



EMY Teacher Training Academy

PROFESSIONAL ADVANCED STUDIES CERTIFICATE PROGRAM

Fall 2018



PROGRAM	TEACHER	DATE / TIME	HR	STATUS
KUNDALINI in HATHA YOGA	Sylvie Gouin	6-weeks: Tuesday Nights Sept 25 – Oct 30 / 6:00 – 9:00pm	18	Elective
The YOGA of JOURNALING	Sylvie Gouin	Sat, Sept 29 12:00pm – 6:00pm	6	Elective
ALIGNMENT through the ELEMENTS	Sylvie Gouin	Sun, Sept 30 12:00pm – 6:00pm	2	Elective
YIN YOGA TRAINING: Module 1	Marla Ericksen	Oct 11 – 14 Thurs: 11:00am – 7:00pm Fri & Sat: 12:00 – 6:00pm Sun: 9:00am – 4:00pm	30	Mandatory
The Marriage of AYURVEDA & YOGA	Sylvie Gouin	Sat, Nov 3 12:00pm – 8:00pm	8	Mandatory
RESTORATIVE YOGA: The Art of Restoration	Anne Pitman	Sun, Nov 4 12:00pm – 8:00pm	8	Mandatory
MINDFULNESS MEDITATION	Marla Ericksen	6-weeks: Tuesday Nights Nov 6 – Dec 11 / 6:00 – 7:30pm	8	Mandatory
YOGA & MINDFULNESS for KIDS	Kim Mansfield	Sat, Nov 10 12:00pm – 8:00pm	8	Elective
Yin Yoga Enhancement Series: EXPLORING TENSEGRITY: Yang in the Yin	Marla Ericksen	Sat, Nov 17 12:00pm – 6:00pm	6	Elective
Yin Yoga Enhancement Series: COMPOUND POSES: Intricate Penetration	Marla Ericksen	Sun, Nov 18 12:00pm – 6:00pm	6	Elective
YIN YOGA TRAINING: Module 2	Marla Ericksen	Dec 6 – 9 Thurs: 11:00am – 7:00pm Fri & Sat: 12:00 – 6:00pm Sun: 9:00am – 4:00pm	30	Mandatory
VINYASA YOGA TEACHER TRAINING: Module 1 Beginning Vinyasa	Sylvie Gouin	Dec 14 – 16 Fri: 6:00 – 9:00pm Sat & Sun: 12:00pm – 6:00pm	15	Elective
INWARD ESCAPE: Illuminating the Spirit A Silent Winter Solstice Afternoon Retreat	Marla Ericksen	Fri, Dec 21 1:30 – 7:00pm	6	Mandatory



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Winter Preview 2019



PROGRAM	TEACHER	DATE / TIME	HR	STATUS
YOGA & BUDDHISM	Marla Ericksen	Sat, Jan 12 12:00pm – 6:00pm	6	Mandatory
SACRED TOUCH: Yoga Assists & Adjustments	Marla Ericksen	Sun, Jan 13 12:00pm – 6:00pm	6	Mandatory
SUBTLE ENERGY: Anatomy of Spirit	Marla Ericksen	Sun, Feb 10 12:00pm – 6:00pm	6	Mandatory
YIN YOGA TRAINING: Module 1	Marla Ericksen	Feb 21 – 24 Thurs: 11:00am – 7:00pm Fri & Sat: 12:00 – 6:00pm Sun: 9:00am – 4:00pm	30	Mandatory
SILENT YOGA & MEDITATION RETREAT Sanctum Retreat Centre Caroline, Alberta	Marla Ericksen	May 2 – 5, 2019		



***** Many more exciting courses to be announced soon *****