



*Living Yoga*   
*Teacher Training*

A PROFESSIONAL & PERSONAL IMMERSION

*at the Yoga Co-op at the Garrison*

# Living Yoga Teacher Training



**Living Yoga Teacher Training is a 200-hour, Yoga Alliance training program for the student who wishes to deepen his or her connection to yoga.** The primary mission of the training is to encourage the integration of the yoga path into everyday life. Living Yoga Teacher Training is designed to culminate in a teaching certificate for the student who wants to teach, but more importantly, our program places great emphasis on the process of embodying the teachings of yoga.

Living Yoga Teacher Training is designed to be practical and relevant to today's yogi, while honoring the history and time honored traditions of yoga. The student will train in the vinyasa style with a deep respect and adherence to the alignment of Iyengar. With this combination comes the ability to teach an inspired flow class safely and knowledgeably. Take your personal practice to another level and live yoga.

## The training will include:

- Asana technique and alignment
- Teaching vinyasa
- Physical anatomy
- Subtle anatomy
- Pranayama
- Meditation
- Hands on assisting
- Sequencing
- Yoga philosophy and lifestyle, as well as a teaching methodology that helps students cultivate an authentic voice which honors personal experience as a valid teaching tool.
- Up to 120 classes (5 per week) are included in this training.





## LIZ SCHULMAN

Liz Schulman holds an M.A. in Stress Management and an M.A. in Health Education from Columbia University. She is an E-RYT 500-hour registered yoga teacher who has been teaching since 1999. Liz's classes are crafted using breath-based, organic movement and choreography. In her teaching, Liz encourages each student to build strength, endurance and flexibility safely and with the right mix of respect and patience necessary for this challenging but creative practice. However, she is most inspired by the work of making yogic philosophy practical and bringing spirituality into everyday life. Liz has served as Director

of Yoga at Monteverde at Old Stone Manor and currently directs the yoga program at The Yoga Co-op at The Garrison. In addition to teaching, she has also been training yoga teachers since 2002 — first with Lisa and Charles Matkin and currently with numerous programs in New York and New Jersey. Liz has created the Dharma Deck™, a spiritual teaching tool used to delve deeper into yogic philosophy and is currently working on writing her first book.

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## RICHARD VILLELLA

Richard Villella, E-RYT 500, has been teaching and studying yoga since 1985. He currently has a thriving yoga practice helping people with pain- and age-related problems that could not be helped by traditional Western medicine. This specific practice has inspired him to start writing a book. He has built an exclusive clientele comprised of the business and media elite of New York City. Some of his more well known clients include: former NBC anchor Tom Brokaw, ex-New York Knick and ex-Senator Bill Bradley, ex-CIA Director George Tenet, Candice Bergen, Professional Golfer Raymond Floyd, and the New

York Mets. From 1994 to 1998 Richard co-founded and operated Yoga Zone yoga studios and created and directed the Yoga Zone Teacher Training Program. He taught hundreds of students, inspired by his teaching, to be yoga teachers and to deepen their individual yoga practice. As the head teacher at Yoga Zone, Villella was voted Best Yoga Teacher in the United States two years in a row by Allure Magazine. He is a graduate from Brown University with a degree in Economics and was a former running back for the New England Patriots football team.

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To learn more and apply visit  
[garrisonyoga.com/livingyoga](http://garrisonyoga.com/livingyoga)

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## 2012–2013 Program

### Dates

September 14–16, 2012

October 12–14, 2012

November 16–18, 2012

December 1, 2012

December 14–16, 2012

January 11–13, 2013

January 26, 2013

February 8–10, 2013

February 23, 2013

### Fees

\$3200 if paid in full by August 1

\$3500 after August 1

*Living Yoga has a no refund policy  
once the training has begun.*

### Living Yoga Teacher Training at the Yoga Co-op at the Garrison

2015 Route 9, Garrison, NY 10524

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Fridays 6:00–9:00pm

Saturdays 12:00–6:00pm

Sundays 12:00–7:30pm