

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, and advanced Jyotisha (Indian astrology). He has studied two years of Sanskrit at the University of California at Berkeley.

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 specializes in exploring yoga practice from an anatomical perspective.

Program Dates

September 16, 17, 18, 2011
October 8, 9
November 11, 12, 13
December 2, 3, 4
January 14, 15, 2012
January 27, 28, 29
February 18, 19
March 23, 24, 25
April 6, 7, 8
May 11, 12, 13

Most 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

Two day sessions meet Saturday and Sunday from 9:30 am to 6:30 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: \$2,900

Half due by August 28, 2011

Balance due January 1, 2012

Sign up early by August 11 & save \$100. Save an additional \$200 by paying total program fee by August 28, 2011.

Full refund (minus non-refundable application fee) available through September 9, 2011.

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:

- B.E.S.T.
- Body Talk
- Massage
- Reflexology
- Shirodhara

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



Teacher Training

September 2011–May 2012

121 N. Main St.
Crystal Lake, IL

815-356-7089

akashayogacenter.com