

GET CENTERED GET CERTIFIED

With the most current, up-to-date Yoga Alliance Training Program from Barefoot Bodies, Marianne Wells and her Barefoot Bodies Support Staff have taken the conventional and made it exceptional, what was once old is new again. Our uniquely innovated and enhanced course is set in Costa Rica's most beautiful Samasati, a genuinely warm and inviting environment that is filled with peace and serenity.

WHERE THERE IS MASTERY, THERE IS NO MYSTERY

14 days of total immersion is time to learn and time to absorb. You will understand the fundamentals of the Sutras and how they apply to the postures. You will practice different forms of Pranayama and learn how it cleanses and strengthens the mind and body. You will share in times of silent meditation and experience a true state of stillness and inner calm. You will participate in workshops on anatomy and physiology to gain the knowledge of what yoga can do for the body. You will have the chance to partake in the Kriyas. And you will have time for you.

YOGA TEACHER TRAINING IMMERSION WITH MARIANNE WELLS

Experience the potential of your practice through Yoga Teacher Training Immersion. From the seasoned instructor to the committed beginner, YTTI was created to enhance your mastery of this age-old art and empower you to share its venerable rewards from your own personal perspective. YTTI is a comprehensive Yoga Alliance training program emphasizing safe and effective methods that prepare you to be a more inspiring and confident yoga instructor or a more faithful and assured student. Participants will not only focus on the history, theory, and practice of yoga, but also learn the essence of its lifestyle and the skills necessary to lead their own unique class. As Kahlil Gibran said, "the teacher who is indeed wise does not bid you to enter the house of his wisdom but rather leads you to the threshold of your mind." This Immersion Training was developed by Marianne Wells Yoga to address the current gaps in recent yoga instructor training courses. Instructors will be presented with a variety of yoga class styles, allowing for a broader appeal, a deeper student involvement, and a greater potential for revenue. They will also come away with an understanding of the proper mechanics and potential medical risks for individual students thereby lessening the liability risk for the studio, club, or individual.

THE PROGRAM

- April 6 - 19, 2008
- \$3,270. per person.
- 14 days / nights of lodging at Samasati
 - comfortable bungalows and even more comfortable beds
 - delicious vegetarian meals
- 200 hours of study with Marianne and The Yoga Alliance, the world's most respected yoga program.
- Upon completion you will have a 200 hours Yoga Alliance Accredited Certification.
- You will be internationally certified through the Marianne Wells Yoga and Yoga Alliance.
- You will be skilled in teaching Restorative, Hatha, Iyengar, Ashtanga Primary Series, Kundalini, Tibetan, Tantra, Pranayama, Meditation, Yoga for Athletics, Children, Seniors and Pregnancy.
- You will develop your own style based on who you are and who you can be.
- You will enjoy two full weeks of serenity at beautiful Samasati.

KNOWLEDGE BECOMES WISDOM WITH PRACTICE

In addition to her ongoing practice, Marianne has improved the skills of yoga instructors domestically and internationally. The energy she brings creates truthful, respectful and committed instructors, now working from Hawaii to the island of Saint Martin, Canada to Honduras. Her always evolving curriculum promotes personal study, encouraging inspired knowledge and growth.

LIFE SHRINKS OR EXPANDS IN PORTION TO ONE'S COURAGE

Are you prepared to journey deeper into your practice of yoga? With the Marianne Wells Yoga Instructor Training Program, you will experience that opportunity. You will attain the knowledge of why we are doing what we are doing in each pose through a blend of yogas, the teachings of their philosophy, and the study of their history. You will learn the applicable skills and gain the personal poise to teach and live your own unique yoga.

CURRICULUM BASED ON YOGA ALLIANCE INTERNATIONAL STANDARDS

(1) Yoga Techniques - Training and Practice

asanas, pranayamas, kriyas, chanting, meditation, sequencing of postures, props, special needs such as - pregnancy, large bodies, children, those over 60, injury, etc.

(2) Teaching Methodology

principles of demonstration, observation, assisting and correcting, teaching styles, process of learning, how to make adjustments, etc.

(3) Anatomy and Physiology - Physical and Subtle Body

physical anatomy and physiology - basics of the skeleton, muscular layer, organs, body systems, etc.
subtle anatomy and physiology - chakras, nadis, etc.

(4) Yoga Philosophy - Ethics and Lifestyle

Yoga Sutras of Patanjali, Bhagavad Gita, Karma, living the life of a yogi, ethics of being a yoga teacher, Sanskrit Alphabet, etc.

