

# YOGA TEACHER TRAINING

## 200-hour Registered Yoga Teacher Training Chico, CA



### **IDY-Integrative Dynamic Yoga™**

IDY-Integrative Dynamic Yoga™ is a systematic method to enhance and “re”-integrate mind/body consciousness. It is an inter-disciplinary approach to wellness that fuses traditional yoga principles and contemporary philosophical practices with the fundamental principles of exercise science, fitness, and functional conditioning. IDY works to establish optimal health, fitness, personal well-being, and self-awareness.



**Kamie Loeser**  
M.A., E-RYT, CMP, Doula  
IDY Principal Instructor  
NCYI Program Director  
Savvy F.I.T. Instructor



Registered Yoga Teacher



Registered Yoga School

**Kamie Loeser** is an Experienced Registered Yoga Teacher (E-RYT) with over 10 years of teaching experience. She is the creator of the IDY Method and Founder and Program Director of the Northern California Yoga Institute ~ teaching specialty classes, workshops, advanced studies programs, and 200-hour Registered Yoga Teacher Trainings throughout Northern California. In addition to her work as a Yoga Teacher and Yoga Program Supervisor at In Motion Fitness, Kamie is a Savvy Fitness Functional Intervention Training (F.I.T.) Instructor, offering one-to-one yoga and personal training to those challenged with chronic pain and neuromuscular disorders. Kamie's intention for each one-on-one session, class, workshop and teacher training is to **"honor, serve, guide, and inspire"** ~ empowering clients and students to take personal responsibility for their health, compassionately greet their edge, patiently expand their limits, and connect to their inner power, wisdom and grace.

### **Fundamentals of IDY Integrative Dynamic Yoga™**

#### **200-hour Registered Yoga Teacher Training**

The Fundamentals of IDY 200-hour Registered Yoga Teacher Training establishes the foundation for teaching yoga based on the IDY Method and IDY Seven Principles of Synergy. Upon completion of the Northern California Yoga Institute's Yoga Teacher Training, instructors will be knowledgeable and confident teaching yoga classes to the general public in yoga studios and fitness clubs as well as small group yoga sessions. This Program also builds the framework for Northern California Yoga Institute's Advanced Studies Immersion Programs and 500-hour IDY Certification. The Fundamentals of IDY 200-hour Registered Yoga Teacher Training is open to anyone with a basic foundation in yoga as well as health and wellness practitioners.

This Program is a Registered Yoga Teacher Training with Yoga Alliance (ID# 39777 and ID# 40769).



# 200-hour Registered Yoga Teacher Training

## **Fundamentals of IDY-Integrative Dynamic Yoga™ 200-hour Registered Yoga Teacher Training**

The Fundamentals of IDY-Integrative Dynamic Yoga™ is the Northern California Yoga Institute's 200-hour Registered Yoga Teacher (RYT) Training that meets Yoga Alliance standards. Upon completion of the Program, teachers will be skilled and confident offering yoga classes to the general public in yoga studios and fitness clubs as well as small group and one-to-one yoga sessions.

As with every NCYI program, this is an experiential journey into the heart of yoga. The Fundamentals of IDY Teacher Training is guaranteed to explore your insides and challenge you in ways you never imagined...physically, mentally, emotionally and spiritually. This Training has been designed to engage you – to discover, in real-time, moment-by-moment, the transformative power of yoga through its teachings and practices. By studying in this way, you naturally acquire the insight and understanding derived from your life experiences and personal perspectives to develop your authentic teaching style and practice.

Not only will you discover and experience the essence of yoga, you will also learn how to integrate traditional yoga practices and spiritual philosophy with contemporary exercise science and wellness practices. Because yoga is not like an exercise class where one method fits all, yoga teachers need to know how to modify a yoga practice to meet an individual's needs, even in a group setting. In the NCYI program, yoga teachers will acquire knowledge in the application of anatomy, physiology, biomechanics and kinesiology as well as psychosocial principles. IDY follows a philosophy that is complementary to mainstream health and fitness practices. Yoga teachers who complete the Fundamentals of IDY Teacher Training are able to talk about yoga in the language that health practitioners understand best: *science*.

This 200-hour Registered Yoga Teacher Training is open to anyone with a basic foundation in yoga. Because living life can be busy and the process of transformation can be an intense journey, this training has been scheduled over the course of ten months; allowing participants to accommodate life, career and family commitments, and establish a solid foundation for a life-time of self-study, inquiry and transformation.

### **Chico, CA - Starts October 2011**

#### **2011/2012 Training Dates:**

Weekend 1, Oct. « 14-16  
Weekend 2, Nov. « 11-13  
Weekend 3, Dec. « 9-11

#### **Dates - 2012**

Weekend 4, Jan. « 6-8  
Weekend 5, Feb. « 3-5  
Weekend 6, Mar. « 2-4  
Weekend 7, Apr. « 13-15  
Weekend 8, May « 4-6

#### **Meeting Times:**

Fri. 2:00-9:00 pm; Sat. 9:30 am - 6:30 pm;  
Sun. 9:30 a.m. - 6:30 p.m.

The Fundamentals of IDY 200-hour Registered Yoga Teacher Training meets one weekend a month for 8 months. Participants must complete all 8 weekends as well as the home-study and internship requirements to receive the Certificate of Completion to submit to Yoga Alliance as a 200-hour Registered Yoga Teacher (RYT).

#### **Location:**

Awakened Yoga  
1390 E. 9th Street, Suite 130, Chico, CA

#### **Questions? Contact:**

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