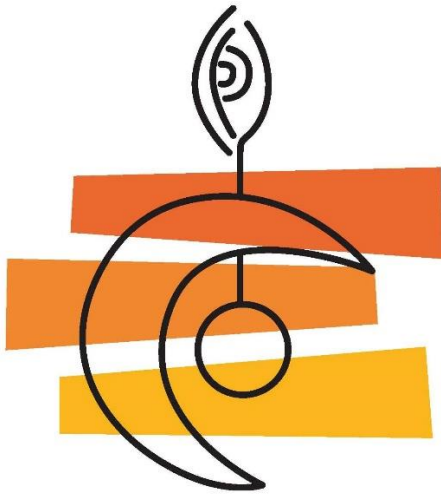




# YOGA MATRIKA

*"If we had a keen vision and feeling of all ordinary human life, it would be like hearing the grass grow and the squirrel's heart beat, and we should die of that roar which lies on the other side of silence." – George Eliot, Middlemarch*

[www.yogamatrika.com](http://www.yogamatrika.com)

## 200-Hour Teacher Training Program

Yoga Matrika's 200-Hour Teacher Training Program offers a holistic and contemplative approach to advanced yoga studies with an emphasis on meditation, mindful asana practices, embodied anatomy and traditional yoga philosophies from India, China and Tibet. The program combines group sessions, workshops, retreats, private sessions, classes and an online course module to allow for both deep study and maximum flexibility.

## Curriculum Highlights

Yoga Matrika is a RYS™ (Registered Yoga School) with Yoga Alliance and the curriculum both meets and exceeds this professional organizations' requirements for registering as a RYT™ (Registered Yoga Teacher). Yoga Alliance provides very specific curriculum guidelines for 200-hour teacher training programs and this allows them to structure membership in this professional organization based on collective understanding of the minimum training required to be a professional yoga instructor.

What makes this program unique is an emphasis on developing a personal practice. Just as all things change, the style of yoga that you most like today is not likely to be the one that will meet your needs in twenty-years. We believe that the best teachers are inspired by the insights and experiences gained through their own practice. Therefore, rather than teach a single style of yoga or a set sequence of yoga asana, this program is designed to support you in developing a personal practice and finding refuge and guidance in this practice for your daily life and teaching. Even if you do not end up becoming a yoga teacher, your investment in this holistic study program is a way to make yoga a part of your life and not just be a class that you take.

- Meditation and Mindful Asana, Pranayama and Sounding Practices
- Chakra Yoga with Brooke Smokelin
- Embodied Anatomy
- Traditional Yoga Philosophies from India, China and Tibet
- Tibetan Tantric Subtle Body Anatomy
- Extensive Practicum and Professionalization Including Practice Teaching

## Program Organization

The core of the program consists of two-hour weekly training sessions for seven-months. The curriculum is spread out over these weekly sessions. Between sessions, participants are guided through assigned readings, writing assignments and self-study with an easy to use online course module. Tuition also includes five private sessions with Sharon Fennimore, the lead trainer for the program.

Due to the eclectic and holistic nature of this program, participants are expected to dedicate considerable time to required reading, personal practice and taking classes and workshops with the program facilitators and other approved master teachers. Textbooks and these additional practice hours are not included in the tuition. This gives you, the participant, significant flexibility in how you fulfill the practice requirement for certification. If registration with Yoga Alliance is not a goal for you, then you do not need to meet the practice requirement.

## Facilitators

**Sharon Fennimore, MA, E-RYT, RPYT**  
**Lead Trainer**

**Brooke Smokelin, E-RYT**  
**Chakra Yoga**

## Textbooks & Equipment

A complete list of required reading will be provided upon enrollment. There are three main textbooks for the course:

Teaching Yoga by Mark Stephens  
Yoga Sequencing by Mark Stephens  
Yoga Adjustments by Mark Stephens

The cost of textbooks are not included in tuition, but depending on which you choose to buy, borrow or obtain through an electronic download like Kindle or iBook, you can keep your costs between \$150-\$300.

All participants must obtain and bring their own equipment to all weekly training sessions and should prepare:

Yoga mat  
Two blocks  
One strap  
One rectangular bolster  
Two yoga blankets (Mexican or Wool are both acceptable)

Equipment is not provided at the training location. It is suggested that you also obtain a meditation cushion or stool for use in your home practice, but it is not required equipment. I highly recommend equipment made by Hugger Mugger. When you purchase a Hugger Mugger bolster, it will last you a lifetime.

# Pittsburgh 2014-2015 Training Cohort

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## *Dates:*

November 5, 2014 through May 20, 2015 with weekly sessions on Wednesdays from 6:30-8:30 pm

## Weekly Training Schedule

NOVEMBER 2014: 5, 12, 19

DECEMBER 2014: 3, 10

JANUARY 2015: 14, 21, 28

FEBRUARY 2015: 4, 11, 18, 25

MARCH 2015: 4, 11, 18, 25

APRIL 2015: 1, 8, 15, 22, 29

MAY 2015: 6, 13, 20

## *Location:*

Braddock Community Center, 416 Library Street, Braddock, PA 15014. Private sessions can be held at Mookshi Wellness Center in Regent Square or via SKYPE internet. Brooke and Sharon will be offering a variety of classes and workshops at locations throughout Pittsburgh that can be applied towards training hours.

## *Parking & Transportation:*

Free and safe parking in a well-lit parking lot behind the Center is available. We are happy to provide carpool support for participants that want to share rides to the weekly trainings. The 61A bus stops directly in front of the Center.

