



Dear Prospective Teacher Trainee,

Thank you for your interest in the Invoke 200-Hour Yoga Teacher Training (YTT), to be held in the fall of 2010. We are delighted that among all of the teacher training courses available, you have chosen ours. Regardless of whether you are hoping to teach yoga as a full-time profession, a part-time avocation, or are interested in growing and enhancing your own personal practice, you have just taken the first step on a journey of personal transformation.

What we believe makes the Invoke YTT unique from others is our emphasis on learning how to teach from a practical, rather than theoretical, standpoint. While we will be studying philosophy, anatomy, and other related topics, our commitment is for you to learn **how to teach, and to bring your own unique voice to your teaching**. You will be learning the structure of many different asana, how to identify the flow of energy in the student's body and how to offer adjustments and modifications to open the channels of energy, how the breath and body unite to create the vinyasa flow, and how to structure and sequence a class, and relate the class to a particular theme or topic. Upon successful completion, you will be ready to take the seat of a teacher.

Enclosed you will find an application, a listing of the dates of the training classes and other materials. Please look over everything carefully. Make sure that you have no conflicts with any of the dates of the class, as perfect attendance is required. Once you have confirmed your availability, please submit the application along with the required materials and your non-refundable application fee to:

Invoke Yoga & Pilates
Fall 2010 YTT
970 Ft. Wayne Ave., Suite C
Indianapolis, IN 46202
Attn: Eric Bryant

As soon as we review your application, you will be notified via email of your acceptance. Once you confirm your acceptance, you may choose from several payment options.

We look forward to having the opportunity of helping you on your way to achieving your goals.

Sincerely,

Eric Bryant
Director, Invoke Yoga Teacher Training
917-414-4489
eric@consciouswarrior.com