

# Atha Yoga Anusanam

PLACE  
STAMP  
HERE

## -And now yoga Patanjali Sutra I.1

"...ne who will listen to us. They helped us  
reclaim over 700 square feet of our house!"



Now in this moment  
you are ready to be  
awakened.

Studio Renew Yoga  
308 Washington St.  
Geneva, NY 14456

# Principles of Yoga

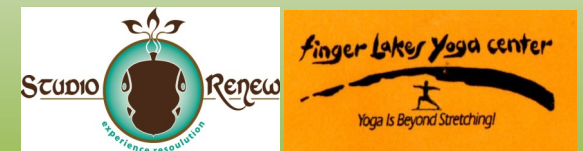
Immersion in the study and  
practice of yoga

A 9 month intensive training  
to deepen and enhance knowledge and  
practice for aspiring teachers, current  
teachers or experienced students

Yoga Alliance 200 RYT

Eligible

## PRESENTED BY



# Faculty



**Rick Lynch, E-RYT500**

**Rick is a yoga teacher's teacher with over 30 years of study, practice, and teaching in the Iyengar tradition. He brings his training in anatomy with an emphasis on the heart opening experience to his high quality instruction. Rick has owned The Finger Lakes Yoga Center in Canandaigua since 1993 and co-created the yoga program at Wegmans Markets.**



**Margaret Newland MS, E-RYT 200**

**Margaret began her study of yoga in 1999 and completed Essential, Advanced and Pre-Natal Teacher Training at Open Sky Yoga. She has been a faculty member at Finger Lakes Community College since 1994 teaching Physical Education and Social Sciences. Margaret owns and operates Studio Renew Yoga in Geneva.**

This intensive training is designed to meet the requirements for Yoga Alliance 200 hour Registered Yoga Teacher designation. Current yoga teachers, bodywork practitioners and experienced yoga students who are ready to expand their knowledge and deepen their practice will also benefit.

It is expected that students will complete all homework in the form of reading and writing assignments and establish consistent home practice of asana, pranayama, and meditation. Those seeking 200RYT are required to attend at least one yoga class/week with either Rick or Margaret. For those not seeking RYT designation, participation in individual modules is possible if space allows.

At the end of this training, students will:

- ◇ Gain a solid foundation in the anatomy and physiology of asana to learn principles of alignment, sequencing of poses, and designing safe, effective classes. Emphasis will be on aging and the yoga practitioner.
- ◇ Develop the foundation of pranayama (breath) to learn essential breathing techniques to control the flow of prana (life force) and enhance deeper self-knowledge.
- ◇ Connect mindfulness practice to daily life and be able to cultivate clarity toward wise living and ethical teaching.

Tuition:

Full Program	\$3100
Single Module	\$1100

\$500 non-refundable deposit upon acceptance of application, balance of \$2600 to be paid 1 week in advance of opening study weekend. For individual modules, full payment due at time of registration.

## Schedule 2020

Finger Lakes Yoga, Canandaigua NY

Module I: Living Principles & Asana

January 24, 25, 26

February 29, March 1

March 28, 29

Module II: Pranayama & Ayurveda

April 24, 25, 26

May 30, 31

June 27, 28

Module III: Moving into Stillness; Cultivating Mindfulness

September 25, 26, 27

October 24, 25

November 21, 22

Fridays 6pm-8pm

Saturdays Noon-6pm

Sundays 9am-5pm

## Contact Us

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Rick Lynch

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