

## PROGRAM TEAM



Joan Randolph & Glenda Carline

**J**oan Randolph has practiced yoga for over 20 years and began teaching yoga in 1990. Her time teaching has included 10 years teaching seniors. She compassionately guides students to explore and honor the wellspring of wisdom and sensation stored within the body through the practice of yoga and breath. Joan's greatest source of joy, inspiration and learning -- her "cherished" students both in her yoga classes and those she has journeyed more closely with in the teacher training program. *Gerda Krebs Hatha Yoga Centre Certified, Sivananda Certified, Yoga Association of Alberta Certified, Kripalu Holistic Educator Certified, Postural Alignment Specialist*

**G**lenda Carline brings years of experience leading workshops and retreats for adults, as well as her experience as a dedicated yoga teacher and student. Chronic back pain brought her to yoga in the early 90's and to the home studio of Chris Erdmann Boyko. Presently she is inspired by yoga studies in the Anusara tradition with Robin Golt and continued study with Richard Miller. She is a designated Yoga Association of Alberta Training Teacher. *Gerda Krebs Hatha Yoga Centre Certified, Yoga Association of Alberta Certified, Certified Rest & Renew Trainer. Yoga Nidra training with Richard Miller.*

### Additional Faculty Members:

**Reg Nugent**, BSc, MA, CEP: Anatomy & Physiology  
**Tara Woltjen**, Senior Yoga Teacher, staff and teacher at the Sivananada Ashram in the Bahamas: Philosophy, History and Psychology of Yoga  
**Chris Erdmann Boyko**, Senior Yoga Teacher: Process Facilitation

Yoga for today is delighted to be in our eighth year of offering Hatha Yoga Teacher Training. We are happy to have journeyed with scores of students along their path of development as practitioners and teachers of yoga.

*"The Yoga For Today teacher training program has offered me a learning environment that is challenging yet relaxed and inviting. The program offers technical training of the highest caliber, and an atmosphere that is collaborative, motivating and encouraging. The results for me have been a very meaningful learning experience and more importantly, a very personal one!" M. Casey, 2007 Participant*

*"This program is intelligently structured to provide a solid educational base for new teachers of the practice. The facilitators have shown compassion to all the students, providing them with the tools and support for real personal growth from wherever they are on their journey. Our exposure to high caliber and long-experienced instructors from the region and far away deeply enriched the program. The communal bond that was created within the group was and remains precious to all of us. I have been enriched and blessed by the process I was able to engage here. This program is simply the best thing I have done for myself in decades." Christopher Beaudette-Hodsman, 2008 Graduate*

*"The quality of instruction at Yoga For Today is excellent. The depth and openness of co-facilitators, Joan and Glenda, created a safe and engaging learning environment. I believe Yoga for Today offers the best mix of physical postures, yogic philosophy and historical context. The facilitators create an engaging learning environment and encourage the students to think critically. I feel very confident and prepared to now be teaching my multiple yoga classes which include beginners to current university athletes. I certainly recommend the program to anyone who wishes to deepen their connection with yoga and with themselves." Reg Nugent, BSc, MA, CEP, 2009 Graduate*



Yoga for Today

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YOGA FOR TODAY

# Hatha Yoga 200 Hour Teacher Training Program



Yoga  
for  
Today  
centre for yoga and health

2010

Begins in August

# YOGA FOR TODAY HATHA YOGA TEACHER TRAINING CERTIFICATION PROGRAM



Dedicated to helping people create greater health and wellness through yoga.

Yoga for Today is pleased to now offer a comprehensive 200-Hour Hatha Yoga Teacher Training Certificate program. This time of intensive study will help the yoga practitioner develop their own personal practice as well as begin to acquire skills to teach and share their passion for yoga. Our intention is to make this process rewarding and enjoyable. A supportive environment, based on mutual respect, personal integrity, commitment and sharing is the basis for learning and personal growth. By participating in this teacher training program, you will learn the technical skills needed to teach yoga and leave with the personal awareness, inner confidence & ability to offer this gift of health and vitality to others.

Enjoy new growth in your yoga path and discover how to share your passion for health through yoga with others.

As a yoga instructor, enjoy the freedom of choosing your own hours and connecting with others in an environment that facilitates and nourishes health and wellness on all levels.

Yoga for Today Teacher Training is an intensive 200 hour process that spans 6 months. It is based on an adult education model, supported in a group of students committed to sharing and learning for personal and professional growth. This schedule is ideal for those who are working or studying full-time or those who need to compress on site learning into short time frames. Monthly weekend intensives, and two 5-day weeks cover: asana, anatomy, pranayama, the science & psychology of yoga, the history and philosophy of yoga, mantras, sound & chakras, meditation, student teaching session, and hatha yoga classes with senior instructors.

Tuition: \$2,600. Includes the Yoga for Today Teacher Training Manual and The Tradition of Yoga by Georg Feuerstein.

In addition to the above, one 10 hour weekend workshop with an approved international instructor is required for Certification with Yoga for Today. Approximate cost of this workshop is \$225.

Yoga Alliance Registered Yoga School.



Applications are taken on a first come, first served basis. All successful applicants will be contacted. Once accepted into the program, a \$1,000 non-refundable deposit is required to hold your space. The balance of the tuition is due on July 9, 2010.

**Application deadline:**  
**July 9, 2010**

To teach is to love.



Requirements: Participation in this unique learning opportunity is based upon the approval of your application. Those interested in applying need:

- Two years of hatha yoga experience
- Minimum 18 years of age
- Approval of your application.
- Applications forms available online at [www.yogafortoday.ca](http://www.yogafortoday.ca)
- Further details available by contacting Glenda Carline, at Yoga for Today or email [glenda@yogafortoday.ca](mailto:glenda@yogafortoday.ca)



Let the beauty that you love  
be what you do.

Rumi

**Program Dates 2010/2011:**

**Week Long Intensive:**

August 9-13, 2010 (Monday to Friday)

**Weekend Intensives:**

Approx Hours: Fri 5-9pm,  
Saturdays 10:30 AM—6:30 PM  
Sundays 7 AM—3:30 PM

September 10-13      October 1-3  
October 15-17      November 5-7  
December 3-5      January 7-9, 2011  
January 14-16, 2011 Conclusion.

Please come well-rested to the intensives.  
As well, please bring nutritious snacks and lunches.

Note: FULL participation is required.