



Energy Yoga & Wellness LLC

11402 NW 41 St, Suite 225

Doral, FL 33178

Welcome to our 2023 200 & 300 Hour Spring Class!

We are pleased to let you know that you have been accepted into our Energy Yoga, Yoga Alliance Certified, Program to become a yoga teacher, advancing your teaching level or just to enrich your knowledge.

I am certain this course will help you grow positively in so many areas of your life. Whether you are taking the course to become a teacher, or just to deepen your practice, this program will help to boost your confidence, self-esteem and give you amazing tools for better managing the stresses of life. In past classes the bonds that classmates have developed, have been strong, supportive and hopefully life lasting.

I wanted to send you a welcome email to help get you prepared for our upcoming class: Saturday Feb 11th @1PM. The course will begin at my home in Doral Palms Estates (5440 NW 104 Ct, Doral, FL 33178) – Enter the gate on NW 102nd Ave, just south of 58th St, North or Morgan Levy Park, as a GPS may take you to a homeowner only gate.

What should I do next?

- Log into our class web page: <https://energyyoga.com/teacher-training-resources/2023-spring-teacher-training-class> (password is namaste305). This is where we will be posting important information during the course.
- If you have not made your first partial payment to hold your spot and lock in the early bird pricing, please make the \$350 payment ASAP.
- When you register for the 200 hour course you will receive a complimentary 3-Month Unlimited Access Pass that you can begin using whenever you would like at the center to take yoga and meditation classes.
- If you have a current membership with EY, please let me know when you would like to pause it, in order to begin using your Complimentary Pass.
- If you have not picked a copy of our textbook: “The Path of Light” please see me at the center. Please begin reading chapters 1-4 before our first class. You can also download it: https://www.amazon.com/Path-Light-practice-becoming-teacher-ebook-dp-B07SFXH6L5/dp/B07SFXH6L5/ref=mt_kindle?encoding=UTF8&me=&qid=
- Purchase the following additional books that we will be using either in paper (new or used) or electronic form:
- The Yoga Sutras of Patanjali (Satchidananda): https://www.amazon.com/Yoga-Sutras-Patanjali-Swami-Satchidananda/dp/1938477073/ref=sr_1_3?keywords=yoga+sutras&qid=1562351175&s=gateway&sr=8-3
- The Bhagavad Gita (Stephen Mitchell): https://www.amazon.com/Bhagavad-Gita-Translation-Stephen-Mitchell/dp/0609810340/ref=sr_1_2?ie=UTF8&qid=1469709265&sr=8-2&keywords=bhagavad+gita



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Once classes begin:

- Please park on the street and not on the grass in front of my home. Security can be difficult.
- Out of respect for your classmates, please be on time for all classes. We start on time.
- Bring a calendar to the first class. We will plan the future dates and times that work best for the group at the first class.
- We highly recommend perfect attendance, but if you miss more than two classes you will be required to retake the course.
- Wear comfortable clothes to classes at my home and yoga attire along with your mat for classes at the studio.
- The first two classes will be lecture and group exercises so you will not need a yoga mat or yoga attire.
- Feel free to bring anything you wish to eat/drink or share during class breaks with your classmates.
- We will have water, tea and coffee available during classes at my home.

I can't wait, it will be a fun adventure and journey of self-discovery and personal growth...

Here is our proposed class subjects, we will decide on the dates during our first class.

Subject	Date
The History of Yoga	Saturday, February 11 th , 2023
The Three Bodies / Chakra / The Bandhas	
Alternative Medicine / Anatomy & Physiology / Common Ailments	
Biomechanics of Anatomy & Physiology	
Mental Health	
Asanas	
Pranayama	
Acro Yoga / Partner Yoga / Thai Massage	
Asana Sequencing Practice	
Meditation	
The Profession of Yoga	
Specialized Yoga for Different Populations	
Graduation	



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See you Saturday!

David Scott Yglesias

David Scott Yglesias
E-RYT-500, LMT, Kinesiologist, President
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