



Nancy & Ruby's
YOGAMOTION
Moving into Balance



Life Enrichment Course & Teacher Training

Starting Fall 2012

An In-Depth Study for
Inquisitive Beginners, Inspired Practitioners
& Health Professionals

*Awaken to your life, your health and your happiness, one breath at a time.
Discover how to easily integrate healing practices into your daily lifestyle.
Don't just wish for change, recognize your power to be the change!*

LIFE ENRICHMENT COURSE

A 6-month Wellness Training for Body, Mind & Spirit

A thousand mile journey is begun with a single step.

Experience quality guidance and support in expertly developing your personal practice and knowledge of the full spectrum of yoga through the LIFE ENRICHMENT COURSE - for yourself, your family or as a PREREQUISITE TO TEACHER CERTIFICATION. This 6-month wellness training will open up a whole new avenue of exploration and welcomed awakening in yourself, both on and off the yoga mat. Yoga students with as little as three months and as many as twenty years experience have enjoyed the transformative benefits of this program. Nancy has designed the curriculum for anyone desiring to enhance their health care through the integration of yoga into their daily lives at work, home and at play. Step into a journey that will continue to reward you for a lifetime!

MODULE 1 EARTH GROWING YOUR ROOTS

- Annamayakosha - the Physical Body
- Relaxation Breathing Techniques
- Designing Your Personal Practice
- History & Philosophy of Yoga
- Yoganatomy of the Core
- Developing Postural Alignment

MODULE 2 WATER AWAKENING THE FLOW

- Pranamayakosha - the Energy Body
- Universal Principles of Alignment
- Standing & Balancing Postures
- Pranayama Langhana - Gentle Power of Breath
- Yoganatomy of Hips & Legs
- Developing Strength and Grace

MODULE 3 FIRE IGNITING TRANSFORMATION

- Manomayakosha - the Emotional Body
- Sankalpa - Setting Intention
- Forward Bends & Hip Openers
- Integrating the Eight Limb Path
- Yoganatomy of the Spine & Pelvis
- Developing Will and Determination

MODULE 4 AIR SAVORING THE ESSENCE

- Vijnanamayakosha - the Wisdom Body
- Designing a Meditation Practice
- Backward Bends & Twist
- Pranayama Brahmara - Channeling Life Force
- Yoganatomy of Chest & Shoulders
- Developing Core Beliefs

MODULE 5 SOUND LIBERATING CREATIVITY

- Anandamayakosha - Body of Bliss
- Journey into the Chakras
- Introducing Inversions
- Sutras, Mantras & Mudras
- Yoganatomy of the Organs & Glands
- Developing Compassionate Communication

