



Led by **Sue Neufeld E-RYT** and **Kathryn Templeton 500 RYT**

500-hour Tantric Hatha Teacher Training Teaching Deeper Practices: Yoga Therapy In the Lineage of Para Yoga

Beginning October 2009

Come for your own enrichment

*Desire to be a yoga teacher
is not a requirement.*

-or-

500-hour certification
with prior 200-hour teacher training



Manorama, director of Sanskrit Studies in New York



Lillee Chandra, LMT
and certified yoga instructor

For dedicated students and teachers of yoga, Kathryn Templeton and Sue Neufeld team up to immerse you in:

- Tantric philosophy
- Ayurveda
- Meditation
- Spiritual healing techniques
- Yoga psychotherapy
- Asana and adjustments
- Kriya, mudra, bandha and more

Special guest teachers:

Yogarupa Rod Stryker, founder of Para Yoga; one of America's leading Tantra, Hatha Yoga and meditation teachers

Manorama, leads workshops internationally; combines Sanskrit, meditation, and yoga philosophy

Lillee Chandra, specializing in yoga anatomy, therapeutics and rehabilitation; assists Jill Miller nationally

Tuition: \$2900

Inclusive of all classes, materials and workshop fees for guest teachers

For more information,
contact Sue@yoga4youllc.com
or kattemp@earthlink.net



Yogarupa Rod Stryker of Para Yoga says two thumbs up!

"Kathryn Templeton and Sue Neufeld are senior teachers in the ParaYoga lineage. I am pleased to see that the two of them will be pooling their talents and skills as teachers and presenting them through an in-depth teacher training program.

In addition to their experience gleaned as senior ParaYoga teachers, Sue is a certified Reiki master and Kathryn is an Ayurveda consultant as well as a psychotherapist child and family counselor.

With an unerring commitment to practice, a clear understanding of the dynamics and highest principles of teaching, as well as the passion to share their knowledge with aspiring teachers, they are both uniquely qualified to lead teacher trainings.

I've observed them both share the wisdom and sacred art of yoga in ways that can only be expressed by those who have been touched by a wealth of years of intensive and committed study. I consider the two of them to be extraordinary practitioners as well as teachers."

