

# Shanti Yoga

## Fall 2019 Teacher Training



*It will transform your life*



### Contact:

Jodi Petlin at 406.862.1885

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

[shantiyogamontana.com](http://shantiyogamontana.com)

TURN

**Yoga Alliance Registered  
2019-2020 Program  
Whitefish, Montana**

200 hour in-depth study  
For current & aspiring teachers  
and committed students

### Previous participants ~

*The overall experience was expansion. Everything got bigger ... my heart, my mind, my practice, and my overall knowledge of Yoga. This course opened up a new way of being for me. — Jenny V. M.*

*I can say with complete and utter joy that this training has changed my life. I'm leaving this course with an entirely new set of skills, a deeper understanding of myself and my body, confidence and excitement to share the gift of Yoga, and many new friendships. — Aimee R.*



# Namaste!

## Welcome to Whitefish, Montana's 200-hour Yoga Teacher Certification.

You're invited to join us for this unique and dynamic program designed for current and aspiring teachers and committed students wishing to deepen their commitment to the yogic path.

You will uncover the more subtle layers of your own gifts and wisdom and learn how to translate them into your practice and your life.

This nine weekend course is intended to deepen each student's personal practice and to establish a strong foundation for continued growth.

The 200-hour training meets the requirements endorsed by Yoga Alliance and includes an emphasis on Hatha Yoga techniques and practices, yoga philosophy and lifestyle, functional anatomy and physiology, teaching methodology, practical teaching experience, and methods for personal transformation.

## Course Meeting Schedule (9 weekends):

**2019** September 20-22  
October 11-13  
October 25-27  
November 15-17  
December 13-15

**2020** January 10-12  
January 31-February 2  
February 21-23  
March 20-22

## Weekend Schedule:

**Friday: 5-9 pm**  
**Saturday: 9 am-1pm & 2-6 pm**  
**Sunday: 9 am-1pm & 2-6 pm**

The schedule is the same for each weekend, though content will vary from month to month. Total contact training time is 180 hours.

An additional 20 hours of pre-approved home assignments (non-contact hours) is required, and will be outlined during the first weekend.

We will also have guest teachers, including an anatomy module.



## Instructor:

Jodi Petlin opened Shanti Yoga in Whitefish, MT in 2006.

She began practicing yoga over 20 years ago to bring balance to her

high pressure corporate life as a senior executive of a large record company in NYC. In discovering the profound health-enhancing benefits of yoga, she was inspired to make a life change.

Jodi completed her Masters Degree in Spiritual Psychology, became a certified career and life coach and completed her original yoga training at Yoga Works.

Jodi co-created and led the first 200 hour (Yoga Alliance registered) yoga teacher training program in Whitefish, Montana and leads national and international retreats and workshops.

Jodi has a unique ability to develop practices adapted to the needs of the individual. Her intention in teaching others, as well as in her own practice, is to develop greater levels of awareness for living a deeper and more integral life.

## Training Location:

Shanti Yoga Studio  
235 Central Avenue  
Whitefish, MT 59937

## Contact Information:

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jodipetlin@gmail.com

## Registration Process

An application form is required to be considered for the program which can be downloaded from [shantiyogamontana.com](http://shantiyogamontana.com) under Teacher Training. Please complete all questions on the application form.

Additionally, a \$300 non-refundable deposit is required to register and will be applied to the full amount.

## Mail the completed/signed application with your \$300 deposit to:

Jodi Petlin  
PO Box 5303  
Whitefish, Montana 59937

## Tuition Payment Options

### Early Bird Investment: \$3,395

- Full payment due by May 31, 2019

### Regular Investment: \$3,695

- Full payment due by August 2, 2019

### Payment Plan Investment: \$4,200

- \$2,100 is due by August 5, 2019
- The remaining \$2,100 is paid on a preapproved schedule in four payments of \$525 each.
- A signed promissory note is required and provided by Shanti Yoga.
- Contact Jodi for further information.

## Cancellation Policy

- A \$300 non-refundable deposit is required to register.
- If cancellation is made by August 23, 2019, you will be refunded your full payment, minus the non-refundable deposit.
- If cancellation is made after August 23, 2019 you will be refunded 50% of your payment, minus the non-refundable deposit.
- No refunds will be made after September 12, 2019.



shanti  
yoga studio