



## **The American Yoga Academy** **300-Hour Training & Certification Course**

Yoga teacher training is a beautiful journey of self discovery. Deepen your yoga practice and take your understanding of teaching to the next level with our 300-Hour Advanced Teacher Training Certification Course. Dive deep into a specialty and become an expert through one-on-one mentorship. You will work directly with our world renowned Lead Educator, Claire Diab. She'll guide you in selecting a specialty and becoming an expert in it.

This 300-hour, Yoga Alliance approved teacher training course will bring the already certified 200-hour yoga instructor to the 500-hour level. This advanced teacher training course allows yoga teachers to explore teaching in a specialized area of their choice and become experts in their fields. Consider it a Masters in Yoga and Health and Wellness Education. This course is not about advanced asana.

You'll also explore the beautiful ancient science of Ayurveda and Primordial Sound Meditation modeled after Deepak Chopra's Perfect Health Programs. And you'll experience advanced level online workshops and lectures. Upon completion of this program, you'll be a certified expert. Your success is our success, and we are here to support you every step of the way during and after your training.

### **The Curriculum**

- Comprehensive education in yoga philosophy and practice
- Advanced online classes and workshops
- Chopra Primordial Sound Meditation
- Chopra Ayurveda Lifestyle
- Paid or volunteer teaching
- Explore health & wellness topics
- Specialized presentation preparation and presentation
- Individual review & feedback

### **Mentorship Meetings**

- Information session
- Introduction & goals
- PSM 1 - origins and mantra
- PSM 2 - higher states of consciousness
- Presentation topic
- Presentation outline
- Chopra Perfect Health 1
- Chopra Perfect Health 2
- Presentation paper
- Final presentation to AYA staff
- Effective feedback discussion

**Get started today. Contact us to discuss your personalized training program.**  
**info@americanyogaacademy.com // 973-731-9960**