

## **CLAYTON YOGA WELCOME LETTER**

Imagine getting Yoga Alliance certificated in and being ready to teach anywhere in the world? This Clayton Yoga teacher training program includes the best quality instruction available in the industry today.

Our training course is based on providing you with tools to expand your spirit, dissolve layers of tension, and find your **authentic voice**. A training course with Clayton Yoga's Teacher Training Program will give you the courage and expertise in different modalities including breath, anatomy, adjustments, sequences, sanskrit, and meditation. Clayton Yoga's Teacher Training Program has so far graduated over 370 students and completed over 18 trainings.

Whether your class is set in a vacation spot, a corporate building, or a fitness gym, you will learn to be a lighthouse for others and turn ho-hum yoga classes into extraordinary opportunities to create more synergy, creativity, and fun.

“Since this training started, I am more committed to yoga and I feel yoga has become more committed to me. I am calmer during ‘storms’, I am mindful more hours of the day, my sleep is deeper, I remember dreams. I am teaching six classes a week, my students are varied in age, experience, gender, and I get positive feedback from them”

Cheri Baily, Owner, Be Well Now Yoga Studio, Alton, IL

Growing up playing tennis competitions, I learned how to **persevere**

and work hard in order to succeed. At one time, I was even top ranked in Ireland and Florida. Tennis being highly competitive was not my passion. At the age of 26, I took my first Yoga class and absolutely loved the instructor's passionate energy. I went on to find that a regular practice of Yoga has empowered me in to take baby steps into every difficult area of my life and find new levels of success and joy.

For 15 years, I have taught Vinyasa yoga, and I find that Vinyasa is the best way to combines yoga breath with sacred movement and bring the **mind and body into balance**. I will playfully set your spirit free, expand your courage and bring a lifetime of confidence in developing your unique yoga practice. Creating and sharing a healthy supportive, yet challenging environment for my students results in their empowerment to find **bliss, self-expansion and inner confidence**. Each teacher training day will challenge you to move more and find your full potential and creative possibility.

I teach Vinyasa yoga to both **corporate clients and yoga studio visitors** and am pleased to say this style of yoga is one of the fastest growing styles of yoga. Vinyasa yoga supports the student to find his or her own edge. These teacher training courses are offered in small groups to ensure you receive excellent personal attention. I feel most confident in giving you a very flexible framework that you can use for your own yoga business.

The location of this training is in Clayton, Missouri, a beautiful upscale dining and financial district. During your lunch break, choose from a wide array of local restaurants all walking distance from the yoga studio including Chipotle, McCalister's, Pomme, Bocci, and Coastal. Each

morning at 7am, we begin with **restorative and yin yoga**. For your mid-morning break, Starbuck's or Panera Bread Co. will serve breakfast and coffee. Then we will begin the practice **Ashtanga and Vinyasa** addressing, specific basic, versatile, building blocks of yoga postures, discussing the key anatomical points and modification for each pose. To further support you in your unique develop, each person will enjoy working with a yoga buddy.

If you sign up for this course, we will also offer you the bonus package of:

- **Two Yoga Music CD's** for slow and faster all level yoga classes
- **6 Take home CD lectures** from world reknown experts in the field of holistic medicine, breathing and the virtues of living a more healthy positive lifestyle.
- You will also receive a **bonus of a complimentary 45 minute coaching call** with Judit Mueller (valued at \$150). Judit will show you how to market yourself with confidence and ease.

At the end of the course, you will receive a **certificate from Yoga Alliance** and you will be registered with Yoga Alliance on their website as a registered **200 hour Yoga Instructor**. You will need to complete a separate form and submit it to Yoga Alliance along with your diploma, which you will receive on your last day of training. There will not be a formal exam, but you are required to complete the necessary preliminary homework. With this certification, you are able to teach yoga anywhere **throughout the world**, open your very own yoga studio and teach in any corporate setting.

We hope to see you with us for this fabulous lifetime experience

soon. Please see additional testimonials below. If you have any questions or need more information, please contact us.

**Namaste,**

**Michelle Maue**

**Founder of Clayton Yoga**

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## Testimonials

“The focus and mastery of breathing in this training course and the breath as the central vehicle for uniting the physical body with the mind and spirit and the peace and tranquility that it achieves will fundamentally change my outlook on life”.

Rampersad Motilal, President of South Trinidad Chamber of Industry and Commerce

“Michelle has created a program that doesn't only teach yoga asanas but sheds light on the realities of life. I have my own personal issues which I am learning to deal with smartly all because of this group. They offered me the greatest advice, and a genuinely supportive atmosphere to feel great again”.

Trudy Stanilaus, Grenada, UNFCC, International Youth Program

“Michelle is a wonderful teacher who really gives her heart and soul into teaching her students. I am fortunate to have had her as my instructor”

Wendy Bertucci, Owner, Laluna Boutique Hotel + Spa



