

Bonnie Berk's

Yoga for Health

Level I: Teacher Training Course

Instructor: Bonnie Berk, MS, RN, HNB-BC, ERYT

This course will train instructors how to teach a yoga class that supports health and helps create balance in mind, body and spirit.

At the completion of the Level I Course, learners will be able to:

- ♦ Explain the value of yoga for achieving and maintaining optimal health;
- ♦ Understand yoga anatomy and physiology;
- ♦ Instruct basic yoga poses and easy-to-follow yoga sequences;
- ♦ Teach breathing and meditation techniques for health and relaxation.

Next Training: October 22-23, 2011

Carlisle Regional Medical Center

Fee: \$ 275.

(use registration form on back)



(Additional workshops are offered for those interested in completing the
Yoga Alliance 200-Level Recognition)

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Bonnie Berk, RN

IF you want to teach yoga, integrate yoga into your group fitness classes and/or personal training sessions or just want to improve your skills, then this course is for you!

(1.6 ACE CEC's / Approved Credits from California Board of Nursing)

For more information about upcoming courses and/or to bring this course to your area, contact: Bonnie Berk, MS, RN, HNB-BC, ERYT at (717) 258-4641 or send email to: bonnie@bonnieberk.com

**Bonnie Berk's Yoga for Health
Teacher Training Course
Registration Form**

Name: _____ **Date:** _____

Street Address: _____

Phone: (D) _____ **(E)** _____

Email Address: _____

Fee: \$275. due on registration. Refund Policy: Should you need to cancel for any reason whatsoever, you will receive a full refund minus a \$ 25 registration fee provided you cancel more than 7 days before the training. Any cancellations after that time frame , we will issue you a full credit that can be used for a future training. For people doing the full course to meet Yoga Alliance standards, refunds are pro-rated depending on length of time in the program.

_____ **Yes, I have read the cancellation policy and agree to it's terms.**

_____ **Enclosed is a check made out to: Bonnie Berk, Inc. in the amount of \$ _____
Please send to: 1220 Hillside Drive, Carlisle, PA 17013**

_____ **I am interested in completing the full 12-day (6-weekend workshops) course and 50-hour Apprenticeship to fulfill Yoga Alliance requirements. Enclosed is full payment of \$ 1950. (Please let us know if you prefer paying installments. There will be processing fees added.)**

**Either mail this form to 1120 Hillside Drive, Carlisle, PA 17013 or
Fax to: (717) 258-1241. Questions? Call Bonnie Berk, (717) 258-4641.**