



AAYM Holistic Yoga and Meditation Teacher Trainings Include RYT200, RYT300 and RYT500 – Hour Programs

Overview

These programs are designed to delve deeply into Yoga's traditional teachings and healing practices. They are easy-to-follow, and a fruit of a master teacher's life-long dedicated practice and teaching. Our programs have applications in anyone's life where yoga has played or needs to play a significant role. They are a natural progression of applying all aspects of holistic yoga and meditation in order to live life to its fullest, with skill and inspiration.

Program Objectives

These comprehensive custom tailored programs are well designed to:

- Systematically deepen your understanding of yoga and meditation
- Develop your personal yoga and meditation practice (sadhana)
- Develop skills for safely teaching yoga and meditation to others

Formats include:

Small group and one-on-one formats, both EXPRESS and self-paced options are available. One retreat is required per level and included in program cost. Groups meet most Tuesday evenings, and Saturday and/or Sunday afternoons or follow a mutually agreed schedule. To accommodate busy schedules we also, offer Flex start and finish dates.

Training Categories include:

Asana, Pranayama, Mudra, Bandha, Yoga Nidra, Kriya Yoga Meditation Techniques, Teaching Methodology, Anatomy and Physiology, Chakras and Energy Channels, Yoga History, Philosophy, Lifestyle, Ethics, Practicum, The Business of Teaching, Working with Special Populations, and more.

Skilled and Experienced Lead Instructor

You will learn directly from a yoga meditation master and internationally Certified Yoga Therapist, as well as seasoned educator Ema Stefanova. Ema has taught academia and all levels of yoga teachers for 30+ years.

Textbooks, Audio and Video:

Textbook, Audio and Video cost is not included in Teacher Training Program fee and it will amount to less than \$100 for the RYT200 level to obtain a few high quality titles that will be required. We use textbooks, and yoga therapy and meditation titles published primarily in our tradition.

The Difference:

We practice and teach the art and sciences of yoga and meditation in a holistic way i.e. in their entirety, as handed down to us directly from the yoga masters. We believe that everyone deserves proper and quality education especially future yoga teachers and therapists.

We meet each student at exactly where you are at, help you progress step by step and guide you to become the teacher you would like to be.

We dispel any and all ignorance regarding Yoga Teacher Certification, or "accreditation". FYI: The Yoga Alliance is not an accreditation body, but simply a paid voluntary listing i.e. registry.

School RYT500-Hour Graduate Testimonial:

"I did my RYT500 Certification Training with Ema and enjoyed it! After finishing the 200-Hour program at another studio in Ann Arbor, I thought I would not want to continue, until I saw a close friend of mine trained by Ema teach a class. Also, Ema taught me how to meditate on Day 1."

D. F., AAYM RYT500 School Graduate

The Application Process:

1. Print, fill out and send us your Teacher Training Application Form.
2. A one-time \$225 deposit must accompany your application and will count toward tuition fee.
3. Applicants for RYT300 and RYT500 programs, please schedule a phone or/and in person interview after you send your application.