



RADIANCE YOGA & LIFESTYLE SCHOOL

YOGA TEACHER TRAINING – CYA200

Lana Boyuk, School Director



Testimonial from Julie Zulich

Radiance Yoga Teacher Training Graduate, September 2017

"This training gave me a renewed way of approaching my life. It was much more than I had anticipated it to be in that it set me up to live a better version of my life. At the start, I truly had no desire, nor did I think it would be possible for me to actually be able to teach a yoga class. Not only can I teach after this training, but I am teaching. It was a well-planned and organized program. Not only did we do an in-depth dive into the many asanas, but more importantly at least for me, was the fact that we were pushed to dig deep into ourselves, reflecting on what and how we were changing. I felt I was given some beautiful guidance as well as tools to learn more about myself and how the practice of yoga was meant to enhance this journey called life.

It was no doubt much more of a commitment than I had anticipated, and Lana held us to task, wanting us to experience the full benefit this transformative process had to offer. Lana has a way about her that exudes confidence with nurture. She makes you feel safe even when you are vulnerable. Lana created a safe and engaging space where a group of women who had not known each other previously and had very different lives and circumstance yet were able to remove the labels and judgements and become so trusting and supporting of one another as we transformed ourselves through the many wonderful and sometimes unexpected challenges that this yoga journey took us on.

I am happy that we had the opportunity to give a testimonial and I am proud to call Lana not only my teacher and guide, but also my friend. She is a tremendously wise teacher, always prepared to give of herself, to open and be honest with you and make you feel safe to do the same. If you are ready to make positive and lasting change in your life, you are in very experienced and talented hands."

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CYA-RYS 300

LANA BOYUK ~ RADIANCE YOGA & LIFESTYLE

CYA-200hr – Hatha Yoga Teacher Training & Mentorship

SPRING TRAINING: MARCH – JUNE 2019

An apprenticeship is when someone is in a state or condition of learning from a master in a field. The apprenticeship offers you the opportunity to learn about yoga, how to live an inspiring, balanced and intuitive-based life, and how to then teach from that place of heightened awareness.

When one becomes an apprentice, they commit to studying with a master in their chosen field. The student is open and receptive to exploring all areas of their studies that will sculpt them into their most *adept, knowledgeable, competent craftsman*. The student is dedicated to investing the time, energy, and full presence that will prepare them to confidently share their trade in the world.

In addition to studying with some of the greatest teachers in the world, I was blessed to be supported by, and learn from, 2 of Sudbury's pioneering women of yoga: *Jennifer Wilson and Willa Paterson*. We were 3 of only 5 skilled yoga teachers in a 3-hour radius for nearly a decade, sharing thousands of masterful teaching hours with each other in a variety of styles of yoga. We held each other to high standards of integrity and truth, on and off the mat, while patiently waiting for our city to awaken to the fundamental benefits of yoga, which is now a booming industry in the North.

When you are selected as one of my apprentice's, you will be receiving a master-level training; that which encompasses the scope of the *mind, body, emotions, and spirit*. **You will be tapping into:**

- . My 7-years as **Owner & Director of Sudbury's FIRST Yoga Studio**, which is spoken of in a highly and respectful way, even to this day.
- . My over **10,000 hours of hands-on teaching** to thousands of students.
- . **1000 + hours** leading international retreats, workshops, intensives, and trainings.
- . **Over 19 years of study with world-renowned** yoga teachers and lifestyle specialists in: Yoga Therapy, Life Coaching, Shamanism, EFT – Emotional Freedom Technique, Chakras, Ecstatic Dance, and, Tantra. **Some teachers include:** *Shiva Rea, Seane Corn, Rodney Yee, Anodea Judith, 3HO – Kundalini Organization, David Deida, Gabrielle Roth, Parashakti, and, others.*
- . **25 years of self-exploration and practice** in the areas of yoga and personal development.
- . **My yoga apprenticeship is unique** in that I limit my group size to **10-STUDENTS** so that each student is able to fulfill her or his own personal goals for a yoga teacher training
- . Simply put, **you are investing in my 20+ Years of Expertise.** Learn how I anchor, align and connect myself in a way that supports my living & teaching from grace and intuition.

MY YOGA JOURNEY:

Yoga chose me, and I am thankful that I was wise enough to let it lead me to my wholeness; that place where inner-calm, surrender, clarity, confidence and more graceful living have birthed from.

