



River Yoga Fall/Winter 2010 Teacher Training Intensives

100 or 200 hrs towards Yoga Alliance Certification

Embark on a Journey of Transformation....
SRV Teacher Training
 with David Pittenger & SRV Faculty



An exciting opportunity to attain 100 hrs in 4 weekends, or 200 hrs in 8 weekends.

The River Yoga Teacher Training Intensives are in the Saraswati River Yoga tradition, and focus on the history of yoga, basic yoga philosophy, chanting & mantras, asana, class sequencing, assists & more. The curriculum is comprehensive and reflects the philosophy that yoga students unfold most quickly with supervised immersion into both the study & the practice of yoga.

Dates and Times

1st Intensive (100 hrs) : Oct 1-3, Oct 15-17, Oct 22-24, Nov 5-7

2nd Intensive (100 hrs): Nov 19-21, Dec 3-5, Jan 7-9, Jan 14-16

Fridays, 6—9:30 pm; Saturdays 8:30 am-6 pm; Sundays 8:30 am –6 pm

Full Tuition (price per session)	Discounted Price (by 9/24 for 1st Intensive; 11/5 for 2nd Intensive)
\$1600	\$1500

RIVER YOGA

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www.riveryoga.org