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# Hot Yoga Teacher Training Camp-in-a-Box - Level 1 (PLATINUM)

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## Hot Yoga Teacher Training Camp-in-a-Box - Level 1 (PLATINUM) is a 300 Hour, Level 1 Home Study Course.

### 300 Hour Hot Yoga Teacher Training Breakdown:

- 125 Hours of Yoga Techniques
- 30 Hours of Methodology
- 50 Hours of Anatomy and Kinesiology
- 35 Hours of Yogic Philosophy
- 20 Hours of Electives
- 30 Hours of Practicum
- 10 Hours of Sanskrit

### Age Requirement:

You must be at least 18 years of age in order to take this course.

### Style:

Hot Yoga

### Materials Included:

- **The Heart of Yoga Book** (244 pages: Provides step-by-step sequences for developing a complete practice)
- **Hot Yoga: Energizing, Rejuvenating, Healing Book** (160 pages: Approximately 50 color photos and more than 100 line drawings. All Poses are preceded by information on their specific benefits.)
- **The Barkan Method Hot Yoga DVD** (Run Time: 120 Minutes) Features: In the class section you can reference a tutorial the present posture, click the "Select/Enter" button on your remote. This activates the posture in the Tutorial section where the posture will be explained in greater depth. When you are finished with the tutorial you are returned to the same place you left off at.
- **Yoga Posture Adjustments and Assisting Book**
- **Anatomy of Yoga Book** (Contains Step-by-Step instructions on archiving correct form and alignment in each pose. This book also contains colorful photos and illustrations of all asanas covered.)
- **The Language of Yoga Book** (By Nicolai Bachman, a comprehensive Sanskrit course with two interactive audio CDs that help you with pronunciation. "The Language of Yoga," includes more than 200 Asanas with illustrated Yoga postures and 300 Sanskrit definitions.)
- **Chakra Balancing Kit**  
This is a best-selling Chakra Balancing Kit by Anodea Judith. This complete Chakra Kit includes:
  - An in-depth 102-page illustrated workbook
  - Two audio CD's (2 hours, 30 minutes) with 7-guided meditations
  - Seven beautifully-designed Chakra cards*\*This Kit will give you an incredible amount of easy-to-understand information about the Chakras, and the knowledge to create Chakra flows, as part of your class curriculum.*
- **Meditation For Beginners and Yoga Relaxation DVD/CD Set** (1 Hour 23 Minute DVD and 53 Minute CD)

- **Anatomy for Yoga DVD** (Nearly 4 Hours of instructional material. This will help you to understand and manage Yoga safety issues, effectively, in your own classroom.)
- **Yoga Marketing 101 DVD** [Bonus] (98 Minutes of Yoga Business Marketing Material)
- **Yoga Business Secrets DVD** [Bonus] (47 Minutes of Yoga Business Success Material to help you fly by the learning curve and put your own Yoga business on the fast track to success.)
- **How to Grow Your Own Successful Yoga Business e-Book** [Bonus]
- **Aura Hatha Yoga Teacher Training Manual e-Book** [Bonus] (our highly rated Yoga teacher study guide, which will give you an overview of the program, including valuable Yoga teacher tips, useful Sanskrit terms, an ethics agreement, and an independent research section. Your Yoga Teacher Study Guide also contains useful information about Chakras, Mudras, and Bandhas.)

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#### Also Included In Your Course:

- **Step-by-Step Instructions**
- **Unlimited e-Mail & Phone support:** No matter which of our courses you purchase, support is never an issue or an additional cost to you.
- **Aura Wellness Center's Yoga Teacher Exam**
- **Information included on creating a three page essay** on a topic of Yoga and Health or your own personal experiences in Yoga and its relation to health.
- **Practical Exam**
- **Free Exam Grading and Delivery of Your Diploma:** Aura does not charge any additional fee to grade your final exams. (Aura Wellness Center's Yoga Teacher Training Certificates are signed by Dr. Paul Jerard, E-RYT 500)
- **30 Day Money Back Guarantee (No Re-stocking or Processing Fees)**

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#### FIVE Special Bonuses (Valued at \$221.95):

*AT NO EXTRA CHARGE, you will receive all five of the following bonuses:*

1. Our Yoga business starter manual: "How to Grow Your Own Successful Yoga Business." This comprehensive resource, valued at \$147, contains all the vital information you need to start, run, and grow your own profitable Yoga business.

Most Yoga teacher training camps will teach you what you need to know to become a Certified Yoga Instructor, but won't say a word about how to operate your own business. Our Yoga business starter manual will reveal all the "behind the scenes" secrets that will put your Yoga practice on the fast track to success.

2. You'll also receive Aura Wellness Center's "Yogic Relaxation CD" a \$15.95 value, for personal use and a handy learning tool. When you first listen to this CD, you will feel very relaxed. This is the initial purpose, but since you will be teaching guided relaxation and meditation, as part of your Yoga classes, you can also use this CD to improve your cueing skills.