It was 1999. I was a single mom to 2 young boys and an entrepreneur. I was the founder, creator, designer, marketer and sole-owner of a nationally recognized aromatherapy body care line called, Asherah Soul & Body Soothers. ***I was mentally, emotionally, and physically stressed; desperately needing personal healing.***

As it is for many of us, I was masterful at helping others get well, but, when it came time to my own self-care, I didn't know how to make me a priority. This is when I discovered a gorgeous yoga video called – *Yoga, Mind & Body with Eric Schiffmann*, which my body naturally aligned with. This video offered me an integrative practice that inspired me, offering me a sense of hope, clarity, and, connection to something bigger than myself; *that which would ready me for committed loving self-care and greater service in the world.*

In 2001, I went to Quebec for my first month-long yoga teacher training. From that day, my life was permanently altered. After training I released my aromatherapy business, even though I had a large debt, and vowed to learn how to cope with the difficult history I'd had, become a healthy mother, and, be better able to guide others from a place of honor and integrity.

In 2004, I purchased Sudbury's first Yoga Studio – OM Yoga Space, *(later to become Manipura Yoga Studio)* from my dear friend and colleague, *Jennifer Wilson*. Jen and I were the first modern women of Yoga in Sudbury, making high quality, traditional yoga available to people in the North.

At that time, yoga was not a trend, and very few people practiced. I believed in the powerful healing that yoga offered to me and my students, so, I continued to persevere through the highs and lows, learning to become a more competent, confident, and giving teacher with those who entrusted me. This is also what catalyzed my becoming a Holistic Life Coach in 2004. When I integrated this craft into my skills, I was able to guide, mentor and support students of yoga on and off the mat; teaching yoga as a lifestyle.

I know that my personal path of study and self-awareness has made me a better mother, friend, teacher, coach, and, educator, and is what inspires me to impart high-quality teachings during your apprenticeship with me. **The WORLD NEEDS** healthy, self-aware, competent, and compassionate yoga teachers that have integrity; ***that are LIVING THEIR YOGA on and off the mat.*** This is also why there is an application process. I need to know that you are *committed to discovering your inner wise-teacher; that who knows that what they authentically have to offer may be of importance, but, does not lead from a place of self-importance.*



If I have ever taught, educated, or, coached you, you know of my ***intuitive gift for extracting your best self,*** of reminding you of your Radiance, and, for guiding you towards becoming an authentic, heart-centered, and inspiring teacher that you're proud of. I promise to do my best to lead you deeper into a relationship with this wise inner-guide.

I see You. I honor You. I am Invested in You!

With love, Lana xo

This Yoga Teacher Training is unique. It is so much more than a yoga teacher training that readies you for registration with the **Canadian Yoga Alliance, an inclusive yoga registry.** This training guides you step-by-step through the process of discovering your own unique expression and style of yoga, supporting you as you come to know the teacher already within you. It is a lifestyle training and mentorship; *a training in self-discovery, personal empowerment, deep self care, and authenticity.*

It is designed to strip down the barriers you have spent a lifetime building. ***I will use intuition-inspired asana, felt-sensory awareness, experiential philosophy, meditation, pranayama, self-inquiry, and, powerful mental and emotional life coaching exercises to train you to become a yoga teacher;*** not just a teacher of postures, *but how to develop healthy yogic lifestyle habits.*

If you choose to join me, you will be choosing to become part of a family, a family that goes far beyond the short 200hrs of the training. *I offer continuing education, holistic lifestyle certification, retreats, and, amazing coaching support.*

I understand that the training is just the beginning of your journey, a journey that I am here to support, no matter where it takes you. By joining my 200-hour Yoga Teacher Training & Mentorship, ***you are signing up to experience yourself in a new way.***

“Lana has been a leader in both Yoga and holistic health education for as long as I’ve known her. She has initiated and sustained yoga programs, owned a local studio, led retreats both locally and abroad and been a mentor and spiritual advisor to many up and coming teachers and students.

Lana is an expert in the field of yoga, she is a motivator and one who really cares.

Because of Lana’s good judgement and her visionary capacity, I would highly recommend her and stand behind her as a Yoga Teacher Trainer and /or any leadership facilitator.”

Jennifer Wilson, Owner – MYoga Studios Ltd.

EXAMPLES OF PERSONAL SELF-INQUIRY & COACHING EXERCISES THAT I WILL INTEGRATE:

Who are you authentically, without your personas and masks?

What unique gifts are you here to share with your students, etc., that move and inspire you?

Why do you self-sabotage when things are going well?

Where do you need to be more accountable in order to live a more balanced and rewarding life based on personal integrity?

How will you integrate fundamental, holistic self care into your life, consistently and unapologetically?

When will you bravely let go of your historical pain-stories so that your true courage and vulnerability may lead your life?

WHAT WILL YOU GAIN FROM YOUR YOGA TEACHER TRAINING & MENTORSHIP?

