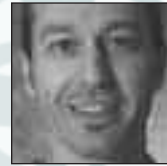


Teaching Staff also includes ~

Dr. Steve Hadland received his medical training at Stanford Medical School. He practiced Emergency Medicine for 20 years at Kaiser Hospital in Santa Clara where he also founded the Hospice program, and the Integrative Pain Management Clinic. During this time Dr. Hadland also studied yoga in the Iyengar Tradition with Larry Hatlett, and yoga philosophy and practice under the direction of Jean Klein, a Medical Doctor and Master of Advaita Vedanta.



Anodea Judith is an international workshop leader, yoga teacher, therapist, filmmaker and author of many books on the chakras. She's considered one of the country's foremost experts on the combination of chakras and therapeutic issues and on the interpretation of the chakra system for the Western lifestyle. Anodea's background includes a Master's degree in Clinical Psychology from Rosebridge School of Integrative Therapy, a doctorate in Health and Human Services, (focused on mind-body health) from Columbia Pacific University, with additional doctoral work in Systems Theory at Saybrook University.



Dr. Baxter Bell is a graduate of Piedmont Yoga Studio's 18 month Advanced Studies Program, under the directorship of Rodney Yee, with whom Baxter has also assisted in workshops around the country. Baxter's other influences include Patricia Walden and Erich Schiffman. He is a contributing writer to Yoga Journal Magazine and The International Journal of Yoga Therapy. Baxter is also involved in the integration of therapeutic applications of Yoga with Western Medicine. He combines Hatha Yoga Asanas and Pranayama to his care with patients in his Medical Acupuncture practice.

Chandra Easton has 15 years of combined study and teaching of yoga and Buddhist meditation. She has studied yoga extensively with Sarah Powers and Zhander Remete, and blends the receptive yin style of yoga with more active, dynamic forms to prepare the body/mind for meditation. She studied Buddhism and Tibetan language at the Library of Tibetan Works and Archives in Dharamsala, North India, founded by H. H. the Dalai Lama. After her year of study in India, she resumed her studies in the Religious Studies Department at UC Santa Barbara where she worked on the translation of Tibetan Buddhist texts on meditation under the guidance of B. Alan Wallace. In her yoga and meditation classes, she draws on her Buddhist studies to encourage a direct experience of mindful presence and spiritual insight. Chandra is a co-founder of Metta Journeys, and is honored to bring her love of yoga and meditation to a greater sphere of our global community.



(Other guest teachers to be announced)

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Integrative Yoga Teacher Training

With Jean Grant-Sutton RYT/PYT

A 200 hour non-residential
training, one weekend a month
for 10 months
February 2009-November 2009

*This training will give you a whole
person approach to yoga. You will
learn how all the elements of yoga
including asanas, pranayama, body
awareness, guided imagery, meditation
and deep relaxation can come together
as a vehicle for health and healing.*

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This training is designed to cover the minimum standards for yoga teachers, and will provide you with a certificate of completion that will qualify you and supply you with the application for the National Registry of Yoga Teachers through Yoga Alliance. It is open to anyone with a basic foundation in yoga.

Dates:

Feb 6-8	July 10-12
Mar 6-8	Aug 7-9
April 3-5	Sept 4-6
May 1-3	Oct 2-4
June 5-7	Nov 6-8

Times:

Friday Evenings 7:00-10:00
Saturday 12:00-8:30
Sunday 10:00-6:00

Class Fees:

Register early because class size is limited

The total cost for the ten month program is \$3,195. A deposit of \$450 is due by Jan. 1st 2008
Balance paid in full by Feb 1st (\$2,745)
OR 3 payments of \$975 paid in Feb, May, and Aug.

Other Costs: \$99.95 for 500 page in-depth teaching manual and posture cards that will provide a lifelong resource for yoga and mind-body health issues, supporting every aspect of teaching and practice.

Integrative Yoga Teacher Training was founded by Joseph Le Page. Its intent is to train teachers to have a whole person approach to yoga. Students learn to teach classes that involve every level of Being using the structure of the Five Koshas. Emphasizing understanding the benefits of Yoga for the physical body, with in-depth study of the Yoga Asanas (postures), as well as learning about the energetic, mental, emotional and spiritual levels. Integrative Yoga Teacher Training graduates teach Yoga-based wellness programs in a wide variety of settings, including studios, hospitals, businesses, schools, clinics and complimentary health care settings.

