Nancy Ruby's
YOGAMOTION
ACADEMY

200-Hour Transformational Teacher Training

One Weekend a Month for Nine Months

Bozeman, Montana

EDUCATION - TRANSFORMATION - CERTIFICATION

Are you ready to join the expanding circle of diverse and dedicated students who are stepping into clear, harmonious, heart-centered lives?

LET THE JOURNEY BEGIN...

Refine your Life with this renowned Yoga Training that has been honed over the years to meet the needs and interests of hundreds of students. Throughout the first three modules of the training you will dive into the LIFE ENRICHMENT course to develop a deep integration with the full spectrum of yoga, cultivating your personal relationship with the practice. This will gift you with the ability to teach from authentic experience and true understanding.

The YogaMotion YOGA TEACHER TRAINING continues to evolve through Modules Four through Nine providing a sound, firm base of safety and quality in your instruction, focusing on assessment, communication skills and presentation techniques for a wide variety of demographics.

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, intellectual, and spiritual. You will have the skills to share a powerfully effective Hatha Yoga practice as you support your students in developing a balanced lifestyle. Increase your community involvement as you strengthen your presence as a professional yoga teacher.

ONE WEEKEND A MONTH FOR NINE MONTHS

Module 1:	September 23 - 25, 2016
Module 2:	October 21 - 23, 2016
Module 3:	November 18 - 20, 2016
Module 4:	January 6 - 8, 2017
Module 5:	February 3 - 5, 2017
Module 6:	February 24 - 26, 2017
Module 7:	March 24 - 26 , 2017
Module 8:	April 21 - 23, 2017
Module 9:	May 19 - 21, 2017

Fridays 4:00 - 8:00 pm
Saturdays and Sundays 8:30 am - 6:00 pm

Plus 8-month Guided Home Study Course
to be completed between Modules 1 - 9.

This course has been approved by the Montana State Approving Agency for benefits under the GI Bill program for eligible veterans and beneficiaries. Your application and financial aid must be approved by YogaMotion two months prior to start date.

LEARN A PRACTICAL APPROACH

The YogaMotion Training is designed for aspiring teachers, health professionals and yoga students interested in deepening their own practice with a solid foundation in the art and science of yoga. Founded upon a practical, down-to-earth, non-dogmatic approach, you will be inspired to share the true spirit and essence of yoga with others. By applying what you learn through YogaMotion, you will gain the ability to teach with clarity and consistency. Yoga students with as little as three months and as many as twenty years experience have enjoyed the transformative benefits of this program. It is not essential that you want to be a yoga teacher, but it is essential that you have a dedicated commitment to integrating yoga into your life.

BUILD A FOUNDATION

YogaMotion is a safe and effective form of Hatha Yoga developed by Nancy Ruby through more than 30 years of practice in mind-body wellness. YogaMotion synthesizes a variety of disciplines, focusing on the inner workings of alignment, breath, and movement. The Iyengar method serves as a foundation for precise structure and support. Anusara universal principles of alignment opens us to the grace of organic, energetic movement. Viniyoga softens the movement through breath control and individualized attention honoring the person, not the pose. As students become more adept, YogaMotion links the postures creating a flow similar to the traditions of Ashtanga, offering a vigorous workout and moving meditation.

EMPOWER YOURSELF & YOUR STUDENTS

The YogaMotion Method empowers each student with knowledge and understanding to provide a deeper integration with one's true self and the choices available to enhance well being on all levels - physical, mental, emotional and spiritual. Taught by Nancy Ruby, an international instructor and practitioner of yoga, along with a host of guest instructors and training faculty, this course will open up a whole new avenue of self-exploration and welcomed awakening in yourself and your students, both on and off the yoga mat.

RYT200 CURRICULUM

YogaMotion's Teacher Certification Program is taught through nine modules as outlined below.

Modules One through Three offer you quality guidance and support in expertly developing your personal practice, knowledge, and skills for living the full spectrum of yoga through the LIFE ENRICHMENT.

You will refine your professional teaching skills through Modules Four through Nine for TEACHER CERTIFICATION focusing on assessment, communication and presentation techniques for a wide variety of demographics.

The YOGAMOTION TEACHER TRAINING enables you to provide a deeper integration with the true spirit and essence of yoga offering a broad array of tools to enhance well being on all levels: physical, energetic, psycho-emotional, intellectual, and spiritual. Be of service in your own community as a professional educator in holistic health and wellness.

Once you have completed all nine modules and home study assignments, you will receive Teacher Certification from YogaMotion as well as National Registry with Yoga Alliance.