This program is life-transforming and is for everyone. Whether you are interested in becoming a teacher or wanting to deepen your practice and knowledge and teaching abilities.

Upon the completion of this transformative course you will become a Certified Hatha Yoga Instructor and qualify to apply as a Registered Yoga Teacher (CYA200) at the 200hr level by Canadian Yoga Alliance.

Throughout this 200 + hour program, you will become part of a supportive, kind, and compassionate yogic community who will share this deep experience into the teachings with you. Taking the time to meet over 7 weekends with manageable hours allows you to integrate the teachings gracefully into your daily life while respecting your personal, family and work obligations.

During this training, you will be supported consistently. One of the most profound gifts of working in small, intimate gatherings such as this apprenticeship, is that it establishes deep soul-bonds. You are cultivating your *karass; those who will feed you spirit and soul.*

In this training, you will gain the fundamental skills to begin a career as a confident, heart-based, caring, and successful Yoga Teacher. You will learn how to teach Hatha Yoga with a further specialization in chakra yoga. Hatha Yoga is the umbrella term that covers most forms of yoga that are recognized in the world today. At Radiance Yoga & Lifestyle School, we study yoga as a conscious attunement to physical alignment while tracking breath and sensation as a path toward concentration, focus, and deep integration.

Radiance CYA 200-Hr Yoga Teacher Training is at its core, a *multidimensional* course. I underscore the importance of recognizing and welcoming all dimensions (*the yoga concept of koshas or layers*) of ourselves in order to heal and grow. I take the traditional yogic concept of "koshas" (*layers of the self*) a step further by including the 5-elements (*earth, water, air, fire, ether*) as an inseparable extension of ourselves. I hold that the fundamental awareness and integration of the elements, and our intuition, are inextricably linked. When we anchor, align and connect with these ancient teachings, we can learn how to find balance; *that place between effort and surrender.*

"Deepening your knowledge of asana, yoga philosophy, meditation and inquiry under the tutelage of Lana Boyuk, will ignite your passion to the practice and feed your desire to be in full expression of your unique style.

The hours of immersive training will prepare you for your path as an enlightened and radiant teacher. Her larger than life presence and her skillful approach to the art of holistic healing will be a perfect place to intensify and grow as a practitioner and a yoga teacher."

Natalie Tissot, Senior Teacher – MYoga Studios Ltd., Sudbury ON

RADIANCE ~ HATHA YOGA FOUNDATIONS CURRICULUM: **Includes a Final Exam*

Asana Techniques & Teaching Methods: includes an introduction to Yin, Chakra & Kundalini Yoga. During the foundation part of the course you will experience, journal about, and learn in detail 40 basic yoga poses (presented in sequence-format); including *alignment principles, energetic actions, risks, benefits, preparatory asanas, counterposes, variations, modifications, hands-on adjustments, and use of props for each one*. This part of the course covers the major families of asanas: *Sun Salutations, Standing Poses, Backbends, Forward Bends, Twists, Balances, Inversions, Core Refinement, and Hip Openers*.

Also: The theory and practice of meditation, pranayama, mantras, bandhas, and mudras.

Lifestyle and Philosophy: The history and underlying philosophy behind all yogic practices. Hatha Yoga as it applies to healing and restoring the mind-body-pranic relationship, including supportive practices for more balance in daily living; including diet, nutrition, and relationships.

Essentials of Yogic Anatomy and Physiology: Traditional Western Anatomy, its purpose and function, including the respiratory, nervous, immune, musculoskeletal, circulatory, endocrine, and digestive systems and their relation to the practice and teaching of yoga. Also, Yogic anatomy and the energy systems of the body including the chakras, nadis, pranas and vayus, and the yogic bodies.

Consciousness of a Teacher: The skills and techniques to become an effective instructor, including practical strategies for teaching beginners, building classes, ethical guidelines, precision and clarity in languaging, facilitating effective communications, Leading vs. Teaching, finding personal style in content and delivery, curriculum development, integration of meditation and relaxation, music selection, creating sacred space, and the transformational role of the teacher in developing a successful yoga practice and yogic lifestyle.

Cultivating a Connection to Your Inner-Master: Through the consistent practice of personal self-inquiry and deep exploration of your mind, emotions, body and spirit, you will discover the areas that need to be cleared and enhanced in order for you to truly trust yourself as an authentic teacher.