(5) Practicum - Supervised Student Teaching

student teaching, oral presentation, workshop themes, music / silence, steady postures / vinyasas, etc.

SAMPLE DAILY SCHEDULE

8 - 9 -- Breakfast

9 - 11 -- Marianne Wells Yoga Class

11 - 1 -- The Mind Body Connection

1 - 2 -- Lunch

2 - 3 -- Yoga's History and The Business of Bliss

3 - 4 -- Techniques and Practicum

4 - 5 -- Afternoon Tea, Daily Quiz

5 - 7 -- Guided Practice, Practicum

7 - 8 -- Dinner

8 - 10 -- Movie

BEFORE YOU CAN SEE TO LEARN, YOU MUST FIRST LEARN TO SEE.

As teachers, it is a necessity to know how to read your students, to know what they need, to know what's essential for them to learn. With the Marianne Wells Yoga Instructor Training Program, you will not only learn to see with your head but also your heart. You will find creative ways to think on your feet as you tailor a yoga class to fulfill the needs of every student. One of the keys to a successful class is that we learn from each other. This is your opportunity to learn and grow.

HAS ANYTHING YOU'VE DONE MADE SOMEONE'S LIFE BETTER?

Do you desire to do for others what yoga has done for you? True happiness comes from the discovery of learning what you yearn to do and then doing it. With the Marianne Wells Yoga Instructor Training Program, you will learn to nurture your personal gifts in preparation to share them with your students and the world.

THE PROGRAM TRAINING MANUAL INCLUDES

- study of the Sutras and Gita
- Sanskrit pronunciation guide, CD included
- creating a joyful class, every time
- philosophy, ethics and qualities of being a yoga teacher and the yoga lifestyle
- master the art of steady postures and vinyasas, integration of music and silence
- understand sequencing of postures
- the art of hands on adjusting through practice teaching
- the process of alignment from to core
- dynamic yoga readings and poetry
- technical training and practice
- the methodology of teaching through demonstration, observation, and hands-on
- the anatomy and physiology of the physical and subtle bodies, healing energy, chakras

TO SCHEDULE CONTACT

Samasati
800-563-9643
samasati.com

FOR QUESTIONS CONTACT

Marianne Wells Yoga
952-934-YOGA (9642)
mariannewellsyoga.com

(1) Send your first deposit of \$575. to:
ZORBUS LLC, 4883 Ronson Ct. St. R, San Diego, CA 92111

(2) Send your second deposit of \$1695. and the attached form to:
Marianne Wells Yoga, 18602 Schroers Farm Road, Eden Prairie MN 55347

(3) Balance of \$1000. to be paid U.S. cash or Travelers Checks upon arrival at Samasati

THE SHORTEST WAY TO DO MANY THINGS IS TO DO ONLY ONE THING AT A TIME. - SMILES

If you are ready to realize your dreams, join us for this unique opportunity and then venture out into the world, giving to others and realizing what the world would be like without you. The Marianne Wells Yoga Instructor Training Program is for everybody. It is an opportunity to connect with others and learn from all because each of us can bring something distinctive and exceptional to the world.

TO BE ALIVE IS TO BE AWARE - JOYOUSLY, DRUNKENLY AWARE. - HENRY MILLER

Marianne, RYT, brings an engaging instructional style to each of her classes with relaxed humor and philosophical insights to strike the perfect balance for inspirational learning. Her in-depth knowledge and communication of the various aspects of yoga and yoga instruction have been honed through over 9,000 hours of yoga teaching as well as deeper studies under the supervision of various leaders of the yoga world, including B.K.S. Iyengar.

IF YOU HEAR A VOICE WITHIN YOU SAY "YOU CANNOT PAINT," THEN BY ALL MEANS PAINT AND THE VOICE WILL BE SILENCED. - VAN GOGH

PLEASE FILL OUT AS ACCURATE AS POSSIBLE, AND RETURN WITH YOUR PAYMENT OF \$1,695.
TO MARIANNE WELLS, 18602 SCHROERS FARM ROAD, EDEN PRAIRIE MN 55347, USA

Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____ Country: _____

E Mail: _____ Age: _____ Male: _____ Female: _____

Best Land Phone: _____ Cell Phone: _____

Occupation: _____

Emergency Contact: _____

Do you have any health considerations? Please list: _____

How long have you been practicing yoga?: _____

Do you, or have you ever taught yoga? If so please explain: _____

Why did you choose training with Marianne Wells and Samasati?: _____

What are your expectations from this experience?: _____

Costa

Bakar