

What makes this training unique?

The BSY Teacher Training Program is all about you. We will travel down this path together, not to mold you into something you are not, but to support you in becoming more fully yourself. The training will offer you multiple hands-on opportunities to practice and affirm the 8-limbed path. We are wholeheartedly committed to assisting you on your journey of self-exploration and discovery, as well as guiding you to develop a disciplined and healing personal practice. Come be a part of the most authentic, heart orientated, skillful and knowledgeable instructors in the world!!!

About the Instructor

Wendy Dahl, M.Ed., E-RYT is not only an Experienced Yoga Teacher (ERYT), and is also a certified teacher (grades 6–12). She has been trained to modify and differentiate instruction to accommodate a variety of learning styles. Wendy's philosophy is that if you can breathe, you can practice, and she believes in making yoga accessible to ALL populations under any condition. Wendy founded the BSY TT in 2007. She has trained hundreds of students in over 20 programs. BSY TT is a heart felt union between her belief in education, self-empowerment, deep healing and her passion of the inward journey.

Graduates Rave

"I owe much of who I am as a teacher today to Wendy—who is not only a gifted yogini, but also a wonderful teacher. She truly modeled for me how to live life on the mat and off; and, how to bring that knowledge to others. I learned the physical techniques as well as how to take students to a deeper level of self-exploration and peace." —Wendy C.

"Wendy lives her yoga. I learned as much from observing her interactions with others as I learned in the classroom." —Michael K.

"Wendy's knowledge of yoga and passion for life makes her Teacher Training very inspirational. I feel truly blessed to have taken this journey with such an insightful woman with high values and ethics. Through her enthusiasm I feel I can teach and inspire my students with love and compassion." —Nancy M.

Contact Us

Wendy Dahl, M.Ed., Director of Blue Sun Yoga
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*"Happiness is when what you think,
what you say and what you do are in harmony."
— Mahatma Gandhi*

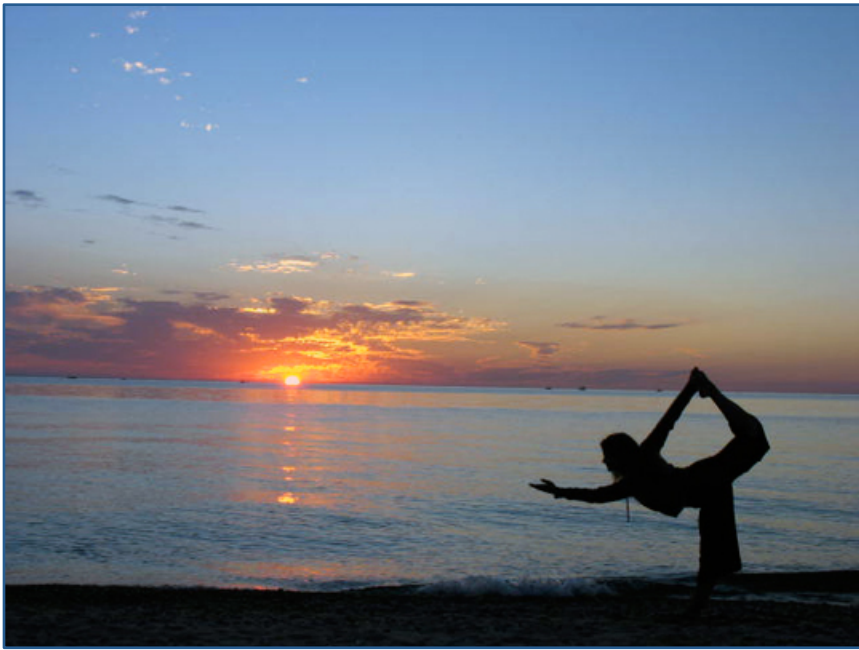


Blue Sun Yoga



September - January 2016/17

**Teacher Training and Practice Intensiv
With Wendy Dahl, M.Ed., E-RYT 500
&
Guest Teacher Holly Peckskamp CYT 200**



Get happy by finding balance and union in your life, connecting with yourself, feeling your gifts, and learning how to grace the world with your offerings!

The program will include comprehensive mentorship and support by Wendy and other instructors to assist you in your personal journey. The training will encourage you to discover, remember, and celebrate your personal blessings and all that you have to offer.









It is appropriate for yoga teachers, those preparing to teach yoga and those wanting to make a deeper commitment to self-exploration and discovery.









Blue Sun Yoga is a Registered Yoga School with the Yoga Alliance and consistent with the standards of the Yoga Alliance, RYT 200 hour level certificate. We all have something to offer, allow the BSY Teacher Training Program to support you in remembering and sharing your gifts.

Program Description

The BSY Teaching Training Program is aligned with the original teachings of yoga where the practice transcends the mat by viewing our daily life as a laboratory in which to embody and affirm the 8-limbed path. The training will begin with an in-depth study of the history and philosophies of yoga. You will immediately be inspired and supported to develop a yogic lifestyle represented in every pose of your life. You will begin sharing, offering and teaching from the first step. Through this program you will build the courage to ask the questions of your heart, develop the receptivity to listen, grow the strength to speak your truth and feel well versed in complimenting a variety of teaching methodologies with your authentic offering of vinyasa flow yoga.

A deeper commitment to the study of your self and to the path of yoga will be cultivated through the exploration of:

-  Accommodating ALL populations
-  Anatomy and Physiology
-  Alignment Principles
-  Gentle Yoga
-  Lifestyle Choices
-  Philosophy
-  Restorative
-  Vinyasa Flow Sequencing

-  Adjusting
-  Asana
-  Ethics
-  Home Practice
-  Meditation
-  Pranayama
-  Assisting
-  And Much More

Teacher Training Dates

September 16– 18, October 21–23, November 11-13, December 2- January 6-8 and 20-22.

The Friday sessions meet from 4 – 9 pm.
The Saturday and Sunday sessions meet from 8 am – 6 pm.

Practice Teaching Dates

(open studio time for practice teaching, times TBD)
October 1, November 5 and December 10

Students may attend any weekend as an immersion for continuing education credits or hours towards BSY certification.

Location

Lovelight Healing Center. 408 Center Street, Grayslake, IL, 60030

Price

\$2800 if paid in full or \$3000 on payment plan. A non-refundable \$3 deposit will secure your place.

This price includes all materials except required reading!
A list of required reading is provided at www.BlueSunYoga.com.

Register now by emailing wendy@bluesunyoga.com