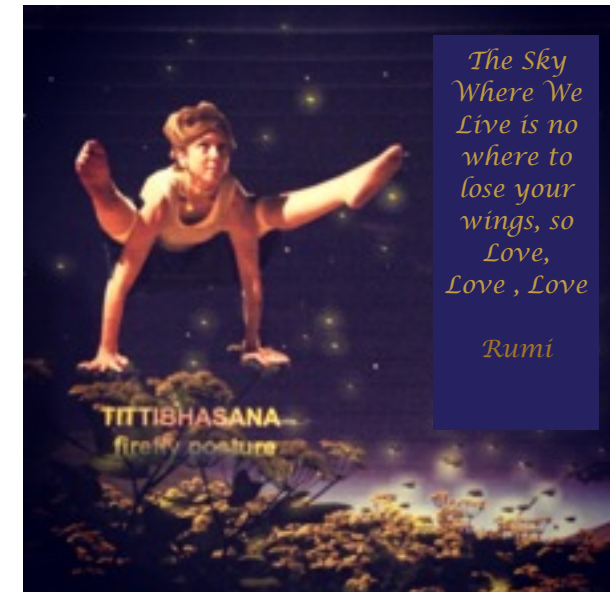
Mysore style painting with M.S.Anand in Mysore India

Testimonials:

- Mary's time in India, Mexico, and all the other different places she has been, allows her class to be unique since she shares her knowledge and experience with each student. She gives you the tools to feel safe, confident, and supported in each Yoga practice. You will learn a simple, effective, and harmonious set of actions that work with your body's optimal, natural design that can be applied to any yoga pose or style. Ariadna F
- Mary's many experiences as a teacher and student around the globe helped to shape her teacher-training into a fully engaging and enlightening program, drawing you deeper in to your practice than ever before. By the end of the very first session, I was completely confident I was going to receive a rich and informative training with a world-class educator...and I did! Randi O
- I am so appreciative to have found Mary Flinn. As a teacher myself, it is sometimes difficult to find a teacher I feel so comfortable being guided by... Mary learned from Pattabhi Jois himself, and it shows. I feel inspired and authentic in her presence. She is a treasure and I respect and value her wisdom, knowledge and gifts immensely. Tanya T

Mahalaxmi Yoga Teacher Trainings

Deepen Your Practice and explore your own personal connections to the broad range of Yoga practices.



What you will Gain

- The 200 and 300 hour trainings will advance your understanding of Yoga
- Receive a certificate from Yoga Alliance
- Give your passion for yoga a voice and share that with others.
- Explore the wide range of Yoga practices with seasoned experienced Yoga teachers and practitioners.

Details:

Where:

Satyana Yoga in Watertown NY

www.satyanayoga.com

- We are offering both a 200 and a 300 hour training that expands over one or two weekends a month for 10 months.
- Both trainings run on Saturdays and consecutive Sundays once or twice a month from about 9-6; also some Fridays from 7-9
- 200 Hour: February thru September 2018
- 300 Hour: February thru November 2018
- **Tuition:** 300 Hour Early bird: \$3500; One time payment at training \$3700; Installments \$4000
200 Hour Early bird \$2500; Installments \$2700
- Call Mary for more information: 267-252-2389

200 Hour

10 weekends @ 16 hours each weekend

7-9 Friday evening= 2 hours

1-6 Saturday= 5 hours

9-6 Sunday = 9 hours

Dates:

Feb 8-10; March 9-11; April 13-15;

May 11-13 & 25-27; June 8-10;

July 13-15 & 27-29; August 11-12;

September 28-30

300 Hour

15 weekends @ 16 hours each weekend

(hours same as above)

Dates:

February 2-4 & 16-18; March 2-4 & 23-25;

April 6-8 & 27-29;

May 4-6; June 16-17; July 6-7; August

3-5; September 7-9 & 21-23;

October 6-8 & 19-21; November 2-4



200 Hour Teacher Training Curriculum

- Practice teaching; receive feedback and confidence
- History and tradition of Yoga Philosophy with study of ancient and modern texts.
- Adjustments and assists and use of props for all levels of practice
- Trishdana: Posture, Breath and Gaze
- Kirtan: Devotional chanting
- A study of the Mythology of Indian gods and goddesses by way of chanting and painting
- Yoga Physiology and Anatomy
- Subtle Bodies and how they correlate with Numerology and Kundalini Yoga
- Ayurveda; Understanding the Doshas and Sub-doshas
- Sanskrit; names of postures and specialty words



300 Hour Teacher Training Curriculum

- Teaching Advanced Asana
- A deepening of Pranayama and Meditation techniques
- History and tradition of Yoga with study of Yogic texts new and old
- Ayurveda Foods, Herbs and Oil therapies
- Kirtan
- Adjustments and Assists for all level including Second Series postures of Ashtanga Yoga
- Alignment & Bandhas
- Practice teaching; receive feedback & confidence
- Mythology, gods, goddesses and Mysore style painting
- Kundalini numerology and the subtle bodies of Yogic anatomy
- Sequencing and structuring your class
- Yoga Anatomy and Physiology