YOUR TRAINING TEAM: **Faculty subject to change.*

Lana Boyuk: *Fundamentals, Chakras, Energy, Lifestyle*

Janet Stone: *Philosophy (Janet Stone Yoga)*

David Keil *(Anatomy & Physiology)*

YOUR COMMITMENT:

1. **100% attendance is mandatory.** Makeup hours can be arranged for an additional expense ONLY if absolutely necessary, and, if I have availability. This is NOT recommended.
2. 30 hours of yoga practice during your training. Yoga timesheets will be included.
3. Keep up with your homework (*reading, writing, practice, and teachings*) between sessions.
4. Live your yoga as a lifestyle - daily! Stay aligned with your own personal-growth while you remain diligent about keeping on top of your homework. Getting behind can happen easily!

WHAT'S INCLUDED IN YOUR TRAINING:

- . CYA 200-RYT (10-person) **Intimate Mentorship** at Myoga on Cedar Street, Sudbury.
- . Course fees for educational instruction with me. (*Does not include book purchases*)
- . Radiance Yoga & Lifestyle ~ **Hatha Yoga Fundamentals Manual** (*260 + pages*)
- . **Listing on my website** as a graduate of Radiance Yoga & Lifestyle School – RYT200
- . **1-Life Coaching Session** with me so I can best support your process (*value \$150*)
- . **10% discount on any** coaching, workshops, intensives, private yoga sessions, or, retreats with me (*for 6 months from start of YTT – up to a maximum of \$1000*)
- . Access to a private Facebook group and a yoga-buddy for the duration of your training.

WHAT'S NOT INCLUDED IN YOUR TRAINING:

- . Book purchases.
- . 30 in-class yoga hours.
- . Membership with the Canadian Yoga Alliance.

LOCATION:

Myoga Studio - 70 Cedar Street (upstairs), Sudbury, ON

SPRING 2019 DATES:

March 8 - 10, 22 - 24

April 5 - 7, 26 - 28

May 10 - 12, 31 - 2 June

June 14 - 16

HOURS:

Friday: 7 - 9 pm

Saturday: 10:30 - 6:30 pm

Sunday: 9:30 am - 6:00 pm

ENROLLMENT & PAYMENT:

Due to the intimate nature of this 10-student enrollment, any fees paid (less non-refundable deposit) are NOT refundable if you cancel less than 90 days prior to training start date. Fees paid (less non-refundable deposit) can be transferred or used towards other courses, training, and, coaching with Lana.

If cancelled within 90 days before start of training another participant is able to step in to fill your spot you will receive the fees paid (less non-refundable deposit). Please be CERTAIN that this Yoga Teacher Training is something you are aligned with and can commit to in order to avoid potential disappointment.

PAYMENT PLAN (3-INSTALLMENTS):

1) Electronic Bank Transfer to: **Lana@LanaBoyuk.com**

Breakdown: **\$3333+HST = \$3766.29**

First Installment: **\$1000.00** (non-refundable* / payable upon registration)

Balance: **\$2766.29** (\$922.10 x 3 Equal Payments)

The balance is broken down into 3 Equal Installments starting 30-days after your First Installment. An invoice and schedule will be created by me once you decide upon your installment plan.

Balance is due the **FIRST DAY** of your scheduled Yoga Teacher Training.

PAYMENT PLAN (6-INSTALLMENTS): Longer installment plans can be arranged.

1) Electronic Bank Transfer to: **Lana@LanaBoyuk.com**

Breakdown: **\$3777+HST = \$4268.01**

First Installment: **\$1000.00** (non-refundable* / payable upon registration)

Balance: **\$3268.01** (\$544.67 x 6 Equal Payments)

The balance is broken down into 6 Equal Installments starting 30-days after your First Installment. An invoice and schedule will be created by me once you decide upon your installment plan.

Balance is due the **FIRST DAY** of your scheduled Yoga Teacher Training.

***Your non-refundable deposit may be transferred, or, put towards future work with me.**

Your certificate will be granted once ALL assignments are complete and payments received.

Testimonial from Susan Jones

Radiance Yoga Teacher Training Graduate, September 2017

"I'm so grateful to have had the opportunity to take Lana Boyuk's 200 hr yoga teacher certification course. Lana is an amazing leader and teacher who challenged but also lovingly guided me through a training that I know has very well prepared me to teach in a very confident and competent way. But I gained so much more than this ability.

Her training helped me grow on a personal level in ways that I honestly never expected. The safe and supportive environment that she was able to create allowed for this transformative evolution to take place. Over a very short period of time, she was able to open me up and help me to receive wisdom that I will use throughout the rest of my life. And the amazing friendships that I've made along the way, I know will be there to support me as I progress on this journey in the future as well.

If you're looking for a challenge that will not only prepare you for yoga teaching but also to live life in a more open and awakened state, then I highly recommend Lana's training to you. It was one of the best decisions I've ever made."

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