

# weekend intensives yoga study

*Community-based, non-competitive, whole-hearted yoga.*



## Option 1

### *200HOUR GROUP YOGA STUDY*

*Full course/group study commitment*

A commitment to a Yoga Study course is a life-enhancing experience for all levels of students. Our emphasis on creating community provides support for self-development and building confidence. If your intention is to complete our full 200-hour course, you attend both Spring and Fall intensives (eight weekends) and independent study assignments in between. Your decision to commit to, and pre-pay for, four weekends in advance gives you a discount.

**COST: Four weekends for \$1,400 (\$350 each).** See other side for details.

## Option 2

### *INDIVIDUAL WEEKENDS*

*Independent track self-development*

The region's most talented, qualified teachers present at Weekend Intensives and events are open to everyone. Weekends are jam-packed with yoga information, practice, energy, excitement, heartfelt experiences. A friendly learning community welcomes you to join us on a per weekend basis. After participating in a yoga study weekend you are eligible for Independent Track. This allows you to complete the full 200-hour course, at your own pace, by documenting participation in Sun Moon trainings and events.

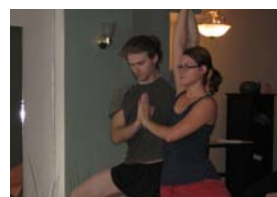
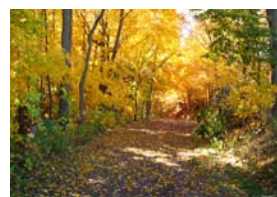
**COST: \$375 per weekend**—No application or deposit required.

## Curriculum

Sun Moon Yoga Weekend Intensives do not promote one particular lineage or type of yoga. Many styles of yoga are explored and experienced through guest instructors and workshops. Material covered includes: Anatomy and physiology; sequencing asanas, meditation, creating a home practice, the chakras, history of yoga, and contemporary scientific research. Unique to our program is an emphasis on self-development and creating and building community. Sun Moon Yoga Weekend Intensives are not appropriate for individuals with minimal yoga experience. Curriculum standards: [yogaalliance.org](http://yogaalliance.org); weekend event details at [sunmoonyogastudios.com](http://sunmoonyogastudios.com).

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## History

Sun Moon Weekend Intensives Yoga Study was developed more than eight years ago because our staff teachers were so enthusiastic about studying yoga. We opened our staff workshops and events to others and wonderful people from Minnesota, Iowa, Nebraska, South Dakota and Wisconsin commuted to Mankato to study with us. We combined our challenging study of the asanas with activities to encourage personal growth, reflection and processing and Sun Moon Weekend Intensives Yoga Study was born.

## Director

My name is Mona Cenicerros. Following completion of a Master's Degree in Community Health from Minnesota State University, Mankato, I envisioned Sun Moon Yoga to be a regional community



health resource. With the support of the decades deep Mankato yoga community, and help of gifted teachers, we have promoted health benefits of yoga lifestyle with self-development programs for all levels of participants. We offer opportunities to learn about the many facets of yoga within a

supportive community of experienced teachers and fellow students that are the heart of our approach. For nearly a decade, with a consistent high level of quality, we have provided to participants the foundational yoga experiences that are essential to the understanding of yoga.



## Sun Moon Yoga Weekend Intensives

### Financial Arrangements

A deposit of \$100 is required with your Yoga Study application—the balance covers four weekends and is due at the first meeting. **Cost:** \$1,400 (if \$100 deposit paid, \$1,300). **Per Week-end participants:** \$375 per weekend (totals \$1,500). Sun Moon Yoga does not accept credit cards, and per weekend payment is our only payment plan. Deposits are completely refunded up to one week prior to the course beginning; and credited for future workshops after that.

### Makeup Policy

If you have committed to a Spring or Fall intensive and are unable to attend one weekend of the four you can make up your hours at a variety of Sun Moon events (space available basis). For details on events see our regional calendar at [sunmoonyogastudios.com](http://sunmoonyogastudios.com). **Make-up fee: \$50**

### UPCOMING DATES:

## spring class 2011

(Four Weekends—100 Hours—\$1,400)  
March 25–27 • April 15–17  
May 13–15 • June 10–12

## fall class 2011

(Four Weekends—100 Hours—\$1,400)  
September 16–18 • October 14–16  
November 4–6 • December 2–4

