

# 2021 The Journey

200h **ONLINE** Open Sky Yoga Teacher Training

**January 30 - August 29, 2021**

A creative program for yoga teachers. An advanced study program for yoga students. NEW: **ALL ONLINE** 200h TT starting in January 2021.

**Open Sky Yoga Center** announces a unique opportunity to dive deeply into the practice, study and teaching of yoga. Our **Essential Yoga Teacher Training™** brings together some of the world's leading experts in asana, pranayama, art of teaching, ayurveda, anatomy, yoga of sound, history and philosophy of yoga, sanskrit and ethics. This high-caliber course is designed for experienced yoga practitioners who wish to launch or refine a teaching career, or simply to deepen their personal practice. Through in-depth study you will learn the art of teaching asanas, pranayama, restorative yoga and deep relaxation (savasana), how to see and understand bodies, the principles of alignment and use of props, how to plan and sequence a yoga class, ethical guidelines for teaching yoga, understanding your ayurvedic constitution, using and freeing your voice for chanting mantra, reading and writing basic sanskrit words.

Our emphasis on constructive feedback prepares you to teach with confidence and clarity.

The core 8 month program includes 16 weekend or weekday modules, a 2hr weekly class for teacher trainees, and 2 individual mentoring sessions. All modules will be recorded and available for reviewing if you cannot attend. Homework—including reading and creative writing—will be given as the Journey unfolds. This 200+ Open Sky Certificate is recognized by **World Yoga Organization, Yoga Alliance Europe** and **Yoga Alliance**.

All details on content and dates, application form are accessible on the website [openskyyoga.com](http://openskyyoga.com)

Fee: \$50 non-refundable application fee. **\$2650** including a \$500 non-refundable deposit.

**\$2408** if paying in-full at time of registration. **\$1750** for previous graduates of Open Sky Yoga 200 and 300 hr TT. No refund after January 20, 2021

yogawave108@gmail.com 585-301-4416 [openskyyoga.com](http://openskyyoga.com)

Faculty:

#### PROGRAM DIRECTOR

**Francois Raoult** MA, E-RYT 500, C-IAYT  
Director of Open Sky Yoga, CEO of Yoga  
Therapy Training

#### ASANA, PRANAYAMA

**Francois Raoult**

**Michael Amy** MSPT, C-IAYT, E-RYT 500, OYI  
Yoga Teacher, licensed Physical Therapist

**Carla Anselm** E-RYT 500, ERPYT, YAI500  
Yoga Teacher, Experienced Doula

**Josephine Vittoria** E-RYT 500  
Yoga Teacher, Jewelry Maker

#### AYURVEDA

**Christianne Asper-Contant** CAS, E-RYT 500  
Yoga Teacher, Clinical Ayurveda Specialist

**Sonam Targee** MA  
Ayurvedic Practitioner

#### HISTORY & PHILOSOPHY

**Douglas Brooks** PhD  
Chair of Asian Studies University of Rochester

**Richard Rosen** RYT  
Yoga Teacher, Author

#### YOGA OF SOUND

**Francois Raoult**

**Meg Ruby** MA Mus., RYT200  
Classical Pianist, Sound Healer

#### SANSKRIT

**Carl Hoffman** PhD, E-RYT 500  
Yoga Teacher

#### ETHICS

**Jim Thompson** PT, RYT  
Social Activist, Physical Therapist

*“Tradition is not the worship of ashes but the preservation of fire.”*

—GUSTAV MALHER



# 2021 The Journey

200h **ONLINE** Open Sky Yoga Teacher Training

## SCHEDULE and TEACHERS for 2021

Jan 30-31, 2021

**Feb 5 to August 27**

Feb 21

**Feb 26 /march 5, 12, 19, 26**

Feb 27-28

**March 12, 13, 14**

March 27-28

**April 3, 10, 17, 24**

May 1-2

**May 7, 8, 9**

May 15

**May 16**

May 29-30

**June 18, 19, 20**

June 26

**June 27**

July 10-11

**July 31 and August 1**

August 28-29

**to be scheduled**

to be scheduled

Asana Standing Poses / Art of Teaching (10h)

**2h Teacher's Class for 30 weeks (60h)**

Yoga Philosophy Prevedic and Vedic Times (2.5h)

**Intro to Sanskrit 10-11:30 am (8h)**

Standing Poses (10h)

**Yoga Anatomy (10h)**

Back Bends (10h)

**Ayurveda 9-11:30am (10h)**

Pranayama and Yoga of Sound (10h)

**Anatomy of the Spine and Back Care (10h)**

Ethics and meditation (2h)

**Clinical Ayurveda (2h)**

Inversions (10h)

**Rotations and Review of Curriculum (10h)**

Ayurvedic /Herbology (2h)

**Yoga Philosophy from Patanjali to Now (2.5h)**

Science and Yoga of Sound (8h)

**History and Practices of Hatha Yoga (6h)**

Synthesis and Graduation (10h)

**2 hours individual mentoring (2h)**

Questions and Answers (6h)

François

**Carla**

Douglas

**Carl**

François

**Michael**

Carla

**Christianne**

François

**Michael**

Jim

**Sonam**

Carla

**Josephine**

Sonam

**Douglas**

Meg

**Richard**

François

**Lead Teachers**

François



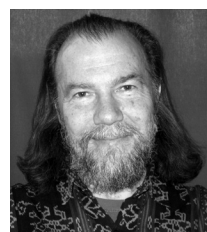
**François Raoult**



**Michael Amy**



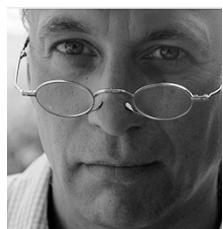
**Carla Anselm**



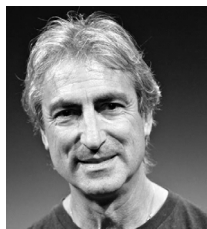
**Sonam Targee**



**Christianne Asper-Contant**



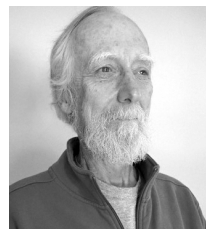
**Douglas Brooks**



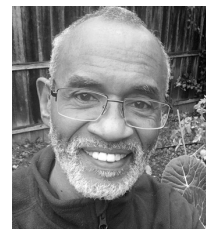
**Richard Rosen**



**Meg Ruby**



**Carl Hoffman**



**Jim Thompson**



**Josephine Vittoria**