

The Teachers:

Lori Gentzlinger, E-RYT

has studied yoga since 1995. Her passion for yoga led her to the study of many different traditions with some of the nations most respected teachers. Lori has also studied and is certified in Thai Yoga Massage and Reflexology. Pulling from all traditions, Lori has integrated her intensive knowledge into a comprehensive asana training program. Using yoga as medicine to heal the whole body is Lori's passion and focus. Lori has also been extensively trained in the energy and chakra systems, as well as in the field of hypnosis and meditation.

Bonnie Millen, MA, RYT, PTA

has been teaching yoga for 17 years in private, community, therapeutic and university settings. She is a NYS Registered Physical Therapy Assistant, having specialized in orthopedics and an AFFA Certified Personal Trainer. She has a Masters Degree in Dance Education, and teaches Kinesiology at CW Post College. She has studied anatomy at New York University and Nassau Community College, with noted teachers Bonnie Cohen, Irene Dowd and Andre Bernard. Bonnie has also studied energetic anatomy at Ohashi Institute.

Yogi Ananda Satyam

holds degrees in Philosophy and Religious Studies and was a student of Gurani Anjali, the founder of Yoga Anand Ashram. He was the Spiritual Director of the Ashram. Satyam has been practicing yoga for over 31 years, and has been teaching yoga, pranyama and meditation for over 20 years. He teaches and lectures on world spiritual traditions, and Eastern philosophies.

For an application, you may email us at yogaasmedicine@aol.com



Healing Movement

200 Hour
Yoga Teacher
Training on
Long Island
2010-2011



Healing Movement Yoga Teacher Training

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Registered Yoga School

RYS® with Yoga Alliance

Healing Movement Yoga 200 Hour Teacher Training

The Program

Healing Movement is an RYS® Registered Yoga School in full compliance with accreditation standards developed by Yoga Alliance for the National Teachers Registry. Students graduating from Healing Movement are eligible for listing as an RYT at the 200 hour level.

Healing Movement offers students an opportunity for a unique year long intensive yoga teacher training program. Whether you are considering Yoga as a career path; already teaching, or simply wish to deepen your practice, we offer a thorough, comprehensive and challenging program.

Our program covers practice and teaching of all 8 limbs of Yoga:

- Yoga asana, and their application and impact on the physical body. In addition, students will learn how to build a creative flow, adjustments and modifications of asanas for various students. Many systems of yoga will be covered.
- Anatomy, physiology and kinesiology (the anatomy of movement).
- Pranayama yogic breathing, and how to harness vital energy or prana.
- Meditation and relaxation techniques, and their integration into hatha yoga.
- Introduction to kriyas, mudras, bandhas, and other purification techniques.
- Yoga philosophy with emphasis on ancient texts of Raja Yoga and the yoga sutras.



The Criteria

One year previous yoga experience, in addition to a regular personal yoga practice. Regular attendance at a yoga class with Lori is required.

Students must complete required reading and assignments, and participate in supervised teaching practices.

Certification is granted upon successful comprehension, and mastery of the principles and practices of yoga. Persons not eligible upon completion are given opportunities to fulfill the requirements.

The Schedules and Fees

We offer 200 hours of instruction and practice over the course of eleven months.

This training will be one weekend a month, beginning in September and ending in July. In addition to the 12 weekends (over 11 months), there will be Assisting, Observing and Teaching homework requirements.

Fee: Payment in full = \$2,400 (a savings of \$500.00). Reading materials are at an additional cost, as well as extra classes with Lori. Charge payments are not accepted for this discounted rate.

4 Payment plan option = \$2,900 total. \$750.00 with application, two payments of \$750.00 each, and the last payment of \$650.00. Payment schedule made upon acceptance of application. Reading materials are at an additional cost, as well as extra classes with Lori.

Classes will be held at:

Yoga For Life

190-1 N. Belle Meade Road Setauket, NY 11733