



US Government
Department of Defense
Spouse Education and Careers Opportunities
(SECO)
My Career Advancement Account (MyCAA)
Certification Program
200 & 500 Hour Yoga Teacher Training
2016

I AM Yoga™





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About the Program

The Amrit Yoga Institute meets Department of Defense eligibility requirements for participating in the SECO Program's MyCAA scholarship. This means that eligible Military Spouses can receive the following benefits:

- 1. Up to \$4,000 in financial assistance from MyCAA.
 - a. There is a \$2,000 cap for each fiscal year, but exceptions can be made for exams or when the upfront costs for certification programs exceeds \$2,000**
- 2. Can be applied to help cover tuition costs for the following programs at the Amrit Yoga Institute:
 - a. 200 Hour Yoga Teacher Training*
 - b. 500 Hour Yoga Teacher Training**
- 3. There are time limits:
 - a. Spouses have three years to complete their course work once the first class begins*
 - b. Courses taken in pursuit of a certification cannot exceed 18 months.**
- 4. To learn more, contact Scott Abhay Arena, CEO who is your Point of Contact (POC),
 - a. 352-685-3001, Ext 320, M-F 9AM to 5PM Eastern Time, or*
 - b. abhay@amrityoga.org**



Visit the Amrit Yoga Institute



Amrit Yoga Institute • 23855 NE CR 314 • Salt Springs, FL • 32134
Phone: 352.685.3001 • Fax: 352.685.3002 • www.amrityoga.org

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Yoga Master Amrit Desai

“Support a healthy, relaxed, productive, and mindful workforce by learning the authentic teaching of Yoga through programs at the Amrit Yoga Institute.”

-Scott Abhay Arena, CEO



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Program and Course Costs and Dates

Programs	Course Code	Dates	Cost	MyCAA Financial Assistance
200 Hour Yoga Teacher Training				
2016				
Yoga Teacher Training – Level 1 – Immersion & Certification – July & Sept 2016	Yoga AYTTL1	July 8-17, 2016 & September 9-18, 2016	\$3,110	\$2,000 to \$3,110
		Totals	\$3,110	\$2,000 to \$3,110
500 Hour Yoga Teacher Training				
2016				
Yoga Teacher Training – Level 1 – Immersion & Certification – July & Sept 2016	Yoga AYTTL1	July 8-17, 2016 & September 9-18, 2016	\$3,110	\$2,000 to \$3,110
2017				
Yoga Nidra Professional Training – Immersion & Certification	Yoga YNPT	TBD, 2017 (usually March & October)	\$2,535	\$2,000 to \$2,535
Yoga Teacher Training – Level 2 – Immersion & Certification	Yoga AYTTL2	TBD, 2017 (usually February & June)	\$2,510	\$ to \$1,045
		Totals	\$8,155	\$4,000 to \$6,690

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Course Descriptions

Subject: Yoga

Number: AYTTL1

Title: Yoga Teacher Training - Level 1 - Immersion and Certification

Course Level: Certificate

Credit Type: Quarter Hour

Credits: 50

Prerequisites: Health Questionnaire must be filled out.

1st 10-Day Session/ 100 hours (Immersion)

Open to all practitioners, beginners and experienced.

2nd 10-Day Session - 100 hours (Certification)

Prerequisite is 1st 10-Day Session (Immersion)

Materials:

Pre-Training Assignments and Reading

Read the books on the required reading list

Practice daily (or at least 5 days per week)

Complete your anatomy assignment using the coloring book

Bring your completed anatomy assignment with you

Required Reading available at www.amritkala.com

Amrit Yoga: Explore, Expand & Experience the Spiritual Dimension of Yoga

Amrit Yoga & the Yoga Sutras

Other Required Materials

Level I Amrit Yoga Sadhana CD by Yogi Amrit Desai and Kamini Desai

The Anatomy Coloring Book by Wynn Kapit, Lawrence Elson, Edition III

Description:

All Integrative Amrit Method Yoga Programs Incorporate:

Teaching and Q&A experiences directly from Yogi Amrit Desai

Classical yoga and theory from ancient texts

The Integrative Amrit Method view of energy, anatomy, pranayama and mediation

The Integrative Amrit Method view of Yoga Nidra and Quantum Breath Meditation

Devotional practices (bhakti yoga)

Instruction practice and hands-on posture clinics in small groups

Applied anatomy, modifications and assists, teaching techniques and practice teaching

Sessions with International Yoga Master, Amrit Desai including mantra chanting, meditation, discourse followed by Questions and Answer sessions.



Course Descriptions

Subject: Yoga

Number: YNPT

Title: Yoga Nidra Professional Training - Immersion and Certification

Course Level: Certificate

Credit Type: Quarter Hour

Credits: 25

Prerequisites: N/A

Whatever your life situation, the Amrit Method of Yoga Nidra offers truly transformative benefits:

Boosts serotonin levels

Decreases anxiety

Improves sleep

Enhances your immune system

Stabilizes blood sugar levels

Increases alpha brainwaves

Releases muscle tension

Prevents premature aging and illnesses

Materials:

Included: Yoga Nidra Manual and Yoga Nidra Certification Cards

Description:

Yoga Nidra is a Science

As Yoga Nidra becomes a more popular tool for alternative healing and well being, more and more studies are being done to validate the science behind this ancient yogic technique.

Hospitals across the United States are beginning to incorporate Yoga Nidra as part of their Integrative Medicine services. Kamini Desai, AYI's Director of Education and creator of the Amrit Method of Yoga Nidra program curriculum has paired up with HonorHealth in Arizona to lead an Amrit Yoga Nidra Facilitator Training for several of their local hospitals.

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Course Descriptions

Subject: Yoga

Number: AYTTL2

Title: Yoga Teacher Training - Level 2 - Immersion and Certification

Course Level: Certificate

Credit Type: Quarter Hour

Credits: 50

Prerequisites: Health Questionnaire must be filled out.

Level 1 and Yoga Nidra

Materials: Provided

Description:

This advanced training builds on Level I and teaches you to guide yourself and your students from the willful practice of postures to a flow prompted by the inner urgings of prana. It blends deliberate action with surrender to the inner guidance of the wisdom of your own body. The training incorporates:

Breathing techniques to use as part of the sequence

Techniques to explore postures and connect with the urgings of prana, to experience and release inhibitions and fears, and to free your life energy for healing and rejuvenation

Experiential understanding of the deeper meanings of yogic scriptures, and techniques that will allow you to bring your practice into every aspect of your life, experiencing integration no matter where you go, what you do, or who you are with