MODULE 1: EARTH

Growing Your Roots

- Annamayakosha - The Physical Body
- History and Philosophy of Yoga
- Relaxation and Breathing Techniques
- Yoganatomy for Functional Alignment
- Developing Core Connections
- Designing Your Personal Practice

MODULE 2: WATER

Awakening the Flow

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

MODULE 3: FIRE

Igniting Transformation

- Manomayakosha - The Emotional Body
- Integrating the Eight Limbs of Yoga
- Sankalpa - Setting Intention
- Yoganatomy of the Trunk and Spine
- Forward Bends and Hip Openers
- Developing Will and Determination

MODULE 4: AIR

Savoring the Essence

- Vijnanamayakosha - The Wisdom Body
- Cleansing our Bodies and Minds
- Integrating Mindful Meditation
- Yoganatomy of Chest and Shoulders
- Heart Openers and Twists
- Developing Core Beliefs

MODULE 5: SOUND

Liberating Creativity

- Anandamayakosha - The Bliss Body
- Sutras, Mantras and Mudras
- Journey through the Chakras
- Yoganatomy of the Organs and Glands
- Introducing Inversions
- Embracing the Essence of our True Nature

MODULE 6: VISION

Expanding Insight

- Refining Insight and Eyesight
- Restorative Yoga Techniques
- Implementing Yoga Nidra
- Compassionate Communication Skills
- Creating Daily Rituals
- Developing Your Personal Vision

MODULE 7: KNOWLEDGE

Blossoming Wisdom

- Refining Assessment Skills
- Healing Touch and Adjustments
- Sequencing and Transitions
- Applied Anatomy in Asana
- The Art and Science of Presentation
- Developing Your Teaching Style

MODULE 8: TRANSFORMATION

Holding the Container

- Special Population Programs
  ...Prenatal, Kids, Family and Seniors
- Introducing Advanced Postures
- Hands on Enhancement
- Ethics and Professional Guidelines
- Developing Yoga Education

MODULE 9: INTEGRATION

Living in Balance

- The Business of Yoga
- Inspiring Sacred Celebrations
- Refining Observation Skills
- Articulating the Essence of Yoga
- Hands-on Enhancement
- Teacher Presentations

HOME STUDY CURRICULUM

The Yogamotion Training is 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.

The YogaMotion Training will equip you with the technical and philosophical fundamentals for teaching safe and dynamic yoga classes, workshops, and retreats. You'll receive detailed instruction on a practical approach to yoga postures, breath control, mindfulness meditation, and the art of teaching. The whole-brain education techniques developed by Nancy Ruby include a balance of personal practice, lecture and discussion, communication skills, interactive workshops, student teaching and videotaping. Emphasis is placed on creating an atmosphere of self-paced progress in both practicing and living yoga. You'll learn how to set appropriate intentions for yourself and your students, so you can embrace the experience with earnest dedication.

WHAT YOU'LL LEARN

During this course you will:

- Study, design and improve your own yoga practice.
- Embark on your own personal process of healing and discovery.
- Form the knowledge, ability and necessary confidence for becoming an effective and inspirational YogaMotion Teacher.
- Build a foundational understanding of structural alignment and anatomy of movement.
- Develop assessment skills for working with students and their injuries or limitations.
- Integrate the physical, emotional and spiritual aspects of yoga into your lifestyle and assist your students in this discovery.
- Learn effective communication skills and presentation techniques to connect with your students.
- Gain a greater understanding of the full spectrum of yoga.

CERTIFICATION & REGISTRY

OPPORTUNITIES

The profession of yoga is changing, expanding and becoming integrated into our medical care and media attention. The benefits are undeniable as the western world continues to report scientific studies that prove what the eastern cultures have been practicing for centuries. Current trends show that the yoga industry is experiencing phenomenal growth and certified instructors are now in demand in health clubs, recreation departments, retreat centers, school systems, personal training venues, medical programs, retirement communities, the corporate marketplace and even our hospitals. Become a part of this growing market by gaining the skills of a certified YogaMotion Teacher.

YOGA TEACHER CERTIFICATION

RYT200: Once you have completed 180 classroom hours by attending Modules One – Nine, plus all required home study projects, you will receive a 200 hour YogaMotion Teacher Certification with the competency to teach yoga classes, courses, workshops and private training in your community.

RYT300: This advanced course of study can be attended over a two to five year period. Trainings are offered in both 6-day Intensives and 3-day weekends with required and elective courses. Each course is complete in its teaching objectives and may be attended in any order unless otherwise suggested. This allows you to create the curriculum that matches your interests and lifestyle. Once you have completed 300 hours of combined classroom study, mentorship and community service, you will be awarded YogaMotion's 300 hour Teacher Certification meeting the requirements to register with Yoga Alliance.

YOGA ALLIANCE REGISTRY

The YogaMotion Teacher Training has been recognized by Yoga Alliance as a Nationally Registered School at the 200 hour level since 2001 (RYS200). We are now offering a 300 hour Advanced Training curriculum (RYS300) facilitated by a broad range of highly skilled instructors. Together these two tracks of training will fulfill requirements for you as a 500 hour Registered Yoga Teacher (RYT500). You may have attained your RYT200 from any other school and still step into YogaMotion's RYS300. Our school is based on continual research, revision and expansion through the encouragement of our students and graduates and the needs of the yoga community.

