

Ravi Yoga: Teachers Training

Destiny, Healing, Compassion, Self-Growth Kundalini Yoga Teachers™ Training w/Ravi Singh



October 20th
November 3rd
November 17th
December 1st
December 8th
December 15th
January 5th
January 19th
January 26th
February 9th
February 23rd

Technology of Spirit
Science of Breath
Science of Sequence
Naad Yoga
Body Mechanics
Meditation
Healing Applications
Metaphysical Systems
Yoga Numerology
How to Teach a Class
Cultivating a Personal Practice &
Preparation for Take Home Exam.

Our 120 hour course is \$1220. This covers 11 Six hour Saturday Intensives,

(\$75 ea.), 30 elective classes at Ravi Yoga, a TeachersTraining Manual and private consultations with Ravi Singh. You may pay as you go. You can miss up to 4 of the Saturday Intensives and take them the next time this course is offered. It is our intention to repeat this Teachers' Training in March although we cannot absolutely guarantee that.

Welcome to Kundalini Yoga Teachers' Training taught by Ravi Singh, and special guests. Kundalini Yoga, the art and science of Spirit Rising, is a powerful tool for excellence and self-growth and for dealing with the stress and uncertainty of these times.

The Path of a Spiritual Teacher is a meritorious and noble endeavor. Through the practice and presentation of the ancient science of Kundalini Yoga you will be a facilitator for the forward evolution of many souls.

Sessions will be 80% experiential and 20% theoretical. This Training has been designed to create Self-Mastery and the capacity to heal, uplift, and inspire.. Through honest participation you'll cultivate personal greatness.

This Training will consist of a series of Saturday intensives to be held at Ravi Yoga in Manhattan.

The schedule for each Saturday intensive will be:

11am-12:30pm Yoga and Meditation
12:30 - 1pm Lunch Break
1-2pm Lecture
2-5pm Yoga & Meditation

Each participant will meet in a one-on-one sessions with Ravi Singh for a life assessment consultation. These include the assignment of an individual meditation and/or yoga set will to be practiced for the duration of the training, as well as a final evaluation at the end of the course. As part of the training you will also be required to attend 30 hours of elective classes at Ravi Yoga during the Teachers' Training. These must include at least 15 classes other than Kundalini Yoga.

Other requirements will be to attend special meditation sessions (times to be announced). These are included in the overall price.

You will also be asked to complete a take home exam after the final sessions in September. Upon satisfactory completion of the requirements you will be awarded a certification as a Kundalini Yoga instructor.

Please call me with any questions you have. We look forward to sharing this process with you!

Call to Enroll 212.982.5518

Classes will be held at: Ravi Yoga, 122 E. 25th St. NYC 10010. Make checks payable to: Ravi Yoga We also accept credit cards.