## *Requirements for Graduation and Certificate to Register with Yoga Alliance:*

- Attendance at all weekly training sessions (each participant is permitted one absence without penalty)
- Completion of five private sessions with Sharon Fennimore
- Chart of attendance at a minimum of 50-classes or workshops or equivalent approved retreat
- Completion of all worksheets, assigned reading and writing assignments through the online course
- Participation in all practicum sessions including the planning and teaching of one public class
- Documentation of completion for all requirements is due for this cohort by September 5, 2015 for review and certification with this cohort.

## *Tuition:*

**\$1,800.00 SINGLE PAYMENT**

**OR**

**\$2,000.00 8-PAYMENT PLAN**

**1<sup>ST</sup> PAYMENT AT REGISTRATION: \$600 (\$400 NON-REFUNDABLE DEPOSIT + \$200 FIRST INSTALLMENT PAYMENT)**

**2<sup>ND</sup> PAYMENT ON 12/5/2014: \$200**

**3<sup>RD</sup>, 4<sup>TH</sup>, 5<sup>TH</sup>, 6<sup>TH</sup>, 7<sup>TH</sup> AND 8<sup>TH</sup> PAYMENTS: \$200 ON THE 5<sup>TH</sup> OF EACH MONTH (JANUARY-JUNE 2015)**

**If you have questions about the program or the two payment options, please call Sharon Fennimore at 412-855-5692 or send an e-mail to: [sharon@yogamatrika.com](mailto:sharon@yogamatrika.com). Payments can be made online through Sharon's website: <http://www.yogamatrika.com>. If you are making a single payment by personal check, please make the check out to Sharon Fennimore. We prefer when payments are made through the online system for your protection and ours. Receipts will be happily provided.**

## Chart of Program Requirements, Tuition and Expenses

| PROGRAM COMPONENT                                                                        | INCLUDED in TUITION | NOT INCLUDED in TUITION (Estimated Additional Expense) | REQUIRED for YOGA ALLIANCE REGISTRATION | REQUIRED for ADVANCED STUDIES PARTICIPANTS |
|------------------------------------------------------------------------------------------|---------------------|--------------------------------------------------------|-----------------------------------------|--------------------------------------------|
| 23-Weekly Training Sessions                                                              | X                   |                                                        | X                                       | X                                          |
| 5-Private Sessions with Sharon Fennimore                                                 | X                   |                                                        | X                                       | X                                          |
| Online Course                                                                            | X                   |                                                        | X                                       | X                                          |
| 50-Classes or Workshops (or 100-total hours of approved retreats, classes and workshops) |                     | X<br>(\$500-\$1,200)                                   | X                                       |                                            |
| Required Textbooks                                                                       |                     | X<br>(\$150-\$300)                                     | X                                       | X                                          |
| Required Equipment                                                                       |                     | X<br>(\$45-\$150)                                      | X                                       | X                                          |
| Unlimited E-mail Support                                                                 | X                   |                                                        |                                         |                                            |

### TOTAL COST ESTIMATES

#### A. GRADUATION to COMPLETE YOGA ALLIANCE CREDENTIALS for RYT

Total not included in tuition for participants who want to register with YOGA ALLIANCE: \$700-\$1,600

Approximately \$2,500-\$3,400 investment for entire course depending on your personal choices

#### B. PARTICIPATION for PERSONAL DEVELOPMENT in ADVANCED YOGA STUDIES (NO RYT)

Total not included in tuition who are taking this course as personal development in advanced yoga studies:

\$200-\$400 on books and equipment

Approximately \$2,000-\$2,200 depending on your personal choices

We make a commitment as facilitators to working with you through the whole program as soon as you register. If, for some reason, we cancel the program prior to the start date, then we will refund all tuition received minus a \$20 application processing fee. We do not provide refunds for any reason. Therefore, it is of considerable importance that you determine whether or not this is the program for you BEFORE enrolling. If, due to a personal and documented emergency related to death in your immediate family, illness or traumatic injury you are not physically able to continue on in the program at any point, we will work with you to create an alternative study plan. **We are not able to provide refunds for ANY reason.** We do not guarantee that you will graduate. Your ability to register with Yoga Alliance requires your 100% attendance at training sessions, completion of work and satisfactory teaching skill development that will be supported by your writing, participation and fulfilling all requirements by the deadline. If you choose the payment plan and then decide to not complete the program, all 8-payments must be made regardless of your actual participation or progress through the program.

# Specialty Options

After you complete your 200-hour teacher training, you may want to consider additional training in either prenatal yoga and/or chakra yoga with your 200-hour training instructors. Sharon is a doula and the creator of Matrika Prenatal, a unique tantric approach to the energy anatomy and therapeutic movement for the benefit of expectant women and the new life they carry within. Brooke is a healer using sound to clear and harmonize energy and she has created a unique certificate program for teachers who wish to specialize in chakra awareness and yoga.

If you have any interest in these trainings, please speak with Sharon and/or Brooke as soon as possible. We can help you make choices about classes, workshops and retreats that may fulfill requirements in both the 200-hour and specialty programs. If you double-count your work, it will decrease both the time it takes to obtain additional training and the cost of obtaining these specialty credentials.

Matrika Prenatal Yoga Teacher Training, RPYT with Sharon Fennimore

[www.yogamatrika.com](http://www.yogamatrika.com)

Chakra Yoga Certificate with Brooke Smokelin

[www.chakrayogahealing.com](http://www.chakrayogahealing.com)