

## UNION/YOGA LLC TEACHER TRAINING and CERTIFICATION



### UYTT ENROLLMENT

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Please review the following **UNION/YOGA** Teacher Certification options. The 200 hour Classic Level is an intensive 28 day program. The 500 hour Master Level is presented in modules, which you may enroll in independently. To enroll, select the program or course(s) and submit with your application. You may also enroll online at [www.unionyoga.com](http://www.unionyoga.com) or call (231) 256-2100.

All hours are contact hours. Additional non-contact hours may be required to complete assignments, but they are not counted toward certification. No supplies other than books are required. All yoga practice needs, such as mats, blocks, blankets, etc. may be provided, although most students chose to bring their own personal supplies. Electives may be taken at other Yoga Alliance approved schools– fees will vary. Check the website [www.unionyoga.com](http://www.unionyoga.com) for upcoming Yoga Alliance approved electives and CEU events. *Note: Dates, locations and fees may change without notice. Tuition price does not include room and board.*

### UYTT 200 Course Titles, Dates and Fees

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#### Teacher Training Certification 200 Classic Level

##### Dates:

October 23-November 20, 2010 The Homestead Resort, Glen Arbor, Michigan

January 29-February 26, 2011 The Homestead Resort, Glen Arbor, Michigan

April 25-May 21, 2011 The Homestead Resort, Glen Arbor, Michigan

Course Objective/Description Page #	Course Name <i>Courses are offered at UNION/YOGA main studio, unless otherwise noted. Primary teacher is Sandra Carden, ERYT 500, unless otherwise noted.</i>	Hours	Tuition	Books /Other Fees
13/15	Anatomy & Physiology, Esoteric/Energy Anatomy, and Ayurveda	28		\$75
14/24	Lifestyle and Ethical Guidelines	10		
13/18	Sanskrit	20		
13/19	Teaching Methodology	40		
13/21	Technique	100		
14/22	Yoga Business Skills	4		
14/22	Yoga History, Literature and Philosophy	20		\$20
	<b>Total Hours/Tuition</b>	<b>222</b>	<b>\$2943</b>	<b>\$95</b>

## UNION/YOGA LLC TEACHER TRAINING and CERTIFICATION



### UYTT 500 Course Titles, Dates and Fees

\*Note that the 500 hr Master Certification may be initiated before completion of a 200 hour certification.

### Teacher Training Certification - 500 Master Level

*Updated July 2010*

Please visit [www.unionyoga.com](http://www.unionyoga.com) - Teacher Training/UYTT Registration and scroll down for detailed information.

Course Number and Catalog Page	Course Name <i>Courses are offered at UNION/YOGA main studio, unless otherwise noted. Primary teacher is Sandra Carden, ERYT 500, unless otherwise noted.</i>	Hours	Tuition	Books Estimate
	<p style="color: blue;">Introduction to UYTT 500</p> <p style="color: red;">An Informational Evening Soirée</p> <p>Friday, October 8, 7-8:30 PM</p>		Free	
<p><b>1</b></p> <p><i>Catalog Page 13, 15</i></p>	<p style="color: blue;">Anatomy and Physiology for Yoga</p> <p style="color: red;">Yoga for the Immune System</p> <p>Carla Douros, PhD - October 9-10, 2010</p> <p>Saturday, October 9, 8-12 AM, 1-4 PM</p> <p>Sunday, October 10, 8-12 AM, 1-3 PM</p>	15	\$295	\$35
<p><b>2</b></p> <p><i>Catalog Page 13, 19</i></p>	<p style="color: blue;">Yoga Asana Technique &amp; Teaching Methodology</p> <p>Sandra Carden, November 5-7, 2010</p> <p style="color: red;">Stability–Hip Opening</p> <p>Friday, November 5, 7 AM-5 PM</p> <p>Saturday, November 6, 7 AM-12 PM</p> <p style="color: red;">Surrender–Flexion</p> <p>Saturday, November 6, 12-5 PM</p> <p>Sunday, November 7, 7 AM-5PM</p>	30	\$540	
<p><b>3</b></p> <p><i>Catalog Page 14, 21</i></p>	<p style="color: blue;">Yoga History, Philosophy &amp; Literature</p> <p style="color: red;">Bhagavad Gita</p> <p>Sandra Carden</p> <p>Friday, December 3, 2010, 8 AM-12 PM</p> <p><i>(2 hrs are non-contact, prior to class meeting)</i></p> <p><i>Weekend training continued on next page...</i></p>	6	\$120	<p>\$55</p> <p><i>(Total estimate for 3 books)</i></p>

