

NEW YEAR NEW YOU

Our winter Teacher Training program can set you on a fresh path.

Move through the season purposefully, deepening your yoga practice and integrating it more wholly into your life. Expand your knowledge of what it means to practice and learn to share it with others.

Winter into Spring: a time of deep contemplation and a time for renewal.

200
hour
TRAINING
HELD OVER
6 weekends
AND 13 WEDNESDAY EVENINGS

Lisa Bondy, E-RYT, cofounder of Om Sweet Om Yoga, has been practicing yoga and meditation for 25 years. Lisa is an inspiring teacher who weaves layers of meaning into her teaching and practice. Her classes challenge one to move beyond the bounds of the mind and expand into an empowering experience of authenticity and self realization.

Since her first certification from BeYoga with Alan Finger and Janice Ventresca in 2001, Lisa has studied Vinyasa and Ashtanga and Iyengar yoga with many renowned teachers: Shiva Rea, Gabriel Halpern, John Friend, Baron Baptiste, Erich Schiffman, Dharma Mittra and Annie Pace. She has completed primary and second series Ashtanga teacher training with David Swenson and Tim Miller respectively. And last, but most dear to her heart, her Guruji Sri K. Patahbi Jois and family.



OUR teachers

Gail Grossman, E-RYT, CYKT, When Gail discovered yoga, she immediately knew she had to share it with others. She opened Om Sweet Om Yoga in 2004, and has been able to bring this practice to many people, both young and old(er). Her students describe her as a very nurturing teacher who can quietly touch every muscle in their physical and emotional body.

Gail was certified by YogaKids in 2000, and has since become a trainer for YogaKids, teaching other adults how to teach yoga to children. In 2001 she received her certification from BeYoga with Alan Finger. She has continued to feed her ever-curious soul by continuing her training with other remarkable teachers: Shiva Rea, Brian Kest, Erich Schiffman, and Judith Lasater. Ultimately, Gail is guided by her inner-teacher; the truest voice she will ever know. Through her yoga, she encourages her students to tap into their own wellspring of truth and peace.



WINTER 2012



200 HOUR YOGA TEACHER training

REINVENT • EXPAND

STRENGTHEN • INSPIRE

RECONNECT • DEEPEN



12 Irma Avenue
Port Washington NY 11050
516.944.YOGA • omsweetomyoga.com

program

Whether you are interested in teaching or simply deepening your practice Om Sweet Om Yoga offers 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.

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!

THIS IS A YOGA ALLIANCE REGISTERED PROGRAM

“ I have been practicing yoga for over 13 years. I looked into many training programs – including several in NYC. I wanted a program which would challenge and inspire me. Om Sweet Om was a perfect choice – it proved to be one of my most rewarding experiences. I feel prepared as a teacher and also fulfilled as an individual. Each day at training was like a gift – I will be forever grateful for such a wonderful experience.
~ SARAH GOLDBLATT ”

schedule 2012

All classes meet on:

fridays 6:30PM - 9:30PM **saturdays** 8:30AM - 5:30PM **sundays** 10AM - 5PM

Jan.	27	28	29
Feb.	10	11	12
March	9 23	10 24	11 25
April	27	28	29
May	11	12	

There will be no training during school breaks

Also.. Beginning February 1ST, there will be thirteen weekly meetings, Wednesdays, 7:15PM - 9:15PM:
Feb 1, 8, 15, 29 April 4, 18, 25
March 7, 14, 21, 28 May 2, 9

application

name _____
 address _____
 city, state, zip _____
 phone/cell _____
 email _____
 prior yoga experience _____
 prior yoga teachers _____
 prior yoga trainings (if any) _____
 reason for taking this training _____
 occupation _____

payment

200 HOUR TEACHER TRAINING \$2800 (\$2500 if registered by 12/27/11). Please make \$1000 deposit, balance due by 1/27/12. Additional costs for required books, approx. \$200, purchased independently. Mail this form with your check or credit card info to Om Sweet Om Yoga, 12 Irma Avenue, Port Washington, NY 11050 or visit omsweetomyoga.com. Withdrawal from program before 1/27, receive full refund less \$250 processing fee. After 1/27, no refund.

name on credit card _____
 credit card # _____
 expiration date _____