



shine om

# 300HR yoga teacher training



## 2019 SCHEDULE

### ANATOMY | PHYSIOLOGY | PSYCHOPHYSIOLOGY | COMMUNICATION

Thurs January 24	6pm-10pm
Friday January 25	8am-5pm
Sat January 26	8am-6pm
Sun January 27	8am-5pm
Friday February 1	8am-5pm

### SUBTLE BODY | RESTORATIVE YOGA | MEDITATION | PRANAYAMA

Friday March 1	8am-5pm
Thurs March 7	6pm-10pm
Friday March 8	8am-5pm
Sat March 9	8am-6pm
Sun March 10	8am-5pm

### FINAL PRESENTATIONS

Sun May 5 8am-5pm

*last day as required for exams, practical exam and graduation!*

### HISTORY | PHILOSOPHY | BUSINESS | ETHICS

Friday February 15	8am-5pm
Thurs February 21	6pm-10pm
Friday February 22	8am-5pm
Sat February 23	8am-6pm
Sun February 24	8am-5pm

### SEQUENCING | PROPS | ASSISTS | SPECIAL POPULATIONS

Thurs April 25	6pm-10pm
Friday April 26	8am-5pm
Sat April 27	8am-6pm
Sun April 28	8am-5pm
Friday May 3	8am-5pm

\*\*please note all these dates are planned for your best success and full SHiNE supplementation. This does mean, closer to dates, we may alter as needed. You are expected to attend ALL dates. Missed dates are up to you to make up in assignment and private sessions with Ann or her assistants and will be an additional cost on top of expected yoga teacher training program cost.

## STEP by STEP to ground your SHiNE

1. Apply online and fill out the registration form IF you are interested in polishing your yoga instruction + beginning the process to be an educator of SHiNE OM Yoga Teacher Training Level TWO. You are currently a yoga teacher and have been a connected community member of BLISS Ann Green Yoga.
2. Enjoy an in person meeting or phone call interview to see if Ann is for you. Come and play yoga with Ann in person and explore the possibility to elevate your foundations of SHiNE with this foundational certification process in becoming a yoga educator and an annbassador!
3. NOW available in module format. Each module \$1380 + HST if purchased separately. Deposit of \$400 required upon registration. NON refundable deposit of \$500 towards full tuition cost of \$4425 + HST due one week prior to course commencement. NOTE: A payment plan is available with NO interest rates applied. Course must be paid in full one week prior to graduation or certificate will be held until all payments are completed in full.
4. Students must complete all course requirements to the discretion and full satisfaction of the course director, in both thoroughness + completeness, as well as the full completion of attendance, pre course readings, and the afterlogue of learning through exam / video / class / assignments. Completion of course expects completion of Payment prior to Examination date. This is generally one week prior to Public Class Examination. Inability to complete all requirements including passing grade of 80% on final exam, determines a certificate of participation rather than completion, with a plan to complete to thoroughness and facilitate a journey to completion.
5. All attendees of this course are expected, to the highest regard, conduct themselves with behaviour befitting the Eight Limb Path, ultimately Ahimsa + with great resonance to an upward spiral of positivity embodying the sankalpa of SHiNE in BLISS. Compliance to this regard also facilitates the full completion of the course and inability to resonate in this shine, limits ones completion to participation upon discretion of the course director, Ann Green.

