yogaworks FOR EVERYBODY

Elevate Yoga

500-hour Professional Program Schedule in Partnership with Elevate Yoga

Includes 300-hours of coursework. Graduation from a 200-hour Yoga Alliance registered training is required.

March 2 - August 3, 2013

Mentors: Dina Crosta, E-RYT 500 and Ellen Mosko, E-RYT 500

Please visit www.elevateyoga.net, www.facebook.com/dinacrosta, and www.yogaellen.com to view the mentors' class schedules.

Information Session: Sunday February 10, 9:30-10:30am Class & Info Session at Lululemon in Shrewsbury

For more info and to register: Contact Jamie Hanley, (p) 732-888-9642 (c) 917-747-0883 (e) jamie@elevateyoga.net

Tuition: $4300

Tuition includes 10 YW classes in NYC, 10 classes at Elevate Yoga and mentor's classes at Elevate Yoga

Program Location: Elevate Yoga, 82 Bethany Road Suite 5, Hazlet NJ 07724

Please Note: Saturdays begin with a 2 hour practice teach session, Sundays begin with one hour of Pranayama & two hours of Philosophy

Mentor Meetings: With Dina - Tuesday Night from 8:15-9:15pm 2x/month, Saturday 10:45-12:45 1x/month Dates TBC; With Ellen - Thursdays 12-2pm 2x month, dates TBC

