

Lahari Ambassador Yoga

# RYT300 Modules

REGISTERED YOGA TEACHER  
TRAINING  
ONLINE COURSES





## Lahari Ambassador Yoga Online Options

### Study at your pace

Many of our courses are offered in online options helping your studies fit into your life, your schedule.

## Complete 300 hours

### Continue your journey.

Our RYT300 advanced modules can be completed in any order, at your own pace, even before you complete your initial RYT200 hours. Be ready to go deeper into yoga and learn the science, history, philosophy, and biomechanic anatomy of your practice.

Why should I complete my RYT300?

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# Self Care

Self-care takes many forms. Yoga has been scientifically proven to build strength, balance, and flexibility, but recent studies prove a daily practice of yoga significantly helps people cope with anxiety, depression, chronic pain, and illness.

There is a call for compassionate yoga leaders; perhaps this is your calling.





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# Courses

Donna Freeman, BEd,  
E-RYT® 500, RCYT®, YACEP®

Trauma Informed Yoga  
Conscious Awakening  
RCYT Kids Yoga - LEVEL I  
RCYT Kids Yoga - LEVEL II  
RCYT Kids Yoga - LEVEL III  
RCYT Kids Yoga - LEVEL IV  
Restorative and Nidra

Larissa Whiting, BScN,  
E-RYT® 500, YACEP®

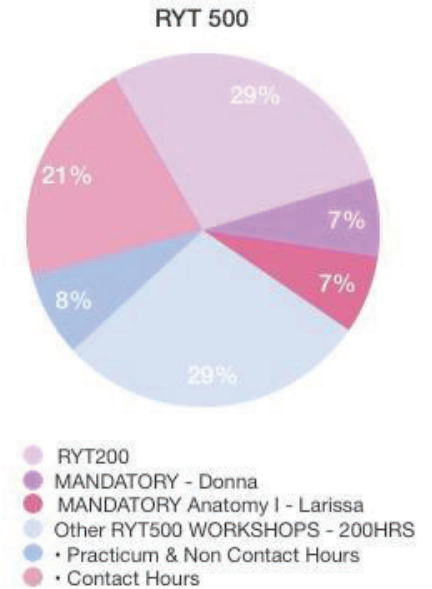
Advanced Anatomy I  
Advanced Anatomy II  
Going Deeper  
Science, History, Philosophy, & Practice I  
Science, History, Philosophy, & Practice II  
Science, History, Philosophy, & Practice III  
Kundalini  
Mudras and Mantras

# Session Topics

In most cases the title of the courses are self-explanatory. Expect to also learn a vast spectrum of topics, including an advanced understanding of personality, values, courage, purpose, Sat Nam, practice of yoga for living Samadhi, bliss, and enlightenment, advanced understanding of kundalini, energy, and the nervous system,

## RYT500 at LAHARI·AMBASSADOR·YOGA

RYT500 WORKSHOPS	
MANDATORY Trauma Informed Yoga	15
MANDATORY Conscious Awakening	15
MANDATORY RCYT - minimum one module of your choice:	
RCYT Kids Yoga - LEVEL I	20
RCYT Kids Yoga - LEVEL II	20
RCYT Kids Yoga - LEVEL III	20
RCYT Kids Yoga - LEVEL IV	20
Restorative Nidra	25
MANDATORY Advanced Anatomy I	50
Advanced Anatomy II	50
Going Deeper	50
Science, History, Philosophy, & Practice I	50
Science, History, Philosophy, & Practice II	50
Science, History, Philosophy, & Practice III	50
Kundalini	15
Mudras and Mantras	30
<b>TOTAL POSSIBLE HOURS</b>	<b>480</b>
<b>TOTAL MANDATORY HOURS</b>	<b>100</b>



## What is RYT300 vs RYT500?

Registered Yoga Teachers (RYT200) can further their advanced studies with 300 extra hours of training. Added together, the total designates Registered Yoga Teachers with a full 500 advanced hours (RYT500). We offer this course as your RYT300 advanced certification.

- Basic certification..... RYT200
- + Advanced certification..... RYT300
- = Full certification.....RYT500





## Educational Categories

Techniques, Training, & Practice  
Teaching Methodology  
Anatomy & Physiology  
Yoga Philosophy  
Lifestyle & Ethics  
Practicum hours



