



Energy Yoga & Wellness LLC

11402 NW 41 St, Suite 225
Doral, FL 33178

Welcome to our 2023 200 Hour Fall 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 August 12th @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-fall-200-hour-class> (password: namaste). 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



Energy Yoga & Wellness LLC

11402 NW 41 St, Suite 225
Doral, FL 33178

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 lectures 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, August 12th, 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	



Energy Yoga & Wellness LLC
11402 NW 41 St, Suite 225
Doral, FL 33178

David Scott Yglesias

David Scott Yglesias
E-RYT-500, LMT, Kinesiologist, President
Energy Yoga & Wellness LLC
(305) 562-7051

