



# Yoga Shala of San Antonio

*Ashtanga | Vinyasa | Kundalini*

## Professional Yoga Teacher Training

**Dates: November 29, 2010– March 12, 2011**

**Cost: \$2,250.00 (paid in advance )  
Or 5 payments of \$475.00**

200 Hour Level 1 Yoga Teacher training certification led by Rosella Rossi with guest faculty

100 hours/techniques training  
25 hours/teaching methodology  
20 hours/ Anatomy & Physiology  
30 hours/Yoga Philosophy  
25 Hours/Practicum

In order to receive certificate, students are required to

- Attend 10 bi-weekly workshops
- Attend 3 classes per week
- Assist 3 classes
- Observe 3 classes
- Self Study (min 2 hours per week)
- Self Practice (min 2 hours a week)
- Successfully pass the written test
- Teach 3 community classes at Yogashala

Required reading:

Light on Yoga by BKS Iyengar and Yoga Sutras of Patanjali (any commentary)



Rossella began her yoga studies in Italy in 1994 at the Kriya Yoga Institute. She continued studying for four years in her native Italy, including 2 years of study at the Sivananda Yoga School. In 1998 she moved to the United States, where she started teaching Yoga in the Sivananda tradition. Soon after she completed the teachers training course in Hatha Yoga at Synergy Yoga Center in Miami. Her love for movement led her to the Yoga Ashtanga System and to the Ashtanga Teacher Training. In 2000 she met Swami Bramavidyananda and studied yoga philosophy, relaxation, meditation and Pranayama for a year at the Ashram. This time had a profound impact in Rossella's practice and teaching. In the past few years she has attended workshops, seminars and studied with various inspiring teachers around the world. She also actively cultivates studies in nutrition and holistic health. She has been teaching classes, workshops and teacher training courses in United States, Europe, Central and South America. Her teaching experience since 1998 has created around Rossella respect for her knowledge as well as a devoted following.

FOR MORE INFORMATION ON ROSSELLA ROSSI, GO TO HER WEBSITE:

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

Register for training online at [www.yogashalasa.com](http://www.yogashalasa.com)  
Or call 496-9900