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<p align="center"><b>4</b> <i>Catalog Page 13, 19</i></p>	<p>Yoga Asana Technique &amp; Teaching Methodology <b>Strength–Standing</b> Sandra Carden Friday, December 3, 2010, 1-5 PM Saturday, December 4, 2010, 8 AM-5 PM Sunday, December 5, 2010, 9 AM-12 PM</p>	<p align="center">15</p>	<p align="center">\$270</p>	
<p align="center"><b>5</b> <i>Catalog Page 13, 17</i></p>	<p>Elective* <b>Life After Loss</b> Kathryn Holl, MA NCC &amp; John Schneider, PhD Sunday, December 5, 2010 1-5 PM</p>	<p align="center">*5</p>	<p align="center">\$120</p>	
<p align="center"><b>6</b> <i>Catalog Page 13, 16</i></p>	<p>Anatomy and Physiology for Yoga <b>Hormonal Mind/Body: The Pituitary/Thyroid Connection</b> Katherine Roth MD Friday, January 7, 2011, 8 AM-6 PM</p>	<p align="center">10</p>	<p align="center">\$250</p>	
<p align="center"><b>7</b> <i>Catalog Page 13, 14</i></p>	<p>Anatomy and Physiology for Yoga <b>Therapeutic Yoga</b> Sandra Carden Saturday, January 8, 2011 7 AM-5 PM</p>	<p align="center">10</p>	<p align="center">\$250</p>	
<p align="center"><b>8</b> <i>Catalog Page 14, 21</i></p>	<p>Yoga History, Philosophy &amp; Literature <b>Yoga Sutras of Patanjali</b> Sandra Carden Sunday, January 9, 8 AM-12 PM (2 hrs are non-contact, prior to class meeting)</p>	<p align="center">6</p>	<p align="center">\$120</p>	<p align="center">\$46 (Total estimate for 2 books)</p>
<p align="center"><b>9</b> <i>Catalog Page 13, 17</i></p>	<p>Elective* <b>Yoga for Healthy Backs</b> Sandra Carden and Jessica Carden, DC Sunday, January 9, 1 PM-5 PM</p>	<p align="center">*5</p>	<p align="center">\$120</p>	
<p align="center"><b>10</b> <i>Catalog Page 13, 19</i></p>	<p>Yoga Asana Technique &amp; Teaching Methodology Sandra Carden, February 4-6, 2011 <b>Empowerment–Twisting</b> Friday, February 4, 7 AM-5 PM Saturday, February 5, 7 AM-12 PM  <b>Passion–Extension/Backbends</b> Saturday, February 5, 12-5 PM Sunday, February 6, 7 AM-5 PM</p>	<p align="center">30</p>	<p align="center">\$540</p>	