Benefits of Non-Residency Integrative Yoga Teacher Training

◆ **In-depth study of Yoga Posture.** Learn how the asanas work at physical, energetic, mental/ emotional & spiritual levels and how to modify them for individual needs.

◆ **Explore the deeper practices of yoga.** Learn pranayama, mudras, bandhas, chakras, meditation, yoga Nidra, and hands on healing, in order to expand your horizons of yoga.

◆ **Understand health and illness.** Learn the nature of health and illness from the yoga perspective. Discover the effects of stress on the human body and ways to manage it with yoga.

◆ **Experiential Approach to Education.** Learn key concepts of teaching including sequencing, pacing, class design, voice quality, adjustments, and business practices in a concise, creative, and comprehensive format.

◆ **Take part in student-centered education.** Learn how to teach classes that are creative and unique, using a theme from start to finish, involving the student at every level of their Being, giving them an experience of complete integration that is yoga.

◆ **High Quality Teaching Staff.** All staff members supporting the program are leaders of their specialties in the yoga industry.



**Jean Grant-Sutton,
director**

Jean's dream is to support the vision of Integrative Yoga by making it accessible to all, especially those who can't take large amounts of time away from family or work to do the two week intensive programs. She aims to create a non-judgmental, non-competitive learning environment where the student feels free to explore all the aspects of yoga. Her format is set-up for the students to have a lot of direct experience, practice, discussion, instruction and healing. Her intention is to give the student the ability to facilitate classes of their own with confidence and enthusiasm for this ancient art of self awareness.

Jean has completed the Integrative Yoga 500 hour Advanced Professional Yoga Therapy (certification) Program. Her main teachers include Kate Pelly (Iyengar), Ian Rawlinson (Desikachar-ViniYoga) and Joseph LePage (Integrative). She has also been influenced by classes with Scott Blossom, Richard Miller, Anodea Judith, and Judith Lasater. She is a Certified Massage Therapist and Nutrition Consultant and studied Health Education at San Francisco State University.

Jean Grant-Sutton is the Founder and Director of BodyWorks-Integrative Yoga and Stress Management Center. She has been practicing and studying Yoga for the past 25 years, and teaching for 13. Jean's teaching encompasses her extensive experience as a bodyworker (Certified Massage Therapist), and her passion for yoga.

Testimonials from 2008 Students:

"Jean Grant-Sutton's teacher training course offers the opportunity to deeply explore many aspects of yoga. Offering the opportunity to learn about yoga through a 10-month period gives students the time to absorb the teachings and readings, and integrate all of the information into their own lives. Jean's guest speakers compliment her teaching in a profound way. This experience has truly changed my life - allowing me to face personal doubts and fears in a compassionate and loving environment. My classmates and I have developed strong bonds and friendships that will undoubtedly last far beyond the end of our training. Jean has given me the opportunity to transform my fear of becoming a yoga teacher into a love and joy for sharing with others what I have learned. I wish I could take her class every year it is offered."

ANNE BRODY

"I was attracted to the teacher training program at Body Works largely because of the impressive list of presenters featured in the program. Little did I know that this marvelous content was merely the tip of the iceberg. The gentle yet firm holding environment that Jean provides supports each student in their process of becoming a yoga teacher. I am learning that it is this safe container that Jean provides, rather than specific information or perfect poses, that embodies what being a yoga teacher is about. Thank you Jean!"

MELISSA GRABAU, PH.D., L.C.P

"Yoga is a life-long practice, no matter what age you are! So, at the advanced age of 56, with a few injuries and a sense of humor acquired along the way, I entered the Integrative Yoga Teacher Training. Selfishly speaking, it has been one of the best gifts I have given myself in this lifetime. Deepening my practice, being part of such a dedicated community, experiencing world-class teachers and learning more about all of the branches of yoga are just a few of the personal benefits. Now, I want to bring yoga to others who have not yet experienced the magic carpet ride on the yoga mat. Already, I have integrated what I am learning with Jean into all aspects of my counseling, teaching and consulting practice. So, yes, old dogs can learn new tricks. Rolling over and "playing dead" in savasana after our intense training weekends has never felt this good."

CARMELA CARLYLE, M.A., CERTIFIED LAUGHTER YOGA TEACHER

Call to answer any questions you may have and/or to receive a registration form. You can also go online to download registration form
www.bodyworksyoga.com