

Welcome

The American Yoga Academy Yoga Teacher Training Course brings together Eastern and Western Philosophies and combines many styles of Hatha Yoga and the beautiful techniques of fluid movement, relaxation, breathing and meditation. Our mission is to help create a more peaceful world by teaching people to live their Yoga on and off the mat. This program guides you into a world of health, wealth, peace and prosperity. When we awaken to our true nature of lightheartedness, laughter and love we experience the yoga (union) of our mind, body and spirit.

Claire E. Diab, founder of The American Yoga Academy is an internationally renowned Yoga Therapist, Fitness Specialist and Inspirational Speaker with over 18 years of experience. She teaches throughout the United States and internationally with Deepak Chopra. Claire is a Professor of Asian Studies at Seton Hall University teaching one of the most popular courses on campus: Zen and Yoga. She is the Director of the Chopra Center Seven Spiritual Laws of Yoga Teacher Training Program (East and West Coast). Claire is currently working on her Doctorate on Leadership and Spirituality.

Deven M. Patel is a Professor of Sanskrit and South Asian Studies at the University of Pennsylvania. He holds a BA in English/Comparative Literature from Columbia University and a Ph.D in Sanskrit language and literature from the University of California at Berkeley. He also spent several years studying Sanskrit literature and philosophy with traditionally trained scholars in India. Deven has taught courses on Sanskrit language, Hinduism, Buddhism, Indian Philosophy, and Chinese Philosophy at Stanford, Rutgers, Hofstra, and Seton Hall University. He is currently writing a book about Sanskrit poetry.

Helen Diab is the associate director of The American Yoga Academy. She is a licensed Acupuncturist in New Jersey and New York. She holds a Master of Science in Natural Sciences. As a certified Yoga Therapist she integrates Yoga Philosophy with Oriental Medicine creating a unique style of teaching. Her classes are fun and educational.

Mary Ann Gebhardt received her yoga teacher certification from The American Yoga Academy. She is trained and certified in Pre-natal, Postpartum Yoga with Mary Barnes director of **Yoga for Two** in New York City. She studies and trained in Ayurveda (an ancient science from India) from the **New York Ayurveda Institute**. Her passion and deep respect for yoga comes in part from her experience as a Medical Technologist working in hematology and open-heart surgery where she witnessed first-hand the powerful connection between mind and body in the healing process.



THE AMERICAN YOGA ACADEMY
CLAIRE E. DIAB
P.O. Box 461, West Orange, NJ 07052

The American Yoga Academy



THE SPA AT
HILTON SHORT HILLS

Yoga Teacher Training Certification

*A Spiritual Awakening
That Will
Transform Your Life Forever*

Claire E. Diab, R.Y.T.
International Yoga Therapist

(973) 731-9960

www.AmericanYogaAcademy.com

The American Yoga Academy

Teacher Training

300 Hour Certification:

The Yoga Teacher Training Program offers students in class group training with Claire Diab and special guest speakers. This program is fun and informative and provides students with an in-depth study of Postures, Breathing Techniques, Meditation, Human Anatomy, Yoga and Pregnancy, Business of Yoga, Yoga Techniques Outside the Classroom and many styles of Yoga uniquely blended together creating a beautiful flow. The American Yoga Academy provides students with a template for learning and then encourages the individual's creativity to flow.

The class meets monthly: One Sunday of every month from 1:00pm-6:00pm. Additional hours are required by attending classes at the American Yoga Academy or with other American Yoga Academy Teachers convenient to you.

The American Yoga Academy believes in creating a more peaceful world by educating people to be the change they want to see. This course is for everyone whether you want to become a teacher or just heighten your knowledge of Yoga.

This is more than a Course ... it is an Experience!

This Program Will Provide Students With...

An American Yoga Academy Teacher Training Certification Manual

Yoga Philosophy – 7 Key Points – Yoga Postures & Sequence – Benefits of postures – Role of the Yoga Instructor – Teaching Methods – Safety Precautions – Basic Human Anatomy and Physiology – Chakra System – Health Evaluation – Yoga Techniques Outside the Classroom – Personal Journal

Classroom Instruction

In-depth Teaching Methodology – Breathing Techniques – Postures – Basic Nutrition – Relaxation – Meditation – Benefits – Safety Modification of Postures – Hands on Assisting – Yoga Philosophy – 8 Limbs of Yoga – Ethics – Technique and Style

Creative Yoga DVD by Claire E. Diab (60 min)

Sun Salutations DVD by Claire E. Diab (24 min)

Meditation DVD by Claire E. Diab (30 min)

300 Hour Certification with Diploma

Registration with Yoga Alliance

Course Objectives

To Learn, Practice and Teach:

- Beginner Yoga Postures
- Beginner Intermeditate Yoga Postures
- Seven Key Points of Yoga
- Various Pranayama Techniques
- Mantra Meditation and Benefits
- Yoga as a Moving Meditation
- Benefits of Yoga
- Understanding Basic Human Anatomy and Exercise Physiology
- Awareness of Inner Voice
- Yoga Techniques Outside of the Classroom

To Develop:

- Confidence as a Teacher
- A Professional Attitude
- Ability to competently and safely teach 3 Styles of Yoga Classes...
 1. Beginner Yoga
 2. Beginner Intermediate Yoga
 3. Yoga for All Levels

Course Requirements

Required:

- Time at The American Yoga Academy
- Outside Classes
- Study Time
- Practice with Yoga DVDs
- Body Therapies
- Practice Teaching

Take Home Test:

- 7 Key Points of Yoga
- The 8 Limbs of Yoga
- Human Anatomy and Physiology
- Chakra System

Assignments to be handed in:

- Journal of recorded hours
- Current CPR Certificate

Free Introductory Class

COME VISIT THE
AMERICAN YOGA ACADEMY
FOR A
FREE INTRODUCTORY CLASS

Tuesdays 2:00 - 3:00 pm
or
Saturdays 11:30 am - 12:30 pm

Contact Us: (973) 731-9960
www.AmericanYogaAcademy.com

Location

THE SPA AT HILTON SHORT HILLS
Conveniently located between
Philadelphia and New York City.

Tuition

\$ 2900 (*payment plan available*)
Deposit is required to secure a place
(*you will receive manual and DVDs*)

Registration

To register or for more information, please call
The American Yoga Academy
(973) 731-9960
www.AmericanYogaAcademy.com

- Namaste -

