

# yogadocentopleiding



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

## **Jai Ma Vinyasa YogaTeacher Training Arnhem** ~ This training is a certified 200-hour RYT® Yoga Alliance training ~

### **Training dates and times in Arnhem 2023-24**

Saturday 9:30-17:30, Sunday 9:30–17:30

This training is a hybrid training, which means that the training is possible both online live and also face-to-face in groups at Yogahouse depending on the circumstances.

23 + 24 September 2023 | start training  
21 + 22 October  
25 + 26 November  
09 + 10 December  
27 + 28 January 2024  
01 - 04 Februari | intensief dagen in het Ashram  
30 + 31 March  
27 + 28 April | (theory examen and ceremony)

### **What are the graduation requirements?**

- attendance at 85% of classes including a 4-day intensive training course
- completion of homework and the final exam (don't worry, you will be prepared!)
- observation and assisting with classes
- giving a yoga class by appointment during the training (at Yogahouse Arnhem)
- 1 book report
- attending yoga classes during training | regular yoga practice
- build up yoga practice at home

### **Literature (obligatory)**

Iyengar, B.K.S: Light on Yoga (€ 22,50 via bol.com, free shipping)  
Kirk, Boon, Dituro: Hatha Yoga illustrated (€ 16,99 via bol.com)  
Hermann Hesse: Siddharta (€ 10,59 via bol.com)  
Leslie Kaminoff: Yoga Anatomie

You get a complete of literature during the training.

### **Location**

Yogahouse Arnhem  
Putstraat 11  
6822 BE Arnhem

Nabij station Arnhem Velper poort (3 min walk). Parking is free. Be a yogi be on time! It is important that you arrive on time to the training days.

The 200 h Hatha Vinyasa Yoga Teacher Training is taught in Dutch and English (with translation if required). The Vinyasa Yoga Teacher Training is registered with Yoga Alliance.

Doris Lilienweiss | e-mail: [doris.lilienweiss@gmail.com](mailto:doris.lilienweiss@gmail.com) | kvk 55985041 | [dorislilienweiss.com](http://dorislilienweiss.com)

After the exam, you can register with Yoga Alliance USA. For more information see also: [www.yogaalliance.org](http://www.yogaalliance.org)

### **Cost**

€ 2500 excluding 21% VAT. Early bird until 31 May €2250 excluding 21%VAT and literature (see above). Cost for the intensive weekend at the Ashram (if we can go to honour approximately €170) and the literature (see above). Please send your application to. [bjorn.yogapoint@gmail.com](mailto:bjorn.yogapoint@gmail.com) and [doris.lilienweiss@gmail.com](mailto:doris.lilienweiss@gmail.com).

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more literature tips during the training

### **Location**

ARNHEM

Yogahouse Arnhem

Putstraat 11

6822 BE Arnhem

Near Arnhem Velperpoort station (3 min walk). Parking is free. It is important to be on time for each training day.

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