

LEVEL 1 TRIYOGA TEACHER TRAINING IN DAVIS

Kamala Paul

Level 1 TriYoga Teacher Training Program for Fall and Winter 2010/11

The program is **58** over a 3 month period; one Sunday a month and every Friday night from October 15-Jan 28. There is one Friday when we will not meet and will make up on a Wednesday. It is suggested that participants attend one or both weekend out-of-town programs on Nov 12-14 and 19-21.

Week nights: 6:00-10:00pm

Weekends: Sundays 12 to 6pm

Oct 13	Wednesday	Oct 10
Oct 15	Friday	Nov 7
Oct 22	Friday	Dec 5
Oct 29	Friday	
Nov 5	Friday (with Basic class)	
Nov 12-14	Retreat in Sonoma with Kamala and Kashi	
Nov 19-21	Workshop with Kaliji in Santa Cruz	
Nov 26	no class	
Dec 10	Friday	
Dec 17	Friday	
Jan 7	Friday	
Jan 14	Friday	
Jan 21	Friday	
Jan 28	Friday	

If you have been studying Level 1 for some time, it could be possible to be certified at the end of this period. If not, you should expect to need more training. We can work together on it individually or in another TriYoga teacher training program or you could travel to Santa Cruz for all or part of the teacher training programs that are offered frequently. Check www.triyoga.com schedule.

The price for the ten Friday evenings and three Sunday sessions is \$500. It is highly recommended that you also join us in two weekend events in November which have an additional cost. In addition to the \$500, you will need to purchase the Level 1 Manual, if you do not already have one. It is available from the Malibu TriYoga office for \$108. The certification practicum fee is also \$108 and this you would pay to TriYoga International once you are ready to be certified. More information about the certification process is available in the Certification Handbook on the TriYoga website:

http://www.triyoga.com/Yoga_Teacher_Training/triyoga_YTT_certification_handbook.pdf

PLEASE plan to attend the Kali Ray Program Sept 24-26 in Davis and the November 12-14 Retreat in Sonoma County. These will be important steps in increasing your understanding of the method and to see how different teachers explain the flows. TriYoga founder, Kaliji is quite inspirational, extraordinary and not to be missed!

If you know of others who would like to increase their knowledge of the method who may not wish to teach, they are welcome to join us in the training. We like having extra students for the practicums under the direction of a senior teacher.

To Contact Kamala Paul: Kamalapaul@sbcglobal.net, www.yogadavis.com, 530 756 1555 or cell 415 939 2753.