



4628 Pitt Street, Duluth, Minnesota 55804  
www.YogaNorthDuluth.com  
218-722-9642 | 888-722-YOGA

“...every human being is responsible to make their life happy,  
and then to emanate that happiness to others.” — Swami Rama



yoga studies  
and  
teacher training

change the world,  
one pose at a time

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## our yoga studies and teacher training will provide you with...

- a thorough knowledge of postures and a comfort level in teaching and assisting postures in others
- a comprehensive knowledge of yogic philosophy and the ability to relate this understanding to life
- opportunities for you to leave with a much deeper understanding of yourself

enroll to deepen your practice, to deepen your learning, or to become a skilled and nationally certified yoga instructor

Your study is led by co-owners Deborah Adele and Ann Maxwell, Yoga North core faculty, and guest speakers.

**Deborah Adele, MA**, ERYT 500 is author of *The Yamas and Niyamas: Exploring Yoga's Ethical Practice*, an upcoming book on the Western mind, and two CDs.

**Ann Maxwell, MA**, RYT 500 is certified in Hatha Yoga, Yoga for Cancer Survivors, and Yoga Therapy.



Registered Yoga School



Registered Yoga School

Yoga North is licensed as a private career school with the Minnesota Office of Higher Education pursuant to Minnesota statutes, sections 141.21 to 141.32. Yoga North is a registered yoga school with Yoga Alliance.



## the 200-hour essential program

We support a systematic approach to your yoga practice in Body, Mind and Spirit. Our curriculum is tiered for progression in body, breath and yogic philosophy. The program includes six intensive weekends, one per month, and outside study and practicum work.

### for your body

We begin by supporting increased awareness and functionality of your body and then move into the alignment of classical asana.

#### curriculum includes:

- Pure Movement • Anatomy & Physiology
- Core Health • Hatha Postures & Leveling
- Structuring a Class • Props & Adjustments
- Inversions • Student Variance • Therapeutic Yoga
- Supporting Home Practice

### for your breath

We emphasize essential diaphragmatic breathing and support you in maintaining this breath throughout posture practice, meditation, and life.

#### curriculum includes:

- The Qualities of Breath • Yogic Breath Techniques
- The Mechanics of Breath • Bandhas

### for your life

We outline many of the yogic roadmaps and models of enlightenment to support your practical understanding and skillful living.

#### curriculum includes:

- Yoga's Ethical System: The Yamas & Niyamas
- The 8-fold Path • The Himalayan Tradition
- The Chakra System • Koshas • Kleshas
- Karma & Dharma • The Teacher-Student Relationship
- Polarity Mapping & Shadow • Sadhana
- Meditation • Prana-Vayus • Understanding the Mind
- Chanting, Mantra, and Sound • Ayurvedic Practices

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## the +300-hour advanced program

Our teacher training advanced program begins after completing a 200-hour program at Yoga North or another qualified yoga studio. We will deepen your study in body, breath, mind, and philosophy. The course includes eight intensive weekends, one per month, with additional home study and practicum work.

### for your body

We progress your asana awareness in both your personal practice and your teaching.

#### curriculum includes:

- Philosophy of Postures
- Increasing Core Stability and Awareness
- Exploring Function in the Largest Joints
- Functioning Backbends
- In depth Anatomy and Physiology
- Customizing Practice • Yoga & Therapy
- Aligning the Subtle Body

### for your breath

We dive deeper into the power, complexity, and subtlety of your breath.

#### curriculum includes:

- Advanced Breath Practices & Bandhas
- Agni Sara & Nauli

### for your life

We explore the philosophy and sacred texts of yoga. These teachings ground you in the history of yoga for your practice in everyday living and teaching.

#### curriculum includes:

- The History and Evolution of Yoga
- Wisdom of the Vedas and the Upanishads
- The Bhagavad-Gita • The Yoga Sutras • Wisdom of Tantra
- A History of Gurus, Teachings & Traditions
- Business Ethics • Silence & Stillness
- Teaching Meditation

Study with us in beautiful Duluth, Minnesota and find your true north.



## the 500-hour complete program

Make the commitment to yourself and finish your 200 and +300 hour trainings sequentially at Yoga North in our community. Sign up for the Complete Program in advance and receive additional discounts on tuition.

if you are ready to make a change in your life and the lives of others, apply today!

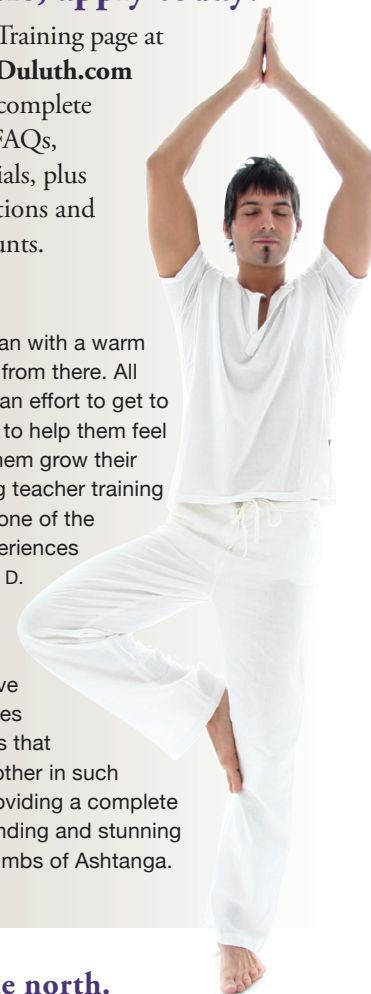
Visit our Teacher Training page at [www.YogaNorthDuluth.com](http://www.YogaNorthDuluth.com) where you'll find complete program details, FAQs, enrollment materials, plus payment plan options and registration discounts.



My experience began with a warm welcome and grew from there. All the teachers made an effort to get to know the students, to help them feel welcome, to help them grow their practice...Attending teacher training at Yoga North was one of the most profound experiences of my life." — SARA D.



The teachers all have such strong practices with natural focuses that complement each other in such beautiful ways...providing a complete overview, understanding and stunning examples of the 8 limbs of Ashtanga. — CHRISTA H.



the more you learn, the more beautiful the world becomes

# yoga studies and teacher training

why yoga?  
the freedom,  
the joy and  
the awakening

A physical, emotional and a spiritual pursuit, yoga is rooted in the belief that the body and the breath are intimately connected with the mind. The teachings of yoga come from those who have had the experience of freedom and wanted to share it with everyone. Yoga is an ancient science that welcomes all and provides a step-by-step systemic approach to personal evolution, social awakening and transformation.

In our over-busy and highly-stimulated world, yoga gives us the tools to stay centered in our thoughts, keep love in our hearts, and make clear choices in our lives. This grace has likely come into your life from an asana class; teacher training gives you the skills to bring grace into the lives of others.

why Yoga North?

the depth,  
the longevity and  
the commitment

Yoga North has been teaching and serving the region since 1996. Our program is for yoga practitioners who want to dive deeper and learn more. Whether you hope to someday teach yoga or simply know yourself in a new and profound way, our training will give you the skills to live a more joyful life. Our faculty is highly trained, continuously learning, and committed to your development as if it were their own.



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