MODULE 6 VISION EXPANDING INSIGHT

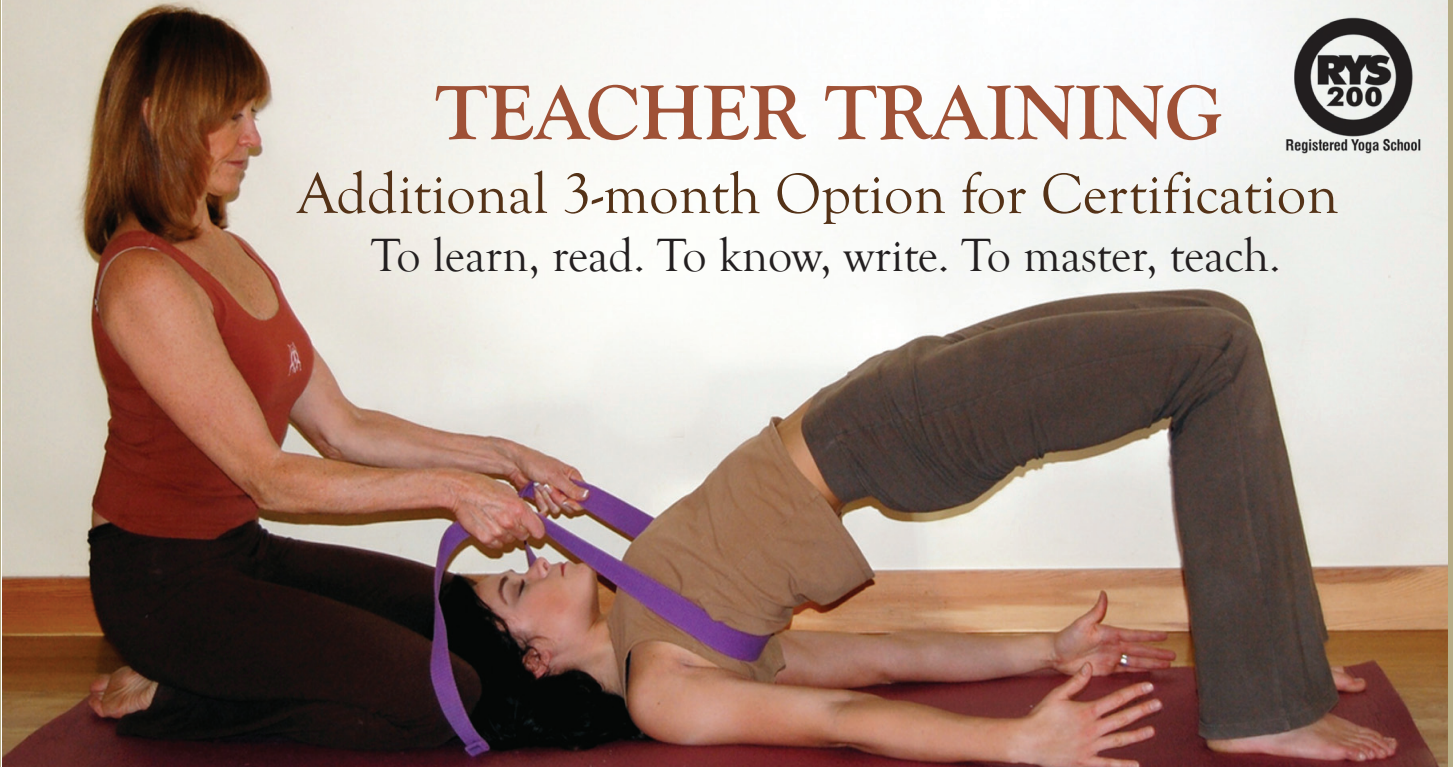
- Therapeutic Applications of Yoga
- Alignment Refinement
- Creating Ritual
- Restorative Yoga Techniques
- Yoganatomy Review
- Developing Your Personal Vision

"My life has become so much more meaningful since I began this yoga quest. My relationships have become stronger. My ears have opened to genuinely listening. And, my heart has softened." B.S. - Bozeman, MT



TEACHER TRAINING

Additional 3-month Option for Certification
To learn, read. To know, write. To master, teach.



Refine your teaching skills through the 3-month Certification Option focusing on assessment, communication skills and presentation techniques for a wide variety of demographics. Throughout the LIFE ENRICHMENT COURSE you will develop a deep integration with the full spectrum of yoga while cultivating your ability to instruct authentically. The YOGAMOTION TEACHER TRAINING enables you to provide a sound firm base of safety and quality in your instruction. Empower your own students with the intimate understanding of alignment, breath and movement by offering a broad array of modalities to enhance well being on all levels: physical, energetic, psycho-emotional and spiritual. Increase your community involvement as you strengthen your presence as a professional yoga teacher offering educational courses in holistic health and wellness.