WS#	Date	Day	Time	Location	Topic	Teacher
1	March 2	Sat	2:00-6:00pm	Elevate Yoga	Welcome Circle/Standing Poses: Adjustments, Variations, Observations	Jodie Rufty
1	March 3	Sun	2:00-6:00pm	Elevate Yoga	Forward Bends & Twists: Adjustments, Variations, Observations	Jodie Rufty
2	March 9	Sat	2:00-6:00pm	Elevate Yoga	Inversions: Adjustments, Variations, Observations	Laurel Beversdorf
2	March 10	Sun	2:00-6:00pm	Elevate Yoga	Inversions: Adjustments, Variations, Observations	Laurel Beversdorf
3	March 16	Sat	2:00-6:00pm	Elevate Yoga	Subtle Body and an Introduction to Meditation	Ellen Mosko
3	March 17	Sun	2:00-6:00pm	Elevate Yoga	Subtle Body and an Introduction to Meditation	Ellen Mosko
4	April 6	Sat	2:00-6:00pm	Elevate Yoga	How to teach Pre-Natal yoga	Deb Flaschenberg
4	April 7	Sun	2:00-6:00pm	Elevate Yoga	Ayurvedic Principles in the Classroom	Libby Tonorezos Garnett
5	April 13	Sat	2:00-6:00pm	Elevate Yoga	Injury Management 1	Laurel Beversdorf
5	April 14	Sun	2:00-6:00pm	Elevate Yoga	Injury Management 2	Laurel Beversdorf
6	April 20	Sat	2:00-6:00pm	Elevate Yoga	Injury Management 3	Laurel Beversdorf
6	April 21	Sun	2:00-6:00pm	Elevate Yoga	Injury Management 4	Laurel Beversdorf
7	May 4	Sat	2:00-6:00pm	Elevate Yoga	Backbends: Adjustments, Variations, Observations	Jodie Rufty
7	May 5	Sun	2:00-6:00pm	Elevate Yoga	Hands on Adjustments 1	Jodie Rufty
8	May 18	Sat	2:00-6:00pm	Elevate Yoga	Working with beginners weekend	Sarah Bell
8	May 19	Sun	2:00-6:00pm	Elevate Yoga	Working with beginners weekend	Sarah Bell
9	June 1	Sat	2:00-6:00pm	Elevate Yoga	Advanced Asana: Arm Balances	Dina Crosta
9	June 2	Sun	2:00-6:00pm	Elevate Yoga	Restoratives and relaxation response	Ellen Mosko
10	June 8	Sat	2:00-6:00pm	Elevate Yoga	Teacher Student Relationship	Libby Tonorezos Garnett
10	June 9	Sun	2:00-6:00pm	Elevate Yoga	The Business of Yoga	Libby Tonorezos Garnett
11	July 6	Sat	2:00-6:00pm	Elevate Yoga	Vinyasa Flow Weekend	Jodie Rufty
11	July 7	Sun	2:00-6:00pm	Elevate Yoga	Vinyasa Flow Weekend	Jodie Rufty
12	July 20	Sat	2:00-6:00pm	Elevate Yoga	Advanced Asana	Jodie Rufty
12	July 21	Sun	2:00-6:00pm	Elevate Yoga	Hands on Adjustments 2	Dina Crosta
	August 3	Sat	12:00-4:00	Elevate Yoga	Projects & Closing Ceremony	Mentors
Practice Teach Sessions (Take place before each Saturday workshop)						
1	3/2	Sat	11:30am-1:30pm	Elevate Yoga	Practice Teach 1	Dina Crosta
2	3/9	Sat	11:30am-1:30pm	Elevate Yoga	Practice Teach 2	Dina Crosta
3	3/16	Sat	11:30am-1:30pm	Elevate Yoga	Practice Teach 3	Dina Crosta
4	4/6	Sat	11:30am-1:30pm	Elevate Yoga	Practice Teach 4	Dina Crosta
5	4/13	Sat	11:30am-1:30pm	Elevate Yoga	Practice Teach 5	Dina Crosta
6	4/20	Sat	11:30am-1:30pm	Elevate Yoga	Practice Teach 6	Dina Crosta
7	5/4	Sat	11:30am-1:30pm	Elevate Yoga	Practice Teach 7	Dina Crosta
8	5/18	Sat	11:30am-1:30pm	Elevate Yoga	Practice Teach 8	Dina Crosta
9	6/1	Sat	11:30am-1:30pm	Elevate Yoga	Practice Teach 9	Dina Crosta
10	6/8	Sat	11:30am-1:30pm	Elevate Yoga	Practice Teach 10	Dina Crosta
11	7/6	Sat	11:30am-1:30pm	Elevate Yoga	Final Practice Teach	Mentors
12	7/20	Sat	11:30am-1:30pm	Elevate Yoga	Final Practice Teach	Mentors
Pranayama & Philosophy (Take place before each Sunday workshop)						
1	3/3	Sun	10:30am-1:30pm	Elevate Yoga	Pranayama & Bhagavad Gita	Ellen Mosko
2	3/10	Sun	10:30am-1:30pm	Elevate Yoga	Pranayama & Bhagavad Gita	Ellen Mosko
3	3/17	Sun	10:30am-1:30pm	Elevate Yoga	Pranayama & Yoga Sutras	Ellen Mosko
4	4/7	Sun	10:30am-1:30pm	Elevate Yoga	Pranayama & Yoga Sutras	Ellen Mosko
5	4/14	Sun	10:30am-1:30pm	Elevate Yoga	Pranayama Yoga Unveiled	Ellen Mosko
6	4/21	Sun	10:30am-1:30pm	Elevate Yoga	Pranayama & Upanishads	Ellen Mosko
7	5/5	Sun	10:30am-1:30pm	Elevate Yoga	Pranayama & Pradipika	Ellen Mosko
8	5/19	Sun	10:30am-1:30pm	Elevate Yoga	Pranayama & Intro to Tantra	Ellen Mosko
9	6/2	Sun	10:30am-1:30pm	Elevate Yoga	Pranayama & Intro to Buddhism	Ellen Mosko
10	6/9	Sun	10:30am-1:30pm	Elevate Yoga	Pranayama & Yoga for the different stages of life	Ellen Mosko
Non-Workshop Hour Summary:						
	Date	**Day**	**Time**	**Location**	**Topic**	
1	4x per month	varies	1 hour	varies per mentor	22 hours total of mentor meetings	
2	1x per week	varies	1.5 hours	varies per mentor	Assisting 24 classes with your mentor	
3	1x per week	varies	1.5 hours	varies per mentor	Taking 24 classes with your mentor	
4	every other week	varies	1.5 hours	varies per mentor	Taking 10 classes with your mentor or another E-RYT 500 Teacher	