After regular practice with this CD, you will also develop your own cueing techniques when guiding friends, family, and your students through a relaxation sequence or meditation.

3. Additionally, you'll get the 105 page Aura Hatha Yoga Teacher Training Manual in PDF (e-Book) format.

4. To round out your business knowledge, the 47 minute DVD "Yoga Business Secrets" is included. This information is valuable to a Yoga Teacher whether you decide to become an independent contractor or a studio owner.

5. Lastly, you'll also receive Yoga Marketing 101, a DVD that gives you enough marketing strategies to earn \$50,000 to \$100,000 per year. It's unfortunate that many excellent Yoga Teachers and Yoga Masters don't know how to market their Yoga studios. Instead of a happy and rewarding Yoga lifestyle, they scratch out an existence. You don't have to!

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#### Plus FOUR Additional Special Bonuses (At No Additional Charge):

- **[Platinum/Gold Bonus] "So You Want to Teach Yoga,"** by Dr. Paul Jerard, E-RYT 500, is an e-Book which exposes the secrets behind teaching Yoga. Learn how to protect your teaching practice, the most common student corrections, how to get into the corporate market place, assisting tips, how to retain students longer, and much more.
- **[Platinum/Gold Bonus] "Yoga Business Secrets,"** by Dr. Paul Jerard, E-RYT 500, is an e-Book packed with information based upon conversations with hundreds of Yoga teachers. Just one constructive idea from this e-book may earn, or save, your Yoga teaching service thousands of dollars. This book will give you hundreds of ideas to put into practice.
- **[Platinum Bonus] "Sure Fire Yoga Marketing Secrets,"** by Dr. Paul Jerard, E-RYT 500. This 60 page e-Book can be used as a work book to help you develop your Yoga teaching practice. Learn how to grow your local enrollment and how to develop niches within your Yoga teacher services.
- **[Platinum Bonus] "A Holistic Approach to Prosperity,"** by Dr. Paul Jerard, E-RYT 500. Discover how to develop a plan for personal success. This 24 page e-Book discusses methods for reaching your objectives and avoiding common pitfalls.

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#### Benefits of an Aura Wellness Center Yoga Teacher Certification:

- Aura Wellness Center is an accredited school.

- No Enroll Dates.
- No Application Fees.
- Stress Free: Take the course at your own pace and on your schedule.
- Aura Wellness Center offers the most comprehensive full distance learning Yoga Teacher Training Courses in the world.
- Internationally Recognized.
- Join thousands of Yoga Teachers Certified through Aura Wellness Center.
- With our certification, you will be eligible for personal liability insurance.
- Aura stands behind its 30 Day Guarantee with No re-stocking or processing fees.
- Teach as a Professional and Certified Yoga Teacher meeting the benchmark standard 200 Hours of training. (This is very important when seeking employment or applying for insurance, especially if you open your own training center.)
- Business Success skills to run your own yoga business or seek employment in Heath Clubs, Fitness Centers, Yoga Studios, Private lessons, and much more!
- Enjoy and enhance a better, healthier lifestyle.

### **How Does This All Work?**

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You will receive all of the course materials shown in the picture, as well as Step-by-Step instructions and exams. These instructions can be adjusted to complete the course at a pace that is comfortable for you.

Your tutor throughout the duration of this course will be Dr. Paul Jerard, E-RYT 500. Should you have any questions, there is an experienced Yoga teacher, on staff, who is ready to offer assistance. You are never on your own, if you do not want to be; support is a phone call or email away.

Upon completion of the course and exams, please submit them either by the internet or via regular mail. Within a few weeks, your exams will be graded, and you will be notified by email.

The average student completes this course in only 2 months or less!

Shortly after that, your Certificate, with the official Aura Wellness Center logo, signed by Dr. Paul Jerard, E-RYT 500, on ivory parchment paper will be mailed to you. You will also receive a letter of recommendation on Aura Wellness Center official letterhead (watermarked professional business paper) from Dr. Paul Jerard, E-RYT 500. This can be used to present during a job interview or to a present employer.

In summary, you have a complete 300-hour Hot Yoga Teacher Training Program, continuing education materials, and resources that you will refer back to, as you continue your Yoga Teaching Career; plus enough business tools to launch a successful Yoga Business.

### **Monthly Payment Plans Available:**

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This course is eligible for the Aura Monthly Payment Option: [Click Here for Details.](#)

We also offer PayPal Credit®/Bill Me Later® financing as a checkout option. Please [click here](#) for details pertaining to PayPal Credit®/Bill Me Later®

### **Volume Discounts:**

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#### **For Wellness Centers, Health Clubs, Yoga Schools, and Groups of 2 or more.**

Are you and a friend looking to purchase the same course together; or a school, gym, wellness facility, etc. looking to certify multiple (2 or More) teachers? Please contact us about volume discounts on orders of the same course.

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