

## **Instructors**

### **Jennifer Ewert, Director**

Jennifer began doing yoga in 1996, becoming so enthusiastic about the practice that within three years she had earned her certification and was teaching classes. She has attended yoga conferences and workshops throughout the country ever since, studying with many noteworthy teachers. Her main influences have been Erich Schiffmann, David Life and Sharon Gannon. She is dedicated to a personal daily practice of yoga, meditation and ayurveda, and teaches both public and private classes and workshops.

Jennifer is compelled to share her passion for yoga more widely, and in 2005, opened Akasha Yoga Center, with a full schedule of adult, teens', kids', seniors', prenatal and specialized yoga classes, exceptional yoga events and a wellness center.

In 2008, she collaborated with the Himalayan Institute to conduct Yoga Teacher Training at Akasha. Jennifer taught the asana classes and herself received further certification from the Himalayan Institute and Yoga Alliance. Some of the program's graduates now teach here. Jennifer is committed to passing on her love for this discipline through the Akasha Teacher Training program.

Jennifer also devotes energy, resources and time to help local and global causes. She believes that teaching and sharing what we know is one of the greatest gifts that we can give to the world.

### **Scott Roos**

Scott is an expert in the three vedic disciplines of Yoga, Ayurveda and Jyotisha.

He began his study of yoga in 1996 with renowned instructors and has completed three years of teacher training with Gary Kraftsow in the Viniyoga methodology—the appropriate application of asana, breath control, prayer, meditation and ritual respecting the individual in the lineage of T. Krishnamacarya.

Scott has also completed extensive studies in Ayurveda, western and eastern healing modalities, advanced Jyotisha (Indian astrology) and advanced Sanskrit.

### **Denise Yager**

Denise has studied yoga's benefits for maintaining and improving health for many years. She has been an avid practitioner of yoga since 2001 and completed her 200-hour teacher training at Kalitrea Yoga Studio in 2004. Her yoga style has Iyengar and Vinyasa Flow influences.

Denise has a degree in Medical Technology from Towson University, and has studied anatomy, alignment and yoga for medical conditions with many nationally noted teachers including Rolf Gates, Johnny Gillespie, Doug Keller, Paul Grilley and Gabriel Halpern. She is looking forward to focusing with the class on yoga's impact on the human anatomy.

## **Program Dates**

September 10–12, 2010  
October 8–10  
November 12–14  
December 3–5  
January 14–16, 2011  
January 28–30  
February 18–20  
March 11–13  
April 15–17  
May 13–15

All sessions meet:  
Friday from 7 to 9 pm  
Saturday from 9:30 am to 5:30 pm  
Sunday from 9:30 am to 5:30 pm

## **Program Fees**

Application fee: \$50—Non-refundable fee will be applied toward the program fee. Includes one free yoga class at Akasha.

Total program fee: \$2,800  
Half due by August 28, 2010  
Balance due January 1, 2011

Sign up early by August 11 & save \$100.

Save an additional \$200 by paying total program fee by August 28, 2010.

Full refund (minus non-refundable application fee) available through September 9, 2010.

## **Program**

Akasha's Teacher Training program requires a commitment of ten weekends over nine months.

The program includes:

- Philosophy and psychology of yoga
- Anatomy and physiology of hatha yoga
- Teaching and practicing asanas
- Asana class structure with sequences
- Teaching and practicing pranayama
- Relaxation techniques
- Diet, nutrition and Ayurveda
- Meditation techniques

Upon successful completion of the program, participants will be 200-hour certified yoga instructors. They will also be eligible to become Registered Yoga Teachers with Yoga Alliance™ for an additional fee.

The program emphasizes teaching techniques, but it isn't necessary that teaching be your ultimate goal. Whether you are interested in a fuller understanding of yoga theory and practice, history and philosophy, or how yoga relates to and enriches your own life, this comprehensive program encourages you to explore your potential. Participants often discover, however, that working with other people is itself the greatest learning experience.

## **Akasha Yoga Center offers:**

- Classes every day of the week
- Experienced instructors
- Yoga equipment provided
- Yoga equipment, books, music and clothing for purchase
- Specialized yoga events and seminars
- Convenient location near the train station
- Free parking available behind the studio

## **Our Wellness Center offers:**

- Body Talk
- Craniosacral Therapy
- Massage
- Reflexology
- Reiki and Crystal Therapy
- Shirodhara

**A unique yoga and wellness center  
in a beautifully restored building  
in the heart of Crystal Lake.**



## **Teacher Training**

**September 2010–May 2011**

121 N. Main St.  
Crystal Lake, IL

815-356-7089

[akashayogacenter.com](http://akashayogacenter.com)