

## Program Benefits

- ✓ Bring Personal Practice to New Level
- ✓ Explore Your Spirituality
- ✓ Individualized Attention in a small group setting
- ✓ Be a Certified Yoga Instructor
- ✓ Qualify for Yoga Alliance Certification
- ✓ Supplement your Income
- ✓ Learn at a well-established yoga studio that has been in business for 12 years
- ✓ Some Teaching opportunities available at JBYS following successful completion of program



### Tuition and Expenses\*

- **\$2500 for Training\***
- **\$2000** if you register or pay in full **by August 12<sup>th</sup>**
- **\$2250** if you register or pay in full **by August 25<sup>th</sup>**

***\$500 deposit required with registration.***

***Registration/Payment DEADLINE IS September 9<sup>th</sup>, 2017. \*\****

***\*\*Payment plans can be arranged. Scholarship available.***

***\*Tax deductible. Consult your tax advisor.***

***Sessions held at  
Just Breathe Yoga Studio  
1918 N James St  
Rome, NY***

***REGISTER NOW!***

**Sign up today, limited space to keep small and intimate group.**

**CALL JBYS & Speak with Nicole TODAY!**

***Just Breathe Yoga Studio  
&  
Nicole Hayman-Sherman E-RYT 500  
present***



***The Natural  
Breath***

**200 Hour Teacher  
Training Program  
Fall 2017**

# Learn to Teach and Immersion

*The Natural Breath Yoga Teacher Training Program celebrates many styles that have evolved from the ancient practice of yoga. Whether your passion is for a rigorous vinyasa or restorative practice, this teacher training certification program provides you with the tools to bring your passion to others. This program is also perfect for the individual who wants to delve deeper into their yoga practice. Learn the philosophy behind the poses and much more!*



Nicole is a Registered Yoga Teacher (ERYT500) as well as registered children's yoga teacher (RCYT), registered prenatal yoga teacher (RPYT) a certified meditation teacher and a Yoga Alliance Continuing Education Provider (YACEP). With over 40 years of yogic practice, Nicole has had the opportunity to experience various styles of yoga, including: Hatha, Iyengar, Power, White Lotus, Bikram, ISHTA, Kripalu, Vinyasa, Restorative and Yin. Her passion and dedication to yoga's availability to everyone.

## September 2017- March 2018

### Class Time Commitment

Saturdays\* 12:30-5pm

Wednesdays\* 5:30-8pm

One Friday night

*\*Majority of Saturdays & Wednesdays are bi-weekly with some exceptions. Calendar available.*

### Outside Time Commitment

Personal Practice: 2 classes/week

Meditation/Journaling each day

Homework 3-5hrs/week

1 Yoga Weekend Workshop of your choice

2 Assisting Classes - one of Nicole's classes or an approved class

2 Teaching Class- teach a class, either to our group or one of my classes

2 Private Classes - experience teaching private session