

About the Instructor:

Named as one of the top yoga instructors in Houston (*Health & Fitness Magazine*), Joy breathes fun and vitality into her uplifting vinyasa flow classes. Her innovative sequencing, combined with her wisdom and sparkling spirit, make each class a unique and transforming experience.

“Yoga is a metaphor for life”, Joy continuously and gently reminds her students. “Everything we teach ourselves on the yoga mat is helping us live happier and healthier lives off the mat.” Rather than focusing on the outward appearance of the postures, Joy encourages students to feel their way through the practice and move in a way that is enjoyable for them – moving not from the head-space, but from a heart-centered space. The result is a juicy and luxurious practice that teaches the student to enjoy every moment of their life, remaining calm during the challenges and wide-awake during the quiet times. Joy’s classes are kept fresh by inspiration from her own practice, 20-year dance background, and studies of alternative healing and empowerment techniques.



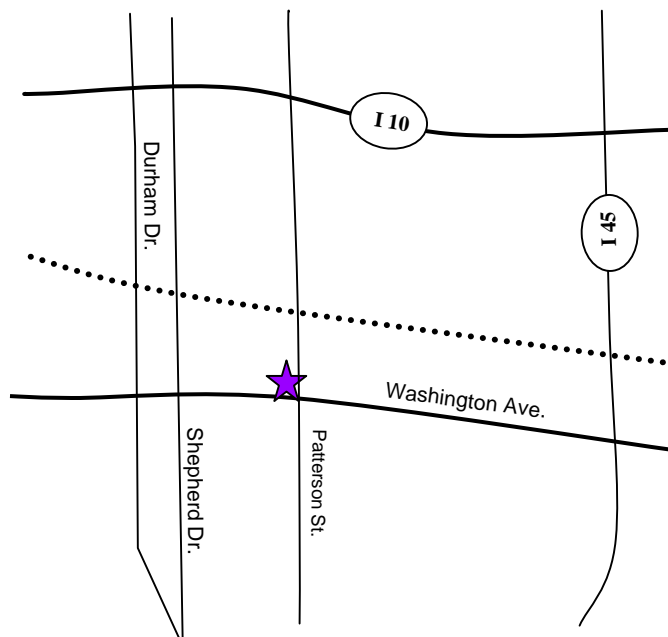
Her classes encourage students to open their hearts and listen to their inner wisdom, the importance of which Joy has experienced first-hand.

After graduating from Rice University with a B.S. in Mechanical Engineering and working as an engineer for several years, Joy made a leap of faith and decided to follow her

passion for healing by teaching others to heal themselves through yoga. In 2003, she founded the Joy Yoga Center, which has been named “Best Yoga Studio in Texas” by *Competitor* magazine for both 2006 and 2007. Joy also extends her passion for healing to the community through Joy Yoga Center’s involvement with various charitable organizations such as The Rose, The Rescue Bank, and St. Jude’s Children’s Research Hospital.

Follow your passion for becoming a Yoga Teacher. Apply today for Yoga Teacher Training at the Joy Yoga Center!.

Location of
Joy Yoga Teacher Training:
Joy Yoga Center
4500 Washington Ave. Suite 900
Houston, TX 77007



For more information, please visit

www.JoyYogaCenter.com

713-868-YOGA (9642) phone

713-868-3782 fax



Become a Joy Yoga Teacher



Yoga
Teacher-Training
at the
Joy Yoga Center!

July 10th – August 16th, 2009

4500 Washington Avenue, Suite 900
Houston, TX 77007

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What will be taught in the Joy Yoga Teacher-Training Program?

- Learn step-by-step how to teach students who have never practiced yoga before how to get into the basic yoga postures.
 - Learn how to teach challenging classes that will help students of any level find their edge.
 - Learn the Sanskrit names for the basic postures.
 - Learn anatomy for yoga and how to use this information when teaching students of every size and shape.
 - Learn what each posture works on and how this affects us on every level: physically, mentally, emotionally, spiritually.
 - How to create fun and challenging sequences.
 - How to help your students deepen into postures through hands-on adjustments.
 - Learn the basics Yoga history and philosophy, including Patanjali's sutras and the 8 Limbs of Yoga.
 - How daily stresses affect our bodies and how to release these stresses.
 - Various Mediation Techniques.
 - How to use the Bandhas.
 - How to use Mantras.
 - Alternative methods of healing, including Reiki, Acupressure, Foot Reflexology, Emotional Freedom Technique (EFT).
 - How to use EFT techniques to conquer your own fears related to teacher (i.e. speaking in front of a group, building confidence, how to find places to teach).
 - How to teach a 30 class internship in order to build teaching skills and confidence.
- * Learn basic Yoga Facial Toning with Rose; learn how to firm and tone the facial muscles, erasing fine lines, and restore the radiant youthful look to your face..

When is the Joy Yoga Teacher-Training Program?

It is a 10-day intensive Teacher-Training, from July 10th-19th, plus 4 weekends in August. Class schedule is as follows:

Friday,	July 10 th	Noon – 7:45pm
Saturday,	July 11 th	8:00am – 6:00pm
Sunday,	July 12 th	9:00am – 6:00pm
Monday,	July 13 th	8:00am – 7:30pm
Tuesday,	July 14 th	6:00am – 8:30pm
Wednesday,	July 15 th	7:30am – 6:00pm
Thursday,	July 16 th	8:00am – 7:30pm
Friday,	July 17 th	8:00am – 8:00pm
Saturday,	July 18 th	8:00am – 6:00pm
Sunday,	July 19 th	8:00am – 6:00pm
Saturday,	July 25 th	8:00am – 6:00pm
Sunday,	July 26 th	8:00am – 6:00pm
Saturday,	August 1 st	8:00am – 6:00pm
Sunday,	August 2 nd	8:00am – 6:00pm
Saturday,	August 8 th	8:00am – 6:00pm
Sunday,	August 9 th	8:00am – 6:00pm
Saturday,	August 15 th	8:00am – 6:00pm
Sunday,	August 16 th	8:00am – 6:00pm

Completion of 30-class internship is also necessary to receive Certificate of Course Completion.

What is the cost?

\$2,295 if registered before June. 1st and \$2,795 after. The book list will be supplied to students who are accepted into the program; this cost will be additional. Books can either be purchased on your own or ordered through the Joy Yoga Center.

How do I register?

Simply complete the attached Application Form and return it to the Joy Yoga Center along with your \$100 deposit. Application can also be emailed to Joy@JoyYogaCenter.com.

Application Form:

How long have you practiced yoga?

What styles of yoga have you practiced? _____

What styles speak to you the most? Why? _____

Why do you want to become a Yoga Teacher?

What do you hope to take away from your teacher-training program at the Joy Yoga Center?

Each student who completes the Teacher-Training program will receive one **FREE Body Talk session** with Colette Streicher!
Visit www.CreationMastery.com for more info.