

DEEPEN YOUR YOGA

Simple Yoga Teacher Training

with Eric Stewart and Faculty

June 4-July 7, 2010

Modules 1-5, 200-Hour Certification

Solaluna Yoga, Oberlin, OH

“Eric Stewart’s Simple Yoga is at once the most challenging and nourishing yoga I have experienced. The depth it brings to yoga physiology and philosophy will prepare you not just to teach great yoga but to live your life.” – Nora Sharp, Chicago, IL, Writer

The Method of Simple Yoga

Simple Yoga is a method of teaching and learning that utilizes the power of small, centered actions to support larger transformation. The principles of Simple Yoga provide a reference for practice and learning that is efficient and aware, grounded in the support of the environment, breath and body. However, Simple Yoga is more than a technique—it is perspective. It is a way of seeing and relating to the world.



This training includes Modules 1-5 of the Simple Yoga curriculum and a 7-day yoga intensive, which qualify the student for 200-hour Yoga Alliance registry. Modules 1-5 offer in-depth study of:

- Asana and pranayama.
- Anatomy and physiology.
- Foundational texts and philosophical underpinnings of the yoga tradition.
- Principles of safe, effective assessment and adjustment.
- Class planning and sequencing.
- All within a framework of ethics and service.

The format of the training provides time and space to connect, to access the essence of yoga as a path.



Eric Stewart is the originator of Simple Yoga. He has taught yoga in the US and around the world for over a decade and is appreciated for his clear, creative instruction and sense of humor. Eric directs Solaluna Yoga studio in Oberlin, Ohio, teaches at Oberlin College and is registered as a teacher trainer with the Yoga Alliance.

Full Tuition: \$2200/\$1450 full-time students
\$250 deposit due by April 1, 2010
For pricing of individual modules or the intensive, and for full curriculum and logistical information, please contact Solaluna Yoga Studio
(440) 774-9642 or solalunainfo@gmail.com.



See back to read more about Eric Stewart’s teaching and training:

Eric is perhaps the most original, insightful, and unpretentious teacher I have ever met. He has a deep love of knowledge and a genuine gift for teaching, which he shares with generosity and joy. Through his teaching Eric offers profound expertise, respectful guidance, and broad compassion. Principles, concepts, and inspiration blend effortlessly with anatomy, technique, and experience to engage us completely with our present moment, mind and heart. Eric's lessons for me have been so subtle, so precise, and so appropriate that I know I can never forget them: they are with me almost every day, even years later.

- Chandler Yorkhall, NCTB, CP AOBTA
Instructor, Centerpoint School for Massage & Shiatsu Therapy, Minneapolis, MN

Whether one wants to become a teacher or deepen his or her yoga experience, the Simple Yoga training program provides an excellent foundation in all aspects of philosophy and practice. The depth and breadth of information covered goes beyond the scope of a standard yoga teacher training, especially with the program's approach to anatomy and physiology. The teacher training also uniquely balances complexity with simplicity. A high volume of material is covered, yet is presented in a way that encourages space, exploration, and creativity. With humor and warmth, Eric guides and supports participants every step of the way. I have gained so much confidence in my abilities because of the mentoring and feedback I have received from Eric and fellow participants. As a yoga teacher and health professional, this program has enhanced my teaching and practice in profound ways. I can approach teaching and life with creativity and an open heart.

- Nikki Rogers, MPT, RYT, Milan, OH

The Simple Yoga teacher training is built around profound knowledge of yoga and the body from the inside out. I am so happy that I waited for training that embodies knowledge, integrated to meet the central principles of yoga teaching. Having been a dance artist and professor for years, I care deeply about teaching that has depth and purpose. Eric Stewart, through his smart and compassionate Simple Yoga, does just that.

- Kora Radella, MFA, RYT, Kenyon, OH

The teacher training at Solaluna is one of the best ways to learn about the body. While Eric does not shy away from a technical understanding of tissues, organs, fluids, and bones, the training is structured such that you learn qualities of anatomy through physical experience - much more accessible than a lecture. The same is true of the more philosophical material. In that way, not only is the program at Solaluna beneficial if you are interested in teaching yoga, it is also beneficial if you are interested in being more engaged with your body, the life of your mind, and how the two are so intricately connected.

- Alison Meyers-Ohki, Oberlin College

Eric Stewart generously shares his wealth of understanding of the body with clarity & simplicity. Drawing on his deep affinity with nature & his love of music & sound, he offers imagery full of beauty & poetry. Studying with Eric fosters a sense of fun & lightness of spirit whilst also nourishing a thirst for knowledge. His simple teachings & practices, particularly pertaining to the breath, have become a constant resource, though which I am sustained.

- Jo Tytherleigh. Brighton, U.K.