

Instructors

Jennifer Ewert, Director Akasha

Jennifer began doing yoga in 1996, and 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 opened Akasha Yoga Center in 2005 with a comprehensive class schedule and wellness activities. In 2008, she collaborated with the Himalayan Institute to conduct Yoga Teacher Training.

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.

Andrea Klunder, Director Infuse

Andrea opened Infuse Yoga Spa in 2008 in order to create an urban community of practitioners and professionals seeking a holistic, balanced lifestyle through the lens of yoga practices and spa culture.

A lifelong student of many disciplines, Andrea's primary influences include Tias Little, Aadil Palkhivala, Chuck Duff, and Elesa Commerse. Andrea teaches yoga & meditation, provides Thai Bodywork therapy, and facilitates kirtan (musical, meditative chanting) in order to help people connect with their ultimate state of well-being through alignment and expression.

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 2012

March 9, 10, 11
April 20, 21, 22
May 18, 19, 20
June 9, 10
July 21, 22
August 4, 5
September 7, 8, 9
September 28, 29, 30
October 19, 20, 21
November 16, 17, 18
*Dates subject to change

Most sessions meet:
Friday from 7 to 9 pm
Sat/Sun 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 available online at akashayogacenter.com. Fees payable online, all major credit cards accepted. Non-refundable fee will be applied toward the program fee. Includes one free yoga class at Infuse Yoga Spa.

Application fee: \$50
Total program fee: \$3,400
Half due by February 17, 2012
Balance due July 1, 2012

Sign up early by February 4, 2012 and save \$100.
Save an additional \$200 by paying total program fee by February 17, 2012.

Full refund (minus non-refundable application fee) available through March 2, 2012.



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.

Infuse Yoga Spa is a holistic urban center that includes both yoga and day spa treatments designed to provide you with resources and community that empower you to live a life of balance and authenticity.

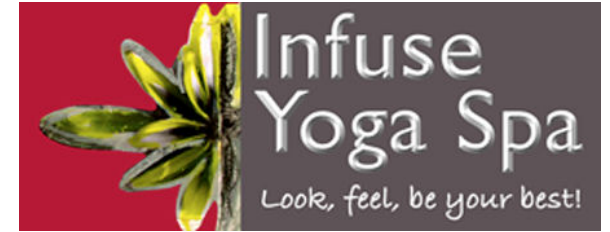
To help you look, feel and be your best, we offer-

- Healing spa services
- Experienced instructors
- Yoga equipment provided
- Mindful yoga events, seminars and fitness classes
- Products that help you look, feel and be your best.

Our Spa Services include:

- Acupuncture
- Private Yoga
- Thai Bodywork
- Botanical Skin Care
- Life Coaching
- Reiki Energy Balancing

** There will be a free informational session on Friday February 3rd from 7-8pm about the program.



Akasha Yoga Teacher Training

March 2012–November 2012

**713 W. Wrightwood Ave
Chicago, IL**

**773-675-YOGA
(9642)**

www.infuseyogaspa.com
www.akashayogacenter.com