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<p><b>11</b> <i>Catalog Page 13, 19</i></p>	<p>Yoga Asana Technique &amp; Teaching Methodology Sandra Carden, March 4-6, 2011 <b>Balance–Inversion</b> Friday, March 4, 7 AM-5 PM Saturday, March 5, 7 AM-12 PM</p> <p><b>Healing–Restorative</b> Saturday, March 5, 12-5 PM Sunday, March 6, 7 AM-5 PM</p>	30	\$540	
<p><b>12</b> <i>Catalog Page 13, 17</i></p>	<p>Elective* <b>Vipassana Meditation</b> Sandra Carden &amp; Mardi Black Friday, April 1, 8 AM-6 PM</p>	*10	\$195	
<p><b>13</b> <i>Catalog Page 13, 17</i></p>	<p>Elective* <b>Pranayama: Yoga of Breath</b> Sandra Carden Saturday, April 2, 8 AM-6 PM</p>	*10	\$195	
<p><b>14</b> <i>Catalog Page 13, 17</i></p>	<p>Elective* <b>Yoga Nidra: Yogic Restoration</b> Alicia Higham Sunday, April 3, 8 AM-1 PM</p>	*5	\$95	
<p><b>15</b> <i>Catalog Page 14, 22</i></p>	<p>Yoga History, Philosophy &amp; Literature <b>Yoga &amp; Ayurveda: Self-Healing and Self-Realization</b> Sandra Carden Friday, May 6, 12 PM-4 PM <i>(2 hrs are non-contact, prior to class meeting)</i></p>	6	\$120	\$20
<p><b>16</b> <i>Catalog Page 13, 17</i></p>	<p>Anatomy and Physiology for Yoga <b>Ayurveda Spa Retreat</b> Dr. Mark Poletti, May 6-8, 2011 Friday, May 6, 6:00-8 PM Saturday, May 7, 8-5 PM Sunday, May 8, 7-9 AM (Sunday optional: Ayurveda &amp; Asana) The Homestead Resort <i>(includes meals and lodging)</i></p>	10	\$510	

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<b>17</b> <i>Catalog Page</i> <i>13, 19</i>	<b>Yoga Asana Technique &amp; Teaching Methodology</b> Sandra Carden, June 3-5, 2011 <b>Purification–Sequencing</b> Friday, June 3, 7 AM-5 PM Saturday, June 4, 7 AM-12 PM  <b>Support–Modification</b> Saturday, June 4, 12-5 PM Sunday, June 5, 7 AM-5 PM	30	\$540	
<b>18</b> <i>Catalog Page</i> <i>13, 19</i>	<b>Yoga Asana Technique &amp; Teaching Methodology</b> Sandra Carden, September 30-October 1, 2011 <b>Service–Assisting</b> Friday, September 30, 7 AM-5 PM Saturday, October 1, 3 PM-5 PM Sunday, October 2, 1 PM-4 PM	15	\$270	
<b>19</b> <i>Catalog Page</i> <i>13, 18</i>	<b>Language of Yoga</b> <b>Sanskrit</b> Cynthia Snodgrass, PhD, October 1-2, 2011 Friday, September 30, 6-8 PM Saturday, October 1, 8 AM-2 PM Sunday, October 2, 9 AM-12 PM	10	\$250	
<b>20</b> <i>Catalog Page</i> <i>14, 22</i>	<b>Yoga Lifestyle and Ethical Issues</b> <b>Lifestyle and Ethics</b> Sandra Carden - Friday, Nov 4, 2011, 9 AM-3 PM	6	\$120	\$25
<b>21</b> <i>Catalog Page</i> <i>14, 20</i>	<b>Yoga Business Skills</b> <b>Yoga Business Skills</b> Field Carden, CPA - Saturday, Nov 5, 2011, 8 AM-4 PM	8	\$260	
<b>22</b> <i>Catalog Page</i> <i>13, 21</i>	<b>Yoga History, Philosophy &amp; Literature</b> <b>Vijnana Bhairavya</b> Sandra Carden - Sunday, Nov 6, 8 AM-12 PM <i>(2 hrs are non-contact, prior to class meeting)</i>	6	\$120	\$15
<b>23</b> <i>Catalog Page</i> <i>14, 18</i>	<b>Silent Yoga Retreat</b> <b>Silent Retreat</b> Sandra Carden - Thursday, Dec 1-Sunday, Dec 4, 2011 The Homestead Resort (includes meals and lodging)	40	\$765	
	<b>Total Hours/Tuition</b> *Electives are not included in Tuition. Teaching Experience	313  100	\$5880 Excluding Electives	\$196 Text Estimate