



YOGA ILLUMINED

Yoga Illumined Advanced Teacher Training and Immersions



Yoga Illumined offers our unique approach to advancing your practices and lifestyle of Yoga. Deepen your studies in Ayurveda, Arts & Music of Yoga, Mantra, Hatha Yoga Sequencing, Meditation, Sanskrit, Puja, Seva (Service) and Karma Yoga, the Business & Marketing aspects of Yoga and more!

We offer six 50-Hour Yoga Immersion and Lifestyle programs consisting of two weekends, weekday classes, and a choice between online or in-person mentorship with Yoga Illumined teachers and graduates. These courses are led by Sumukhi Devi and are taught by a carefully selected group of instructors (learn more on www.yogailluminated.com).

For teachers of Yoga, accumulate 6 (six) 50 Hour Immersions to earn a 300 Hour Certificate. These can then be added to your existing 200 Hour teacher training hours to earn you a 500 Hour Yoga Illumined certificate. Each 50 Hour Segment is \$800 (includes a 20 class card for required class times at Yoga Illumined). Commit to all 6 for \$4500. We offer flexible payment plans and scholarships of \$1500 off the entire training price in exchange for 50 Hours of work-study for those who can display commitment to the training. Course fees include weekly classes at Yoga Illumined to fulfill hours requirements but do not cover materials such as books, props, hand-outs or materials. For more information and to register, email yogailluminated@yogailluminated.com.

YOGA ILLUMINED

APRIL 8-10

FRIDAY: 6:00PM TO 10:00PM
SATURDAY AND SUNDAY: 8:00AM TO 10:00AM
AND 2:45PM TO 7:45 PM

Yoga Lesson - Ayurveda: *Ayurveda is thought to be the oldest healing system on the planet, being at least 5,000 year old. It is a science of healing which literally translates into "the wisdom of life."*

APRIL 22 - 24

FRIDAY: 6:00PM TO 10:00PM
SATURDAY AND SUNDAY: 8:00AM TO 10:00AM
AND 2:45PM TO 7:45 PM

Yoga Lesson - Mantra, Meditation, Puja: *Learn the science of Mantra and how to utilize this in your Meditation practice. Be introduced to Puja - how to worship God, internally and all around you. Those who participate in this weekend will have the option to join Amma Sri Karunamayi's offerings in Austin, Texas or work with teachers at Yoga Illumined Studio.*

MAY 13 - 15

FRIDAY: 6:00PM TO 10:00PM
SATURDAY AND SUNDAY: 8:00AM TO 10:00AM AND 2:45 PM - 7:45 PM

Yoga Lesson - Sanskrit: *Sanskrit is the original language of Yoga and is an ancient and holy language from India. It is the language of the Vedas and many spiritual texts. Learning to properly pronounce Sanskrit in mantras will make them much more powerful and potent.*

MAY 27-29

FRIDAY: 6:00PM TO 10:00PM
SATURDAY AND SUNDAY: 8:00AM TO 10:00AM AND 2:45 PM - 7:45 PM

Yoga Lesson - Sequencing: *The class you teach can be a work of art! Learn to craft sequences that flow gracefully from each asana to the next, working through the entire body to harmonize and revitalize the whole system, smoothly leading the student deeper into their practice.*

JUNE 10 - 12

FRIDAY: 6:00PM TO 10:00PM
SATURDAY AND SUNDAY: 8:00AM TO 10:00AM AND 2:45 PM - 7:45 PM

Yoga Lesson - Arts & Music: *The music of Yoga and Indian Classical Music adds depth and nuance to your daily experience of (Ananda) bliss and joy. Yantra painting may also be explored and how seeing the multi-dimensionality of the world around you opens up endless possibilities.*

JUNE 24 - 26

FRIDAY: 6:00PM TO 10:00PM
SATURDAY AND SUNDAY: 8:00AM TO 10:00AM AND 2:45 PM - 7:45 PM

Yoga Lesson - Seva: *Service - what does it mean to live out your Dharma, your life purpose and serve for your spirit and soul's sake? This weekend may be taken at either Yoga Illumined Studio in Austin, Texas or in New York, NY at Ananda Ashram, Yoga Society of New York.*

JULY 8 - 10

FRIDAY: 6:00PM TO 10:00PM
SATURDAY AND SUNDAY: 8:00AM TO 10:00AM AND 2:45 PM - 7:45 PM

Yoga Lesson - Spirituality and Materiality: *Learn how to bridge the spiritual and material aspects of life to live holistically and abundantly, we'll work with bridging any gaps between your financial and spiritual needs.*

JULY 22 - 24

FRIDAY: 6:00PM TO 10:00PM
SATURDAY AND SUNDAY: 8:00AM TO 10:00AM AND 2:45 PM - 7:45 PM

Yoga Lesson - Seva: *Service - what does it mean to live out your Dharma, your life purpose and serve for your spirit and soul's sake? This weekend may be taken at either Yoga Illumined Studio in Austin, Texas or in San Francisco, CA at Brahmananda Ashram, Yoga Society of San Francisco.*

AUGUST 12-14

FRIDAY: 6:00PM TO 10:00PM
SATURDAY AND SUNDAY:
8:00AM TO 10:00AM AND
2:45PM TO 7:45 PM

Yoga Lesson - Mantra, Meditation, Puja: *Learn the science of Mantra and how to utilize this in your Meditation practice. Immerse yourself in the art of Puja - how to worship God, internally and all around you.*

AUGUST 26-28

FRIDAY: 6:00PM TO 10:00PM
SATURDAY AND SUNDAY:
8:00AM TO 10:00AM AND
2:45PM TO 7:45 PM

Yoga Lesson - Sanskrit: *Sanskrit is the original language of Yoga and is an ancient and holy language from India. It is the language of the Vedas and many spiritual texts. Learning to properly pronounce Sanskrit in mantras will make them much more powerful and potent.*

SEPTEMBER 9-11

FRIDAY: 6:00PM TO 10:00PM
SATURDAY AND SUNDAY:

SEPTEMBER 23-25

8:00AM TO 10:00AM AND
2:45PM TO 7:45 PM

Yoga Lesson - Bring it all together: *Craft a Yoga Lifestyle of Yoga for yourself or if you are a teacher, for others. Establish a Dinacharya (daily schedule) and reach a solid commitment to your sadhana (spiritual practices) in the world and on retreat.*



www.yogailluminated.com

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Our 50-Hour certificates include 36 Hours of workshops (2 Weekends, Friday - Sunday) designed specifically for a deep immersion in Yoga, 9 hours of Yoga Illumined class times to support your studies and 5 Hours of Practicum and Self-study on your own time. You will be given Yoga Illumined hand-outs and required texts, props and materials to use throughout your training. The Topics below serve as thematic guidelines for each weekend. Expect all Topics (Ayurveda, Sanskrit, Mantra, Seva, Karma Yoga, Service, Meditation, Puja, Arts & Music, bridging the Material & Spiritual) to be interwoven throughout each weekend and your studies at Yoga Illumined Studio.