



ALVIN COMMUNITY COLLEGE
CONTINUING EDUCATION
WORKFORCE DEVELOPMENT

Yoga Teacher Training



The ACC 220-hour Advanced Yoga Studies and Teacher Training course, offered in partnership with Sundance Yoga Studios, is designed to be comprehensive, yet individualized enough to meet the needs of all trainees.

Topics of study will include:

- Yoga history and philosophy
- Principles of alignment theory and the anatomy of movement as they relate to teaching
- Breathing, meditation and relaxation techniques
- Methods of teaching to create a complete yoga experience for students
- Sequencing and how to design a yoga class

The practice of yoga entails both a personal journey and a step into a living tradition shared by millions the world over. Advanced studies in yoga allow trainees to deepen their own practice as well as learn how to effectively and safely share the tradition and benefits of yoga with others.

Advanced Yoga Studies and Teacher Training
Friday, Aug. 13 - Friday, Dec. 16

Application Deadline: Aug. 1, 2011

ACC Main Campus and Sundance Yoga Studio

Tuition: \$2,800 (in-district), \$2,820 (out-of-district)

**To learn more call 281-482-YOGA (9642)
or go to www.alvincollege.edu/cewd**