



**ପାଠକ୍ରମ ଫଟା ହଠାତ-ହଠାତ:**

- September 23-25    February 10-12
- October 21-23     March 10-12
- November 18-20   April 7-9
- December 16-18   May 5-7
- January 13-15     June 2-4

*(We will meet nine weekends. One extra is scheduled in case of inclement weather or ...)*



ଟି ହାର୍ମୋନି  
 ଗୋ ଡିପ୍ ଯୋଗା ଟିଚର  
 ଟ୍ରାଣିଂଗ  
 603 Nunn Street  
 Chapel Hill, NC 27516  
 919.969.7228



**ଓମ୍ ଡିପ୍  
ଯୋଗା ଟିଚରାନ୍ତରା**

Program Director:  
Ti Harmony



*Yoga Alliance Registered 200 hours  
Yoga Teacher Training School  
and for those wanting simply to  
deepen their yoga practice*



*"Ti, your ability to challenge us as a whole yet let us each walk our own path is truly your gift and I'm grateful for it. An environment of radical acceptance helps develop radical self-acceptance."*



*"I am closer to God, I love myself more, and I am more committed to yoga (which are all the same thing really.)"*

*"A life-changing experience...intense soul searching...I'd be very surprised if you're the same person when you finish this course."*

*"I have developed a home practice that allows me to take my yoga practice deeper on a physical, spiritual and emotional level. I am stronger, more balanced, flexible, joyful, focused, able to handle stress, and I have a stronger sense of purpose."*



## GO DEEP YOGA TRAINING INFO:

This course is designed primarily as a yoga teacher training and is registered with Yoga Alliance at the 200-hour level, though the total hours for the course are much higher than that. This course is also for those seeking to deepen their yoga practice or wanting a focused time of spiritual/personal growth using the vehicle of yoga.

The basis of the training is the development and maintenance of a consistent home yoga and meditation practice, the foundation of any good or even decent teacher. Much of the course revolves or springboards from this practice. Regular contact with the program director is also key.

Another major focus is on understanding the philosophy behind the practices in order to bring your yoga “off the mat.” The course also encourages participants to develop their own style of teaching that reflects one’s individuality, areas of interest and understanding of the goal of yoga practices. Personal growth is by necessity part of this whole process.

Finally, participants will receive a solid understanding of a series of basic postures that they will be able to competently teach to others and which can serve as a jumping off point for further teaching.

This course is purposely small with a maximum of 12 students, so it can be very personal and intimate. Class weekends are at Loving Kindness Yoga School in Carrboro, NC.

Prerequisite: 2 years minimum of regular yoga practice to take as a yoga teacher certification program., 6 months of regular yoga practice to take as a deepening of your yoga experience.



## CERTIFICATION REQUIREMENTS:

- Attendance at and participation in all weekend classes (or arrange to make up this time with the teacher at additional cost). The approximate training weekend schedule is Fridays 12:30-8:30, Saturdays 12:45-6:45, Sundays 8:45-5ish.
- Minimum 1 hour home yoga practice 4 days a week including minimum 15 minutes meditation plus home yoga practice journal
- Required reading and writing and journaling assignments TBA but including writing and presenting a “research paper” on some aspect of yoga which you want to investigate further, and writing and sharing with the group a spiritual autobiography
- Attendance at 6 (of 7) 4-hour teacher intensives on one Saturday afternoon mid-way between each teacher training weekend. Dates for 2016-17: Oct. 8, Nov. 5, Dec. 3, Jan. 28, Feb. 25, Mar. 25, Apr. 22.
- Observation of one of Ti Harmony’s yoga classes each month and follow-up discussion
- Fulfillment of all financial agreements
- Monthly ½ hour conversation with Ti between each weekend meeting

## FINANCIALS:

Total cost for the course is \$2800 which includes all weekend trainings, teacher intensives and monthly “check-in” time with Ti, as well as one optional weekly yoga class with Ti. It does not cover the cost of books for the required reading (estimated around \$120). If you miss some of the required weekend classes, you will need to arrange to make up that time in order to graduate. Any make-up time may require additional payment. A payment plan is available.

## BIO FOR TI HARMONY:

I have over 26 years of regular, disciplined and intensive practice on the mat and in life, including over 23 years teaching, as well as study with a number of world-renowned yoga teachers from many different styles. I also have over 18 years of practice as a Phoenix Rising Yoga therapy practitioner including 2 years of mentoring others in the learning process. These experiences have given me an understanding of how people learn, how to listen and effectively communicate and how to teach. In addition, my 19 years as a devotee of Amma, my Guru, I believe has allowed me to begin to taste the fruit of these years of practice much sooner and more deeply than I might have been able to otherwise. I credit Her with any success I have experienced both on the mat and meditation cushion, and as a teacher and as a human being. Additionally I believe that my 14 years of parenting has tested and expanded the limits of my patience and deepened my love and surrender, all of which have allowed me to feel paradoxically confident and humble enough, and REAL enough, to offer myself as a teacher of teachers.

## TO APPLY:

Please contact Ti Harmony, preferably by email ([harmonygarden@earthlink.net](mailto:harmonygarden@earthlink.net)) and he will send an application and financial agreement to fill out and return with a deposit of \$500. Or print out the application at <http://lovingkindnessyogaschool.com/ytt/>. You may also call for an application or for more information 919-969-7228.