## YACEP® Educational Categories

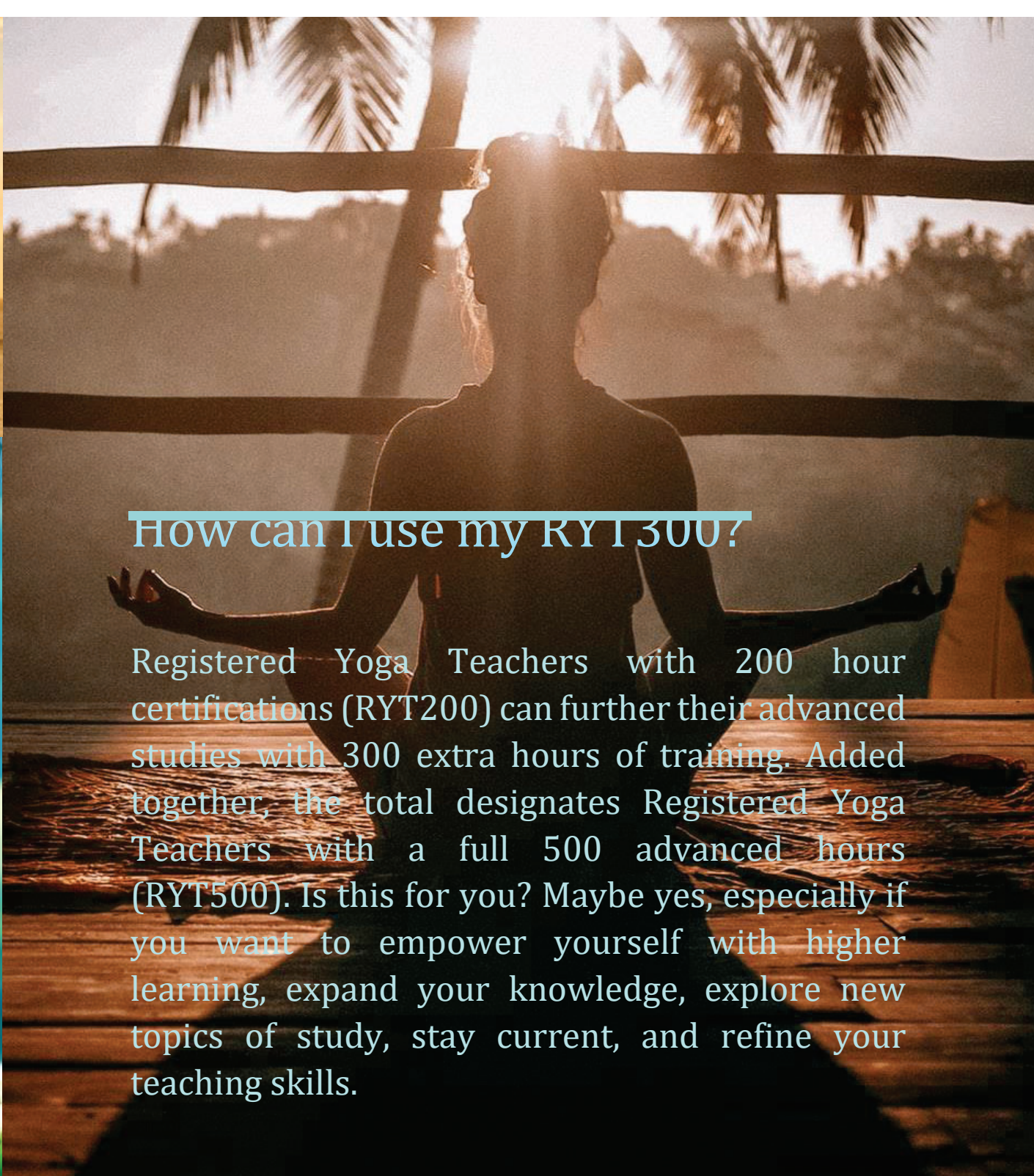
The Yoga Alliance lists descriptions for the educational categories needed to qualify for your Yoga Alliance Continuing Education Provider® (YACEP) designation. Techniques, Training, & Practice, Teaching Methodology, Anatomy & Physiology, Yoga Philosophy, and Lifestyle & Ethics.

# Learning Objectives

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Students will be able to effectively **explain** the science, history, and philosophy of advanced practice, **demonstrate** a deeper understanding of the biomechanics and physiology of yoga anatomy, articulately **describe** the path to enlightenment, bliss, samadhi, and flow, and **manifest** leadership, compassion, and knowledge in their practicums and lesson plans.





## How can I use my RYT 300?

Registered Yoga Teachers with 200 hour certifications (RYT200) can further their advanced studies with 300 extra hours of training. Added together, the total designates Registered Yoga Teachers with a full 500 advanced hours (RYT500). Is this for you? Maybe yes, especially if you want to empower yourself with higher learning, expand your knowledge, explore new topics of study, stay current, and refine your teaching skills.

# BOOK NOW

## Donna Freeman, BEd, E-RYT500, RCYT, YACEP:

Trauma Informed Yoga - 15HRS

Conscious Awakening - 15HRS

RCYT Kids Yoga - LEVEL I - 20HRS

RCYT Kids Yoga - LEVEL II - 20HRS

RCYT Kids Yoga - Teens - 20HRS

RCYT Kids Yoga - Special Needs - 20HRS

Restorative Yoga Nidra - 25 HRS

Contact Donna below for pricing and online options:

[donnakfreeman3@gmail.com](mailto:donnakfreeman3@gmail.com)

## Larissa Whiting, BScN, E-RYT500, YACEP:

Advanced Anatomy I - 50HRS

Advanced Anatomy II - 50HRS

Going Deeper - 50HRS

Science, History, Philosophy, & Practice I - 50HRS

Science, History, Philosophy, & Practice II - 50HRS

Science, History, Philosophy, & Practice III - 50HRS

Kundalini

Mudras and Mantras

Contact Larissa below for pricing and online options:

[LahariYoga.ca@gmail.com](mailto:LahariYoga.ca@gmail.com)

