(Upgrade Version) Yoga Teacher Training Camp-in-a-Box - Level 2 (PLATINUM)

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(Upgrade Version) Yoga Teacher Training Camp-in-a-Box - Level 2 (PLATINUM) is a 400 Hour, Level 2 Home Study Course.

Your Level II Platinum Course is packed with the best resources of our time. Pranayama, Mudras, Chakras, Philosophy, Asana Contraindications, Anatomy, and Subtle Anatomy are all completely covered. Within this course, you will receive the necessary materials to teach Yoga at a Professional Level as a Certified Yoga Teacher!

Level II: 400 Hour Yoga Teacher Training Breakdown:

- 60 Hours of Yoga Techniques
- 110 Hours of Methodology
- 40 Hours of Anatomy and Kinesiology
- 160 Hours of Yoga Philosophy
- 30 Hours of Practicum

Prerequisite:

You MUST have completed a Level 1 "PLATINUM" Course in order to take this course.

Age Requirement:

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

Materials Included:

- **The Yoga Sutras Kit** invites you to discover a variety of practical tools, and heartfelt insights, for transforming your practice, including:
  - A 336-page color-illustrated workbook, with a concise history of Yoga and the sutras, an in-depth explanation of key themes, translation of all 195 sutras, and a complete glossary of Sanskrit terms for quick reference.
  - Six sessions, full of insights, to further your learning about Yoga's essential principles.
  - Guided readings, on a CD, of the complete sutras, with pronunciation instructions for following along.
  - Fifty-one study cards to encourage reflection of each concept and inspire action.

  When you immerse yourself in Patanjali's sutras, the heart of Yoga—and what Yoga means for you, personally—will unveil itself in new and profound ways.

  Whether you are a seasoned Yoga teacher, or a student looking to go deeper with your practice, this essential course offers a treasury of teachings to help realize the "outer joy and inner happiness" of Yoga.

  Students of Yoga, Certified Yoga Teachers, and Registered Yoga Teachers, can expect to gain specific spiritual, mental, physical, and emotional health knowledge, which was originally written by Maharishi Patanjali.

  If you have already discovered the physical benefits of Yoga, you realize Yoga has many more health benefits to offer you - beyond your physical health. Yoga philosophy, and practice, covers many of the solutions to the ailments of mankind.

  Do you wish for a fountain of knowledge to help with today's stress? Consider the benefits of stress management, anger management, self-realization, positive thinking, and happiness. All of these subjects are covered in Maharishi Patanjali's Yoga Sutras.

- **Yoga: The Path to Holistic Health Book**

- **Chakra Theory and Meditation by Paul Grilley DVD** (Over 5 Hours of Chakra Theory and Meditation Information)

- **Mudra: Gestures of Power DVD**
- **Yoga Anatomy Book**
- **Light on Pranayama: The Yogic Art of Breathing Book**
- **Introduction to Universal Yoga DVD**
- **The Seven Spiritual Laws of Success CD**
- **Tandava Music CD**
- **Yoga Shakti (2 DVD Set)**

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 Exams**
- **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)**

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 exceeding 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, Senior Centers, Yoga Studios, Private lessons, and much more!
- Enjoy and enhance a better, healthier lifestyle.

How Does This All Work?

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 3 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.

Monthly Payment Plans Available:

This course is eligible for our Monthly Payment Option: Click Here for Details.

Volume Discounts:

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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