CONTINUING EDUCATION

As a 500 hour experienced, registered instructor with Yoga Alliance (E-RYT 500), Nancy Ruby's courses provide students with the necessary continuing education required as a Registered Yoga Teacher (RYT). YogaMotion's method of movement and lifestyle education is easily integrated into any present day health and wellness program offering you a chance to broaden your professional skills and scope of practice.

ARE YOU READY?

A Personal Inventory

You've thought about it, you've read about it, and you are still wondering...

Am I ready for Teacher Training?

Five questions to ask yourself to know for sure...

1. Do I want to deepen my yoga practice and feel more comfortable in my own skin?
2. Am I ready to get "unstuck" and let go of the things that drain me, overwhelm me, and steal my essential vitality?
3. Would I like to experience a daily sense of purposefulness, direction and courage?
4. Am I dreaming of starting a new line of work that feels truly creative and effective?
5. Would my life be different if I let go of fear, and lived each day in an authentic and empowered way?

If you answered "Yes" to at least four of these five questions, it sounds like you are ready to take the next step!

YOGAMOTION LIFE ENRICHMENT & YOGA TEACHER TRAINING is a step-by-step program that starts you on your way and builds momentum towards experiencing the things you are put on this earth to experience.

Haven't you been ready to do this for a REALLY long time?

YogaMotion Life Enrichment and Yoga Teacher Training is a proven, field-tested system that has changed the lives of thousands of people. Nancy Ruby has completed 44 trainings since 1998 and continues to offer Montana's premier Yoga Training.

You will learn how to think differently about your self, applying the foundational teachings and practices of Yoga to your life. You will let go of limiting habits and beliefs and learn how to make your dreams come true by becoming very clear in all that you wish to do. If you are afraid that you don't know enough yet, can't put your body in all those fancy poses, have no experience with pranayama or meditation, that's okay. We invite you to start from where you are right now as this foundational training will plug you into the full spectrum of Yoga.

This course represents more than 35 years worth of Yoga life experience, meticulously designed into an applicable, high-content, high-power system that allows you to integrate the Art and Science of Yoga into everyday living ~ for yourself and for others.

Becoming a confident yoga practitioner and teacher will enrich your life as well as the lives of those around you. This is an investment in your health as well as peace in the world.

... ARE YOU READY?

DATES & TUITION

Invest in Your Personal Health. Invest in Your Professional Growth

Your application deposit reserves your space, your 30-minute entry interview, and Kick Start pre-study program.

Tuition includes all professionally designed and administered classes, workshops, YogaMotion Course Manuals, YogaMotion DVD, home study materials, 260 hour Teaching Certification and RYT 200 Yoga Alliance Registry fulfillment.

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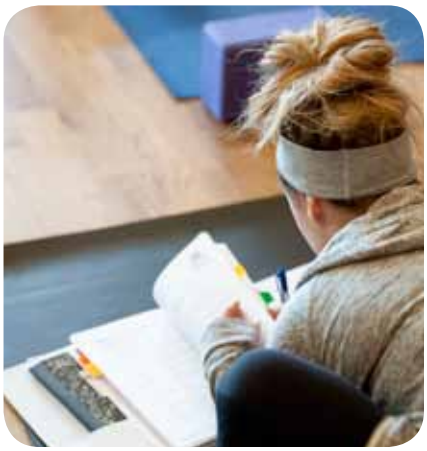
PAYMENT OPTIONS

Paid in full ...A $300 savings
$400 non-refundable deposit due with application
$2,900 tuition due by Sept. 3, 2016

Installment Plan
$400 non-refundable deposit with application
$800 tuition due by Sept. 3, 2016
$400 tuition due at Modules 1 - 6

Applications are accepted up to one week of start date if rooms allows. All payments due according to the above schedule.



APPLICATION PROCESS

The first step is to submit your application and deposit.

You will be notified when your application is received. After reviewing your materials, we will send you confirmation and a welcome packet of information as well as the Kick Start Home Study Course to launch you on your path to balanced well being and transformation. In the event that you are not accepted into the training or you are unable to attend, your deposit will be returned less $150 processing fee. Due to the limited number of students accepted, no refunds will be granted after 30 days from the start date.

Please note that this training requires a high level of commitment. You will be challenged physically, mentally and, sometimes, emotionally. Prepare yourself with plenty of rest, good nutrition and adequate exercise before you begin. We expect you to show up on time and be at your best every day. You will be rewarded with the success of meeting your goals and aspirations of becoming a fully dedicated practitioner and, for some, a qualified yoga teacher.