

## Program Director

**Rhonda Kantor, RN, BSN, HNC, RYT-500** the founder and director of the Global Yoga Center, received her Hatha Yoga Teacher Certification from the Temple of Kriya Yoga in 1996. She coordinated all services and classes at the Global Yoga Center in Chicago for more than 10 years. Rhonda has presented at yoga conferences and led yoga teacher trainings for more than 6 years. She has also completed teacher training with David Swenson in Ashtanga Yoga - The Primary series – 40 hours.

She has been teaching yoga for 12 years specializing in Hatha Yoga for all levels, Vinyasa yoga, as well as pre- and post-natal yoga.

A registered nurse for 17 years, Rhonda is also a Board Certified Holistic Nurse (BC-HNC) from the American Holistic Nursing Association. She is a Registered Yoga Teacher (RYT) at the 500 hour level.

She combines her knowledge of alternative health & wellness with her yoga experience & teaching methods to create an innovative Hatha and pregnancy program. She also facilitates a couples workshop class on labor support, comfort and birth positions, breathing and relaxation techniques. She is also a labor support doula.

We have created an exciting program for all levels of students and teachers. We use guest lecturers and presentations by local Yoga teachers from a variety of traditions and alternative health practitioners including:

- Ayurvedic Studies: Doshas, Diet and Herbs
- Anatomy and Physiology lectures
- Modified poses for pregnancy and special needs groups.
- Meditation ~ Chanting ~ Breathing
- Planning a yoga career/business: legal & ethical issues, tax issues and insurance
- Vinyasa yoga and yoga for special needs



*Please note:*

*-Most books & materials will be included in the teacher training course fee. Payments of \$200-\$300 per month are suggested for the nine month training period or other options can be made. (5 hrs per weekend on Sat. or Sun.)*

*-Yoga Teacher's Liability Insurance is suggested once you are in the teacher training (\$100-200). We offer a list of contacts.*



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## Global Yoga Center

Yoga Alliance Registered School

## Hatha Yoga Teacher Training

Including  
Prenatal  
&  
Vinyasa Yoga

**Course 1: 200 hours**  
Yoga Teacher Training  
Saturdays OR Sundays

**Course 2: 10 hours**  
Pre-natal Training for Yoga Teachers  
Saturday & Sunday

## 773-719-6227

globalyoga@sbcglobal.net  
www.globalyogacenter.com

## Course 1

The full Hatha Yoga teacher training and Yoga Alliance registration, includes the additional training classes in Prenatal & Vinyasa Yoga. Classroom learning, elective study and student teaching to meet the guidelines for the Yoga Alliance. Upon completion, you will be trained to teach Hatha Yoga including Vinyasa Yoga and Prenatal Yoga. This course is 180 hours in class study, 20+ hours other coursework combined for 200 hours of Yoga Alliance requirements.

Course 1: Sat: 1:00 pm - 6:00 pm OR  
Sun: 11:00 am - 4:00 pm

Send in your application as soon as possible and request the day you prefer.

- Techniques ~ 100 hrs  
Training & practice of Asanas, Pranayama, Chanting, Kriyas, Meditation.
- Teaching & Methodology ~ 25 hrs  
Demonstration, Observation, Adjusting, Instruction, Teaching.
- Anatomy & Physiology ~ 20 hrs  
Physical Body Systems and Structure, Subtle Energy Body (Chakras & Nadis)
- Philosophy & Ethics ~ 30 hrs  
Yoga Sutras, Yamas and Niyamas, Ethics for Yoga Teachers.
- Practicum ~ 10 hrs  
Student Teaching, Observation, Assisting in Class
- Electives ~ 15 hrs  
Drawn from other 5 categories:  
Classes & Workshops, Community Service and Prenatal-related studies.

Fee: \$2,700.00  
Course Length: 200 Hours

## Course 2

This course is for teachers who wish to teach prenatal yoga classes. Intensive Prenatal Yoga Teacher Training is for certified, experienced, new or instructors currently enrolled in another teacher training course. These hours of classroom instruction may be applied toward Yoga Alliance continuing education hours. This course is 10 hours.

Course 2: Sat. 1:00 pm - 6:00 pm AND  
Sun. 11:00 am - 4:00 pm  
(Both sessions required)

- Designing a Prenatal Yoga Class  
Developing Class Themes, Specializing For Class Needs, Sequencing Poses, Partner Work, Breathing and Relaxation Techniques and Pregnancy Vinyasa Flow Yoga/Ashtanga Yoga.
- Integrating Pregnant Women into Mainstream Yoga Classes  
Sequencing, Poses to Avoid and Why, Class Observation and Teaching.
- Asana Modification  
Practice will include Prop Use in Hatha Yoga and discussion/practice in various traditions of yoga for teaching to many levels of students and styles of yoga.
- Anatomy and Physiology  
Changes in each trimester, issues associated with high risk pregnancy, common complaints in pregnancy and why, multiples and fertility.

If you are seeking full Yoga Alliance Registration, please consider Course 1.

Fee: \$250.00  
Course Length: 10 Hours



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## Location & Dates

Location: Course 1 and Course 2 will be held at Namaskar Yoga Studio in Chicago at 3946 N. Southport (Near Irving Park Rd)

Visit [www.globalyogacenter.com](http://www.globalyogacenter.com) for class dates and more details or call (773) 719-6227

It's important to send in your application as soon as possible for Course 1 or Course 2 because there will be a phone interview to complete the application process.

The courses fill up quickly. We limit the classes to 15 students to ensure individualized attention and professionalism. It will be helpful to have your information from your application and we will keep you updated with the registration process and the upcoming dates for training courses.