

East Meets West presents



Yoga Teacher Training

September 17-19, 2010 - November 11 - 13, 2011

500 Hour Certificate
(valid for Yoga Alliance 500-RYT)

*with JJ Gormley-Etchells, E-RYT500
through Surya Chandra Healing Yoga School*

Location: East Meets West Yoga Center

Information Website: www.SuryaChandraHealingYoga.com

Contact: yoginijj@yahoo.com

Pre-requisites and Application Process.

200 RYT. Applications may be obtained on the website. Applications are submitted to East Meets West with \$50 non-refundable application fee made payable to East Meets West.

Tuition & Fees:

Payable to Surya Chandra Healing Yoga School:

\$300 non-refundable deposit upon acceptance (due within 30 days of acceptance)

\$450 due within first two months of program (by October 10th)

\$450 due approximately half-way through program (when research paper is turned in (June 5th)

Payable to East Meets West Yoga Center

Monthly weekend workshop fee. (Fee may range from \$150 - \$220 for 10 - 15 hours per weekend workshop plus one yoga retreat off-site fee of approximately \$350 (includes housing and meals as well as yoga teacher training instruction.)

Two weekly yoga classes with JJ Gormley-Etchells (Tuesday and Thursday evenings 6:00 - 7:00 p.m.) see fee structure for weekly classes.

Schedule of Monthly Weekend Teacher Trainings

2010

Sep 17 - 19

Oct 8-10

Nov 19-21

Dec 10-12,

2011

Jan 7-9

Feb 4-6

Mar 4-6

Apr 1-3

May 13-14 (off-site)

Jun 3-5

July & August OFF

Sep 9-11

Oct 7-9

Nov 11-13

Weekly Classes Required

In addition to the above weekend workshops, two weekly classes with JJ must be taken (2 hours per week for 50 weeks) Please see EMW schedule to register, Tuesday and Thursday evening classes are highly suggested, but any that JJ teaches are approved.

Additional hours by Student Required and may be obtained during the course:

15 hours teaching on own. 3 hours of teaching while being critiqued by JJ or Dawn.



www.SuryaChandraHealingYoga.com

Yoga Alliance & Registered Yoga School

This 500 Hour Program is a Registered Yoga School (RYS) with the Yoga Alliance. Upon completion of this program, graduates are a Certified Yoga Teacher (CYT500) and may apply to the Yoga Alliance to become a Registered Yoga Teacher (RYT500).

Policy & Procedures

Please see the website for details regarding absentee policy, refund policy, application, reading list and other policy and procedure information

JJ Gormley-Etchells, E-RYT500

JJ is a Yoga Educator and Yoga Therapist and began practicing yoga in 1979. She has studied from many different traditions. Most of the yoga taught in the U.S. when JJ began learning yoga was simply called Hatha Yoga, later she discovered more detail about what “style” these teachers were teaching. Some of the styles of yoga she has studied include: Kripalu, Sivananda, Kundalini, White Lotus, Ashtanga, Iyengar, Anusara and most recently KHYF known for their therapeutic approach to teaching yoga and for linking the breath with movement.

JJ loves her diverse background and calls her yoga education “eclectic and well-rounded.” She draws from each tradition she has studied, seeing the good in all and uses what she loves and what resonates with her heart. She teaches yoga poses from the perspective of the energetic body and staying connected to the earth energetically (being well-grounded.) She’ll look at the structure of the body and what is happening with the bones at and around each of the main energy centers (chakras). She teaches how the bones move at each of these chakras to create more space at the joints so one can move with better freedom and release stuck energy.

As Director of this and her other Teacher Training Programs, JJ corresponds with and coordinates over 100 students, yet always has the time for a phone call or to return a email. Her students in the Teacher Training Program become her delight to teach as they are the students most interested in the true aspects and tools of yoga.

JJ has produced many yoga training manuals and handouts, yoga videos/DVDs, and a chanting CD which can be purchased on her website. She also continually makes chakra jewelry (selling her pieces at her workshops when she travels as well as at East Meets West.) She has compiled a Study Guide for Yoga Teacher Trainees for use with this program. Study Guides may be obtained on her website or will be sold at the first workshop in September. She is in the process of writing a book, “Yoga Therapy Through the Chakra” with Megan Sullivan and illustrations by Terry Strayer.

