



Blue Moon Yoga and Fitness Teacher Certification Program

This one-of-a-kind Teacher Certification Program will give you the tools, hands-on experience and confidence needed to teach a variety of yoga classes that are dynamic and challenging. Become proficient in teaching basic Hatha yoga postures with alignment and anatomical awareness. Learn how to design a creative Vinyasa Flow sequence. Understand how to convey the power of surrender instructing a Deep Slow Flow class with Yin stretches. Learn our signature Kore strengthening sequence, and how to teach the art of building inner power, stamina, and definition in the body. Successful completion of this unique multi-style Teacher Certification Program results in a RYT-200 Yoga Alliance, Core Power Yoga certification. This program is for new and experienced yogis who are ready to tap into their spirits, learn to teach



from their hearts, and are willing to grow in the knowledge and awareness of God's divine power within them. This program will focus on all aspects of teaching and living the principles of yoga within a contemporary context and language. This is a rare and exclusive opportunity to contribute to your own growth as a yoga teacher and as a person.

Our comprehensive Teacher Certification Program is led by Blue Moon Yoga and Fitness' founding teacher and owner, Karen Cutrona Underwood. Karen brings over 30 years of fitness experience to her yoga teaching and decades of life experience to her training. She loves being in the business of giving others opportunities to find their sense of peace and power through yoga. Yoga has become the evolutionary practice that has brought all of her previous teachings and practices together. Karen's athletic abilities, and former training in aerobic dance and fitness, enhance her ability to guide the flow of her classes.

Karen achieved the status of Experienced Registered Yoga Teacher - the highest level through Yoga Alliance, with an E-RYT-200, RYT-500. She is also a Registered Yoga Alliance Teacher Trainer. Karen earned her Kripalu certification from Discovery Yoga, and her Power Vinyasa certification from MBody Yoga. She draws her inspiration from the fun and motivational style of Mark White, the unbridled, nationally acclaimed yogi, Bryan Kest, and her personal Savior, Jesus Christ. In addition to being the owner of Blue Moon Yoga and Fitness, Karen is a graduate from the University of Toledo with a BA in English/Communications. She has worked in editorial positions, taught pre-school, and formerly owned her own building sub-contractor business. Karen is the proud mother of 4 children – Lauren, who is 26 years old, Katelyn, 23 Chad (who's so extraordinary, he's out-of-this-world) and her "favorite" son, Jonathan, 18.

We invite you to experience learning how to teach Core Power Yoga from a refreshing perspective that's in tune with the physical, spiritual and intellectual needs in today's fitness enthusiast. Complete your teacher training at Blue Moon Yoga and Fitness, and become more than a Registered Yoga Teacher - become a light in the world!

Blue Moon and Yoga Alliance will certify this for you!



The demand for well-trained Certified Yoga Teachers has grown exponentially! It is estimated that 15-18 million Americans are practicing yoga today. Knowing this fact, Blue Moon Yoga and Fitness has become an accredited Yoga Alliance Registered Yoga School establishing its RYS credential in accordance with the newly established guidelines mandated by Yoga Alliance for a



RYT-200 certification program. For more information on Yoga Alliance and their standards, visit here: www.yogaalliance.org

Teacher Certification breakdown:

160 contact hrs	Eight Weekend Intensives Friday-Sunday.
Additional hrs available (included)	Blue Moon Yoga classes included with tuition fee.
40 non-contact hrs	Reading, writing assignments, essays, and evaluations.

Intensive 8-Weekend Training sessions Include:

- Learning to design and teach a variety of challenging yoga classes.
- Learning basic anatomy and physiology.
- Learning the breakdown, alignment, modifications, and sequencing of postures.
- Learning how to assist, evaluate bodies physically and emotionally and prevent injuries.
- Learning Ujayii and Pranayama breathing techniques to incorporate into your class.
- Learning Yoga's roots or beginnings and compare/contrast Eastern and Western practices.
- Learning the lifestyles and ethics for yoga teachers.
- Learning effective presentation and communication skills to teach to different levels.
- Learning the business of yoga and how to run your own studio.

Schedule



Friday 6:30pm-10:00pm

(1) 15 minute break

Saturday 8:30am-9:00pm

(3) 15 minute breaks; (2) 1 hr meal breaks

Sunday 8:00am-5:30pm

(2) 15 minute breaks; (1) 1 hr 30 min meal break

2012 Winter/Spring

January, 2012

January 6-8th

January 27-29th

February, 2012

February 10-12th

February 24-26th

March, 2012

March 9-11th

March 23-25th

April, 2012

April 13-15th

April 27-29

2012 Summer

June, 2012

June 8-10th

June 22-24th

July, 2012

July 13-15th

July 27-29th

August, 2012

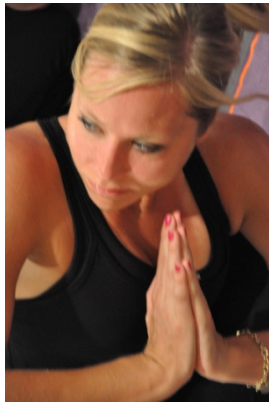
August 10-12th

August 24-26th

September, 2012

September 7-9th

September 21-23rd



Requirements

Students who are interested in participating should bear in mind that the endeavor to become a certified yoga teacher will be physically challenging as well as intellectually and spiritually thought-provoking. To be able to distinguish yourself as a RYT-200 through Yoga Alliance, Blue Moon's TCP will require a strong commitment and personal sacrifice. Be prepared to rise to the challenges of this reward!

Interested students must:

- Be at least 18 years of age.
- Hold a high school diploma or its equivalent.
- Have a deep desire to learn.
- Be free of major injuries going into the program.
- Have a "coachable" attitude.
- Be fully committed and understand that 100% full attendance is required.
- Complete application for admission. Application to the program does not guarantee acceptance.
- Admission requirements must be completed prior to first day of class. Notification of admission will be by letter or email.

Blue Moon Yoga and Fitness School Director may conduct a personal and/or telephone interview with interested students before accepting them to the program, and reserves the right to decline any applicant who does not meet the requirements detailed above.

Fees

Tuition: \$2,500.00 USD

Application Fee (deposit):

\$500.00 USD (applied towards tuition, non-refundable.)

Payment in full, the additional \$2,000.00, is due prior to start of the program.

Terms and Conditions

- Application Deadline for Registration: December 23, 2011.
- Full payment before: December 30, 2011.
- You will be contacted once your application is approved with payment details.
- To confirm your space, full payment must be made. Space is limited!
- All fees are payable by cash, personal check or credit card (VISA & MC).

- Refund/Cancellation Policy
- Student will receive a full refund (less deposit) if cancellation occurs within
- (7) days of the start of the Teacher Training Program. Deposit may be applied to a future program.
- No refunds will be made after program start date.

For further information or questions, please contact our School Director at karen@bluemoonyogaandfitness.com or 386-671-0110

To apply, click to download application.

Mail completed form with your \$500 deposit check written to Blue Moon Yoga and Fitness, or you may pay the application fee on-line under the "Retail" tab on our website, and return the application and photo by mail. You may also drop off your application and make payment directly at the studio. Applications will not be considered without deposit payment.

**Blue Moon Yoga and Fitness, Inc.
Teacher Certification Program
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Ormond Beach, FL 32174**