MODULE 7 KNOWLEDGE

- Refining Assessment Skills
- Sequencing and Transitions
- The Art and Science of Presentation

BLOSSOMING WISDOM

- Healing Touch & Adjustments
- Applied Anatomy in Asana
- Developing your Teaching Style

MODULE 8 TRANSFORMATION

- Special Population Programs including.....Prenatal, Family, Seniors & Health Issues
- Introducing Advanced Postures
- Ethics & Professional Guidelines

HOLDING THE CONTAINER

- Hands On Enhancement
- Developing Yoga Education

MODULE 9 INTEGRATION

- The Business of Yoga
- Refining Observation Skills
- Hands on Enhancement

LIVING IN BALANCE

- Inspiring Sacred Celebrations
- Articulating the Essence of Yoga
- Teacher Presentations

HOME STUDY CURRICULUM

Your weekend Trainings are supplemented with Home Study Packets to enhance your own practice, building the cornerstone to creative and authentic expertise. Designed for accelerated learning, each principle and technique introduced in the Modules will be reviewed through an outline of various reading, writing, and practicing assignments, as well as teaching opportunities for those enrolled in the Certification process.



NANCY RUBY

HEALTH & WELLNESS FACILITATOR

Nancy began studying and practicing an eclectic blend of hatha yoga in 1979. While an eternal student, she has completed several Teacher Certifications with an eclectic blend of the nation's most renowned Yoga Masters. Nancy is registered with Yoga Alliance as a grand fathered E-RYT 500 - an Experienced Yoga Teacher with over 6,000 documented teaching hours. She has since conducted 35 Teacher Trainings, numerous retreats and thousands of classes, both locally and internationally.

The YogaMotion method was developed by Nancy to invite people of all ages and abilities to experience yoga in a non-dogmatic, safe & supportive atmosphere integrating alignment and intuition, strength and fluidity, meditation and wisdom in action. As a teacher, her approach to yoga is both challenging and nurturing, inviting the student to connect with their true essence and embody their full aliveness potential. The training also includes an array of PROFESSIONAL ASSISTANTS and GUEST INSTRUCTORS specializing in their field of study.

2012 - 2013 SCHEDULE

Applications are now being accepted.

The modules are designed as a progressive learning experience. Attending the Modules in order is preferred.

Dates / locations may be interchanged as room allows.

This Course has been approved by the Department of Veteran's Affairs under the GI BILL for Training and Education. Contact us for details.

LIFE ENRICHMENT (PREREQUISITE)

| BOZEMAN | BILLINGS |
|------------------|--------------|
| Sep. 28 - 30 | Oct. 5 - 7 |
| Oct. 26 - 28 | Nov. 2 - 4 |
| Nov. 30 - Dec. 2 | Dec. 7 - 9 |
| Jan. 11 - 13 | Jan. 18 - 20 |
| Feb. 8 - 10 | Feb. 15 - 17 |
| Mar. 8 - 10 | Mar. 15 - 17 |

CERTIFICATION OPTION

| | |
|-----------------|--------------|
| Apr. 8 - 10 | Apr. 12 - 14 |
| May 3 - 5 | May 10 - 12 |
| May 31 - June 2 | June 7 - 9 |

DAILY SCHEDULE during each Module

| | |
|-------------|----------------------------|
| Friday | 4:00 - 8:00 p.m. |
| Sat. & Sun. | 8:30 - 12:30 & 2:00 - 6:00 |

INVEST IN YOUR PERSONAL HEALTH

Life Enrichment - 6 months \$350 per Module payment plan OR \$1,800 pre-paid (save \$300!)

INVEST IN YOUR PROFESSIONAL GROWTH

Teacher Certification - Addl. 3 months \$425 per Module payment plan OR \$1,200 for all 3 (save \$75) OR
 FULL 9-MONTH TRAINING \$2,950 pre-paid (save up to \$425!)

REGISTRATION PROCESS

- A maximum of 20 students per Training are accepted. Early registration is recommended.
- A \$350 non-refundable deposit is required to register and will be applied to the full amount.
- Send a check or money order payment to YogaMotion. Pay Pal is available on the web site.
- You may download an application from our website or contact YogaMotion to receive one via e-mail.
- In the event that you are not accepted into the Course, your deposit will be returned.
- Payment is due at the start of each Module depending on your choice of payment plan.
- No refunds can be made once the program begins.