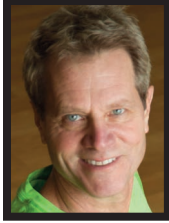


Pulsation Yoga

200 RYT teacher training

November 19, 2016 through June 3, 2017

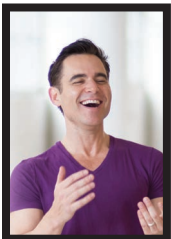


The Instructors

Pulsation Yoga co-owner Kathy Simonik is a certified Anusara Instructor and E-RYT 500. She has been leading her teacher training for over 8 years, teaching for 14 years and a student of yoga for 15 years. Kathy studied with Anusara founder John Friend, and completed his level 1 and level 2 teacher trainings, three Yoga Therapeutic-Oriented trainings, and Anusara Master Immersion. In all, Kathy has completed more than 2,000 hours in Anusara studies with John Friend and other certified Anusara instructors. Her studies have garnered extensive knowledge in alignment and therapeutic-oriented yoga postures.

Pulsation Yoga co-owner Jim Simonik is an Anusara Inspired Yoga Instructor and ERYT 200. He will be assisting Kathy in the training. He has been teaching for 12 years, and studied with John Friend, Noah Mazé, Amy Ippolitti, Sianna Sherman, Desiree Rumbaugh, Betsey Downing, and Ross Rayburn. Jim brings his experience and strong athletic practice to the training, and he follows a teaching style that blends an in-depth knowledge of yoga with a powerful and playful practice.

Includes sessions with international master teachers Ross Rayburn



What makes Pulsation Yoga Teacher Training stand out from others?

- Excellent Reviews: rated 4.9 out of 5 stars by Yoga Alliance
- Anusara, Iyengar, and Forrest Yoga certified ERYT 500 instructors with **over a decade** in the field of teacher training
- Opportunity to learn from nationally recognized teachers at workshops and continuing education within our studio
- Post training support including the Teachers-In-Training class
- Schedule designed to minimize the impact on your daily life
- Competitive tuition rates

The Details:

Schedule:

Classes are mainly scheduled for every other weekend: November 19 through June 3.

Locations:

Split between both our locations: Saturdays in Arlington Heights and Sundays in Lake Zurich

Hours:

Saturdays (12-6:30 pm) / Sundays (12-4:30 p.m.) * final dates and times will be updated

Tuition and Application: Early Bird: \$2649 (plus a deposit of \$450) (total of \$3099)
A \$450 deposit beforehand, then one payment up front of \$2649, due on or before October 19th 2016. Payment plans are also available for a slight fee.

Contact:

email to: kathy@pulsationyoga.com or call 847-767-5960

Included in your training:

Included in your training are 21 complimentary yoga classes to be attended during the training at either of our locations, plus deeply discounted workshops during the training session, and additionally deeply discounted class packages during the duration of the training.

The Faculty: Kathy and Jim Simonik, Ross Rayburn, and others including Gabriel Halpern and Kathleen Rankhorn



Training will be split between both our locations: Arlington Heights: 26 S. Evergreen, Evergreen Center
and Lake Zurich: 729 W Rt 22 pulsationyoga.com • 847-989-7792