

# Radiance Yoga Center Teacher Training Program An Introduction to Teaching Yoga

Six weekends of Iyengar Yoga teacher training. This course is for those interested in learning to teach yoga and for students who want to deepen their understanding of the subject. The Iyengar Yoga National Association of the United States officially recognizes this program. It will be taught by Cathy Rogers Evans who has over twenty years of experience training teachers. This course will focus on the two Introductory levels of Iyengar Yoga teaching and aims to improve your teaching skills, asana and pranayama practice. Some of the topics to be covered are sequencing, the art of demonstration, correction and adjustments, anatomy, philosophy, use of props and class management. On completion of the course those students who meet the IYNAUS requirements may be recommended for assessment for certification.

## Dates:

March 19, 20 & 21, 2010

April 30 - May 1, 2 & 3, 2010 (retreat weekend)

July 9, 10 & 11, 2010

September 10, 11 & 12, 2010

November 12, 13, & 14, 2010

February 4, 5, 6 2011

## Day and Time:

Friday 6pm-8pm

Saturday 12:30pm-5:30pm

Sunday 12:30pm-5:30pm

**Cost:** Six weekends \$1050 for all six or payable in two installments of \$550. First installment due by February 28th and second due by April 25th, 2010.

For more details about the course call Cathy at 619 255 4895 or send email to [cathy@yogasouth.com](mailto:cathy@yogasouth.com)

**Booking Information:** Call Aura at 619 299 1493  
Email: [info@radyoga.com](mailto:info@radyoga.com)

 **Radiance Yoga**  
& THERAPEUTIC EXERCISE CENTER  
[www.radyoga.com](http://www.radyoga.com)



## Cathy Rogers Evans Iyengar Yoga Teacher Trainer

Cathy Rogers Evans is lifelong student of Sri B.K.S. Iyengar. She has taught Iyengar yoga for over 30 years in the UK and the USA. She studied with BKS Iyengar and Geeta Iyengar in England, France, India and in the U S A. She has regularly attended classes in Pune and holds a Senior Intermediate III Teaching Certificate (awarded in 2000). Cathy moved from the UK to San Diego in 2002 where she teaches classes, workshops and retreats, as well as in England, Ireland, Mexico and the USA. She is an assessor for the National Iyengar Yoga Association of the USA (since 2001) and previously in the UK.(since 1986) at the Introductory, Intermediate levels and Senior levels. She has directed her own teacher training programs both in the UK since 1993 and the USA since 2000.

