



DUBAI DETAILS:

Dates:

March 1st-24th

March 6th, 7th, 12th, 13th, 14th & 20th, 21st off

8:00 am – 6:00 pm

LOCATION:

Al Qudra Yoga Centre

R9J4+VC Al Lisaili, Dubai - United Arab Emirates

*Subject to change within vicinity of Dubai Area

**Transportation not provided

TRAINING

Ready to dive deep into your personal practice? Embark on a journey of self discovery? Looking for a worldwide recognized yoga teacher certification? Ready to fall in love with your life?

Join the energy of our teachers, graduates, students and friends. Altr your intention, altr your perspective and live a life you love. It all starts here.

Pricing:

Early Bird: \$3000USD – Ends January 31st, 2020

Regular Pricing: \$3399USD

Financed Pricing: \$3599USD – 3 Equal Payments

\$1000 non-refundable deposit.

*Tuition payments must be made in full 2 weeks prior to training start date.

**Books, travel, accommodations and other expenses are the responsibility of each individual participant.



The Small Print:

- Teacher Training deposit is non-refundable.
- All Teacher Training fees once paid will not be refunded unless the program is cancelled due to unforeseen circumstances by altr Yoga.
- Please ensure you can fully commit to the schedule before submitting application, deposit and payment.
- If altr Yoga cancels program for any reason, full deposit and registration fee will be refunded. altr Yoga will not be responsible for any additional fees or expenses incurred by participant.

REQUIRED TEXTS TO PURCHASE IN ADVANCE:

Yogabody: Anatomy, Kinesiology and Asana by Judith Hanson Lasater

https://www.amazon.ae/Yogabody-Judith-Hanson-Lasater-Ph-D/dp/1930485212/ref=sr_1_1?keywords=yoga+body+by+judith&qid=1572391061&sr=8-1

The Path of the Yoga Sutras: A Practical Guide to the Core of Yoga

https://www.amazon.ae/Path-Yoga-Sutras-Practical-Guide/dp/1604074299/ref=sr_1_1?keywords=the+path+of+the+yoga+sutras&qid=1572390964&sr=8-1

Highly Recommended Texts:

Hatha Yoga Pradipika by Muktibodhananda Swami

https://www.amazon.ae/Hatha-Yoga-Pradipika-Muktibodhananda-Swami/dp/8185787387/ref=sr_1_2?crid=1E8007LY2N6RZ&keywords=hatha+yoga+pradipika&qid=1577116496&sprefix=hatha+yoga%2Caps%2C244&sr=8-2

Light on Yoga: The Definitive Guide to Yoga Practice

https://www.amazon.ae/Light-Yoga-Definitive-Guide-Practice/dp/0007107005/ref=pd_rhf_se_s_pd_crcd_1_4/259-9268972-6058660?_encoding=UTF8&pd_rd_i=0007107005&pd_rd_r=73204b7f-c4ef-40fc-876a-5c0cf980a48e&pd_rd_w=fcpYV&pd_rd_wg=jW3zk&pf_rd_p=7849d1b7-9886-4925-ac9a-



1fef519670c6&pf_rd_r=8YTQTSRAFCTNE2R8Y388&psc=1&refRID=8YTQTSRAFCTNE2R8Y388

Autobiography of a Yogi

https://www.amazon.ae/Autobiography-Yogi-Paramahansa-Yogananda/dp/8172345364/ref=sr_1_1?crid=2Y5RJ9C7BEL6H&keywords=autobiography+of+a+yogi&qid=1577117393&srefix=autobiography%2Caps%2C279&sr=8-1

Anodea Judith's Chakra Yoga

https://www.amazon.ae/Anodea-Judiths-Chakra-Yoga-Judith/dp/0738744441/ref=sr_1_1?keywords=chakra+yoga&qid=1577117438&sr=8-1

EXPERIENCE:

What prior experience or level of practice is required for admission? We believe that everyone can benefit from taking altr's teacher training course. The program is designed to take you on a journey of self-discovery, and lead you on the path of becoming a great teacher if that is your calling! An open heart and an open mind allow for anything to be possible!

LEAD TRAINER:

Meg Merriam: E-RYT 500, YACEP
@megankathleen_



We are a community of like-minded yogis from all walks of life. We seek to inspire, guide, and support each and every one of our students through their own personal journey.

Meg Merriam: E-RYT 500, YACEP

- E-RYT 500 //Yoga Alliance Experienced Yoga Teacher with 200 Hour Training //
- YACEP // Yoga Alliance Continuing Education Provider //
- Bachelor of Business Administration, 2013
- Completed Yoga Alliance 500 Hour Certification with Jason Crandell
- Certified SUP Yoga Instructor & Trainer
- Creator of altr Yoga and HotShop Hot Yoga & Spin (Calgary, Canada) 200 Hour Yoga Teacher Training Programs
- Blending together experience in health and wellness, fitness, and business she has developed her group and private practice for more than 3000 teaching hours in the past 7 years.
- Yoga has taken Meg around the world, teaching in premiere studios and leading yoga programs in Canada, UAE, and USA.
- Her ability to instantly connect with her students makes her an extraordinary teacher.
- Recently graduated 60+ students with their Yoga Alliance Certifications as Lead Trainer.
- Her experience with training, teaching, and leadership make her a mentor for students and teachers alike!

Yoga Alliance International Certification:

Yoga Alliance is the governing body for yoga schools to help ensure the quality and content of yoga training programs and is recognized in the US and globally. You will receive a 200 Hour certification recognized by Yoga Alliance upon completion of this course. Altr Yoga Programs are fully recognized by the International Yoga Alliance. Upon completion graduates will register as a Yoga teacher on the 200hr Level. For more information, visit: www.yogaalliance.org

CURRICULUM:

ASANA TECHNIQUE AND TEACHING METHODS

- Study of key yoga asanas
- Mindful sequencing



- Alignment principles
- Assisting and posture enhancements
- Tactical cueing
- Modifications and using props
- Yoga styles and themes
- Effective demonstration
- Partner yoga
- Finding your voice as a yoga teacher

THE FOUNDATION OF ASANA PRACTICE

- Pranayama
- Bandhas
- Intention
- History of yoga
- Sanskrit
- Yoga theory

YOGA ANATOMY

- Functional anatomy
- Bio-mechanics and kinesiology of movement
- Alignment principles
- Hands-on adjustments
- Working with injuries
- Anatomy of breath
- The subtle body

LIFESTYLE AND ETHICS

- Meditation and personal practice
- Making yoga meaningful
- Self-care
- Self-study
- Karma yoga and community
- Nurturing relationships with family, friends, co-workers, and students.

YOGA AS A PROFESSION

- Conducting yourself as a yoga teacher
- Yoga insurance
- Teaching at a studio
- Conducting privates, workshops, retreats, and training
- Owning and operating a yoga studio
- Registering with Yoga Alliance
- Self-promotion
- Business planning



OBSERVATION AND PRACTICUM

- The art of seeing and relating
- Giving and receiving feedback
- Practice teaching

DIRECT LINK TO REGISTRATION FORM:

<https://form.jotform.com/193545325348059>