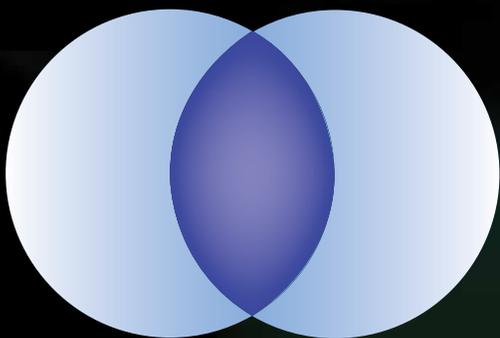


EmbodiYoga® YOGA & SOMATICS

**200 Hour Basic Level Yoga Teacher Training
10 Month Immersive Yoga Study**

This program is designed for those who are eager to significantly deepen their understanding, experience and practice of Hatha Yoga as well as share this knowledge with others through teaching.



EMBODIYoga®

LISA CLARK

200 HR YOGA PROGRAM

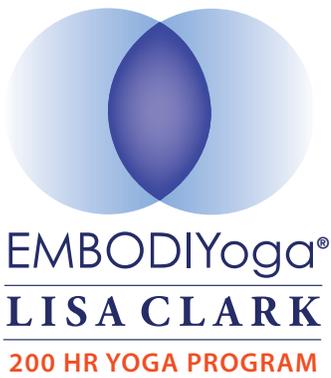
September 2018-June 2019
EVOLVE Movement
Raleigh, NC

For more information,
Please contact:

Program Director, Julee Snyder
jsnyder@evolvemovement.com

www.embodiyogalisalark.com

RALEIGH, NC



EmbodiYoga® YOGA & SOMATICS

200-Hour Yoga Teacher Training
10 Month Immersive Yoga Study
September 2018-June 2019

This 200-hour program is composed of 10 intensive weekends, weekly classes, observing, assisting, practice teaching, and mentoring with EmbodiYoga® Teachers. The program is designed to give you time for learning, integration, practice, and application in a yoga studio environment and community.

The immersive curriculum interweaves: Embodied anatomy, yoga philosophy and theoretical foundations, principles of somatic learning and teaching, functional alignment, safe foundational sequencing, asana, breath, and meditation. Students will learn to actively grow their practice from within, finding structure and integrity by opening deeper layers of kinesthetic awareness. While shedding new light on the inner workings of the asana, this approach offers an embodied exploration of the transformative and creative potential of the yoga form.

THIS UNIQUE TRAINING WILL:

- Support individual evolution by giving you the tools to live in a creative, authentic and life nurturing way.
- Encourage you to move beyond a formulaic approach to performing asana in order to understand the more subtle and deeply transformative aspects.
- Challenge you to perceive the essence of each posture from different body systems, developing and expanding consciousness into all tissues of the body.
- Provide the clarity and insight of EmbodiYoga® to find awareness, ease and fullness in your practice and teaching.

THE 10-MONTH IMMERSIVE CURRICULUM INTERWEAVES THE FOLLOWING:

Asana Foundations & Breath
Embodied Anatomy
Yoga Philosophy & Theoretical Foundations
Principles of Somatic Learning and Teaching
Safe Foundational Sequencing
Class Planning
How To Use Props
Mentoring, Teaching and Assisting
How the Body Moves
Developmental Origins of Natural Movement

HOW TO REGISTER FOR THE PROGRAM

APPLICATION:

1. The first step is to fill out the application for the Program.
2. You will be asked to submit a \$300 deposit with the application to hold your place. If accepted into the program this deposit will be applied to your tuition. Otherwise it will be refunded in full. Deposits are non-refundable after your acceptance in the course has been confirmed. You can also submit your deposit by credit card online or by calling EVOLVE studio at (919) 828-4525.
3. You will be contacted to schedule a phone interview with the Raleigh Program Director Julee Snyder where all aspects of the program will be addressed.
4. Upon acceptance you will be sent an information packet including the syllabus, assignments and required reading for the program.
5. **Mailed applications are sent with deposit to :**
Julee Snyder, EmbodiYoga in Raleigh
EVOLVE Movement
219 Oberlin Rd Raleigh, NC 27605

PAYMENT:

The cost of the EmbodiYoga® 200-hour Teacher Training Program is \$3000 due by August 1. The early bird rate is \$2800 if paid in full by July 1.

Payments should be made out to EVOLVE Movement and mailed to :
EVOLVE Movement
219 Oberlin Rd Raleigh, NC 27605

You can also submit your payment by credit card online or by calling EVOLVE studio at (919) 828-4525.



We are a school that meets the Yoga Alliance requirements for the 200-hour level registry. Students accepted into the program are required to attend all sessions.



