



ENERGY UNIVERSITY 200-Hour Yoga Teacher Training at Phoenix Yoga

Go ahead. You know you want to. You love Yoga and you've had some great teachers who have inspired you. Could now be the time to deepen your understanding of Yoga?

Join us for the 2022-23 Energy University 200-Hour Yoga Teacher Training at Phoenix Yoga!
This course is open to all who want to deepen their yoga practice!

Founded in 2012 by Dr. Krysia Maciuszko, PhD, MN, RN, ERYT500, NBC-HWC, Energy University offers a well-rounded, broad-based training, surveying the evolution of Yoga from ancient times, classical Yoga philosophy, and contemporary Yoga Asana. Students will gain competency practicing and teaching 4 types of classes:

- Basics & Beginner Vinyasa (Flow)
- High Intensity Vinyasa (Power Yoga)
- Yin and Restorative Asana (Ahhhhh, but sometimes tougher than you think)
- Traditional Ashtanga Vinyasa (portable workout, Sanskrit language practice and, most importantly, a moving meditation)

Students will develop a working knowledge of basic Yoga philosophy from a high-level survey of Patanjali's Yoga Sutras with specific attention to his 8 Limbs of Yoga. We will take a deeper dive into the first two Limbs: Yama and Niyama, the heart and discipline of Yoga.

We'll also explore some of the metaphysics that developed adjacent to Yoga in the Indian and pre-Indian/Afghan/Pakistani culture, including the Chakra system, Kundalini, Reiki, and other forms of subtle energy. We'll look at a fascinating structural model of existence, the Koshas (layers of increasing subtlety) and Ayurveda (traditional healing using herbs, foods, and techniques).

INFORMATIONAL MEETING on Saturday, October 1st at 1:00 PM at Phoenix Yoga.
Please *RSVP through your Mindbody account or visit www.PhoenixYogaCLE.com/Classes.*

Namaste!
The Phoenix Yoga Team





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TRAINING SCHEDULE

**Please Note: Scheduled weekends are not all consecutive.*

Fall/Winter 2022-2023

Fridays (6:00 - 8:00 pm), Saturdays 8:00 am - 4:00 pm (1 hour lunch),
Sundays 11:00 am - 3:00 pm (1 hour lunch):

1. October 21, 22 & 23
2. October 28, 29 & 30
3. November 4, 5 & 6
4. November 11, 12 & 13
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5. December 2, 3 & 4
6. December 9, 10 & 11
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7. January 6, 7 & 8 (next weekend is MLK Day)
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8. January 20, 21 & 22 (Lunar New Year)
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9. February 3, 4 & 5

Limited Space - Registration will open soon!
\$500 non-refundable deposit required.

Total Cost: \$2995 for 200-Hour course, including \$500 deposit.

