



Are you ready for the good life? Do you wish to extend the benefits of your yoga practice deeper into your life? Are you looking to create lasting change in your life for the better? Have you often imagined yourself learning more about yoga and/or becoming a teacher but the idea of traveling to and from the city on top of every thing else in life seemed insurmountable? If you answered "yes" to any of these questions then here is the opportunity that you have been waiting for!



OMSWEETOMYOGA.COM

37 AVENUE A

PORT WASHINGTON, NY 11050

YOGA TEACHER TRAINING

“ Thank you Gail and Lisa for an enriching experience. The knowledge you shared has left me with a great sense of peace, strength and joy. The friendships I made will last a lifetime – you have passed on a great gift which I am now eager to share. ”
GINA KAUFMAN

200 HOUR
teacher training
AT OM SWEET OM YOGA



The good life is inspired by love and guided by knowledge.
BERTRAND RUSSELL



OMSWEETOMYOGA.COM 37 AVENUE A
PORT WASHINGTON, NY 11050 516.944.YOGA

FRIDAYS 6:30pm-9:30pm	SATURDAYS 8:30am-5:30pm	SUNDAYS 10:00am-5:00pm
6	March 7	8
20	21	22
3	April 4	5
24	25	26
15	May 16	17
29	30	31

ONE 2-HOUR MEETING/WEEK
DAY AND TIME TO BE DETERMINED BY GROUP
ALSO REQUIRED: FIVE CLASSES/WEEK TO EITHER
PRACTICE, OBSERVE, DEMONSTRATE OR ASSIST

THE Teachers

Lisa Bondy, E-RYT, cofounder of Om Sweet Om Yoga has been practicing yoga and meditation for 20 years. Since her first certification from Be Yoga with Alan Finger in 2001, Lisa has studied Vinyasa and Ashtanga and Iyengar yoga with many renowned teachers including Shiva Rea, Rodney Yee, Judith Lasater, Gabriel Halpern, John Friend, Baron Baptiste, Erich Schiffman, David Swenson, Annie Pace, Tim Miller and last but not least her Guruji Sri Patahbi Jois and family. **Gail Grossman**, E-RYT, CYKT, owner of Om Sweet Om Yoga, is a Certified Yogakids Instructor and Trainer since 2000 and 2005 respectively. She received her adult teaching certification in 2001 from BeYoga with Alan Finger and Janice Ventresca. Continuing to increase her knowledge base, Gail has studied different forms with great teachers including Restorative Yoga with Judith Lasater and Trance Dance and Vinyasa with Shiva Rea. Her other teachers include Erich Schiffman, David Swenson, Bryan Kest, Gabriel Halpern & Ana Forrest.

Whether you are interested in teaching or simply deepening your practice **Om Sweet Om Yoga** is offering the most comprehensive and complete **200 hour vinyasa yoga teacher training** right here in your own backyard. **Empower yourself!** Learn to teach yoga from Om Sweet Om's knowledgeable, Inspiring and experienced yoga teachers.

A
200 hour Training held over 6 Weekends

Special guest teachers will focus on philosophy, lifestyle and anatomy. You will receive instruction in teaching to all ages including "A Taste of Yogakids", Mom and Baby yoga and prenatal yoga. You will gain insights into the practice, history, philosophy and anatomy of yoga. Most importantly you will gain insights into yourself and your **unlimited potential** to make a difference in this world and live the good life!

A YOGA ALLIANCE REGISTERED PROGRAM

Application

name

address

city, state, zip

phone/cell

date of birth/email

prior yoga experience

prior yoga teachers

prior yoga trainings (if any)

reasons for taking this training

occupation

200 HOUR TEACHER TRAINING
\$2700/\$2500 IF REGISTERED BY 2/6/09.
PLEASE MAKE \$1000 DEPOSIT, BALANCE DUE BY 3/6/09. MAIL THIS FORM WITH YOUR CHECK OR CREDIT CARD INFO TO OM SWEET OM YOGA, 37 AVENUE A, PORT WASHINGTON, NY 11050 OR VISIT OMSWEETOMYOGA.COM. IF YOU WITHDRAW FROM THE PROGRAM BEFORE IT BEGINS A NON-REFUNDABLE \$250 PROCESSING FEE WILL BE DEDUCTED FROM YOUR DEPOSIT. AFTER PROGRAM BEGINS, NO REFUNDS WILL BE GIVEN. ADDITIONAL: APPROXIMATE \$200 BOOK FEE. BOOK LIST PROVIDED. PURCHASE ON YOUR OWN.

name on credit card

credit card #

expiration date