LOCATION:

EVOLVE Movement
219 Oberlin Rd Raleigh, NC 27605
www.evolve-movement.com

SCHEDULE:

2018:

Sept 14-16
Oct 26-28
Nov 9-11
Dec 14-16

2019:

Jan 25-27
Feb 15-17
Mar 15-17
Apr 26-28
May 24-26
Jun 21-23

Friday 6:00-8:00pm
Saturday 12:30-6pm
Sunday 12:30-4pm



ABOUT JULEE SNYDER

Julee Snyder, E-RYT500, Program Director, has been passionately engaged in the intersection of yoga and somatics since she began practicing 25 years ago. Julee is a licensed massage therapist, biodynamic craniosacral therapist, visceral manipulation practitioner, and Body-Mind Centering Practitioner. Her practice and teaching is influenced by the works of Bonnie Bainbridge Cohen, Ida Rolf, Moshe Feldenkrais, BKS Iyengar, Desikachar, and many others in the realm of yoga, somatics, dance, science and osteopathy.

Julee has been an avid student of Lisa Clark since they first met in the early 90s. She completed the first class of the EmbodiYoga® 230hr program in 2004 and the 300hr program in 2006. Julee lives in Raleigh NC and serves as Director of Yoga, Somatics and Therapeutic Programming at EVOLVE Movement where she has her bodywork practice and offers EmbodiYoga® classes, individual yoga therapy, and specialized workshops and teacher trainings. You can find her writings in yoga and somatics at www.EmbodimentEtudes.com.



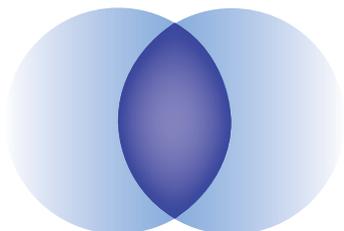
ABOUT LISA CLARK

Lisa Clark, Founder and Director of EmbodiYoga® brings 40 years of study, personal practice, teaching and living yoga to her workshops and teacher trainings. A teacher's teacher, she has spent a lifetime merging enigmatic yogas with current up-to-date somatic experience and exploring how the body-mind expresses itself.

Lisa, E-RYT500 with Yoga Alliance and a registered International Somatic Movement Educator and Therapist, is a certified Teacher/Practitioner of Body-Mind Centering®. Lisa is one of the leading innovators of the integration of Yoga and Body-Mind Centering® and has been actively engaged in the training, teaching and development of this form over 35 years. She is Program & Education Director of the BMC & Yoga Immersion Series: Foundations In Embodied Anatomy and was Program Coordinator and Developer with Bonnie Bainbridge Cohen for the BMC Yoga Programs in Amherst, MA from 1999-2005. She leads workshops

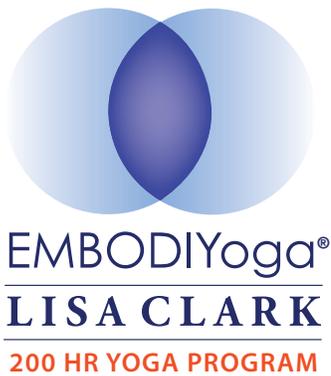
and advanced training programs internationally at studios throughout the United States, Europe, China and South America.

Yoga has been Lisa's passionate love for over 40 years, and she brings a rich lifetime perspective and broad professional understanding of the field of yoga, somatics, and body-mind practices. She has a private yoga therapy practice, and offers specialized classes, workshops and professional trainings.



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200 HR YOGA PROGRAM

EmbodiYoga® Lisa Clark
lisa@embodiyogalisalark.com
919.423.1265
www.EmbodiYogaLisaClark.com



EmbodiYoga® YOGA & SOMATICS

*200-Hour Yoga Teacher Training
10 Month Immersive Yoga Study*
September 2018-June 2019

NAME

ADDRESS

CELL PHONE

EMAIL

BIRTHDATE

Please take the time to reflect on and answer the following questions.
This information helps us to learn more about you. Answers can be brief.

Questions:

1. How long have you been doing yoga?
Are you attending weekly yoga classes currently? Where?
What "style" of yoga?
2. In addition to weekly classes do you attend yoga workshops or trainings.
Please describe.
3. Do you have a personal yoga practice? Please describe it.
How do you currently integrate yoga into your everyday life?
How would you like to integrate yoga into your life?
4. When you reflect on your yoga/ life experience, what are you hoping to learn now, by doing this training?
5. Why do you wish to participate in the EmbodiYoga® 200-hour Teacher Training Program?
What attracted you to the pro-gram?
6. Please share your professional background and profession currently.

Applications are mailed with the deposit to Julee Snyder/ EmbodiYoga in Raleigh, EVOLVE Movement 219 Oberlin Rd Raleigh, NC 27605.
Checks are written to EVOLVE Movement. You can also submit your payment by credit card online or by calling EVOLVE studio at (919) 828-4525.