

NEWS RELEASE

Wilfrid Laurier
University



Yoga teacher training latest offering from continuing education

Course covers techniques, methodology, philosophy, ethics and lifestyle for yoga enthusiasts

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WATERLOO – Laurier is offering yoga enthusiasts the opportunity to become certified instructors in the holistic system of self-development. The office of part-time studies, distance and continuing education is launching a yoga teacher training program this fall for people interested in leading others in yoga activities.

Denise Davis-Gains has been training yoga teachers for six years and will teach the 40-week, 200-hour course. Currently a part-time instructor with Laurier's kinesiology and physical education department, Davis-Gains has been studying meditation for over 20 years and is trained in the Kripalu method of yoga, which incorporates vinyasa flow and postural analysis.

"We are very pleased to be able to offer this yoga teacher training program and equally pleased to have it led by one of our own faculty members," said Lisa Fanjoy, continuing education co-ordinator. "The practice of yoga is growing so quickly that a teacher training program can only serve to increase the number of participants."

The program meets the standards of the Federation of Ontario Yoga Teachers and the guidelines of the International Yoga Alliance. Students will study techniques, teaching methodology, lifestyle and ethics, and the program includes student teaching, observing and assisting classes taught by others.

Students must have at least six month's experience practicing yoga to be admitted to the program. The cost of the program is \$2,300, including all taxes. The program will run from September to June 2004.

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