

Yoga teacher/therapist training to begin At Brookdale

"Be the change you want to see in the world" (Ghandi) become a healing practitioner - teach yoga.

Brookdale Community College's Outreach Business & Community Development will be offering a new Yoga Teacher/Therapist Training during Spring 2010 semester with registration beginning December 8.

kula-kamala-yoga of Lakehurst will deliver the 200 hour Yoga Alliance Approved Yoga Teacher/Therapist Training program. The program instructs on how to conduct and maintain a personal and professional teaching and therapeutic healing practice using the tools of yoga, asana, breath work and medita-

tion. The structure of training will include yoga ethics, history and philosophy, asana, meditation, breath work (pranayama), chanting and the art of teaching yoga to public and special needs population.

This non-credit program, progressive, authentic and the first of its kind in New Jersey, incorporates a synthesis of classical and modern styles of yoga, self study (svadyaya), acquisition of knowledge (jnana), engagement in action (karma), open-hearted intention (bhakti), and therapeutic wisdom as practiced, studied and passed down from teacher to

Continued on next page

Brookdale Yoga Continued from previous page

student through the ages.

Program instructors include Sharon (Sudha) Allitt, E-RYT, owner of kula-kamala-yoga. Allitt is the primary instructor and program director. Several guest lecturers will enhance the program with specialty subjects including ayurveda and the healing nature of sound.

Dr. Patricia West-Low will teach the therapeutic applications of yoga. Terry (Abhaya) Tiplady E-RYT will teach on energy including Chakra and Kriya. Bonnie Browne will teach benefits and application of yoga to senior age populations.

kula-kamala-yoga is a Registered Yoga School (RYS) with Yoga Alliance. Graduates of this inaugural program are eligible to apply for Registered Yoga Teacher (RYT) status with Yoga Alliance.

The program's Spring schedule meets for 29 sessions beginning on Wednesdays, February 3 through June 9 from 9:00 a.m. - 5:00 p.m. and also meets on Saturdays from March 6 through June 5 from 12:00 noon until 8:00 p.m. The program fee is \$2,700.

For more information, email lmartin@brookdalecc.edu or call 732-224-2303.

LINK 9.30.09