



## Shashi Pottathil

Shashi Pottathil has over 45 years experience in classical Hatha yoga. His classes are a unique combination of Eastern philosophy and Western science blended with a dose of humor. He believes that the Yoga and Meditation Center is a Yoga School in which all ages and all levels are welcome to study why it is important to fix the body and the mind.



## Teacher Testimonials

The teacher program at Yoga and Meditation Center is unique. This is a program that not only helps you become a yoga teacher, but also improves your daily life. To be a student in this program is a privilege and although is hard work, will bring much health and happiness to all those it touches. This program has truly benefited my life.

- **Sherry Kari, CNM, RN RYT-200**

After months of searching for the right yoga teacher I met Shashi Pottathil. He had everything I wanted in a yoga teacher. Not only the style of yoga but also the science behind yoga and his approach to philosophy. The long commute is worth it. I drove over an hour each way.

- **April Kochur RYT-200**



### Yoga and Meditation Center

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858.566.1956

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

## Yoga and Meditation Center



### Teacher Training Program



Start your training today and build the confidence and skills to help others through yoga

# Yoga Teacher Training



## Training Programs

### 200 & 500 RYT Programs

The **RYT-200** hour teacher training program is a hands-on course where teachers complete a minimum of 165 practical hours of class. The remaining hours are comprised of philosophy, anatomy and physiology.

The **RYT-500** hour teacher training program is the continuing course; 200-RYT certification is required to join.

We offer both levels of training through the Yoga Alliance. We also offer continued training for our teachers.

Our program is designed to be flexible to fit your needs. We have over twenty-five classes, six days a week, morning and evening and welcome students of all levels. In addition to classes, we hold two workshops a week that act as an open forum for teachers. Also, unlike other studios, the program is ongoing and teachers can join at anytime of the year.

For more details on program costs, call us at (858) 566-1956 and for more details on requisites for teacher-training certification please see the Yoga Alliance website.

The Yoga and Meditation Center has been a registered school with Yoga Alliance since 1999. We offer a unique and diverse program with over forty-five teachers currently in training.

Our school combines the ancient yoga tradition with current science to bring students an updated Hatha yoga. Students learn to fix the body from head to toe by opening the respiratory system and stretching the neuromuscularskeletal system.

Our program will give you a strong foundation of yoga's physical and philosophical aspects. Through hands-on experience and unique instruction you will learn the benefits of yoga firsthand.

### Benefits of yoga:

- Balance
- Physical health
- Mental health
- Meditation/concentration
- Coordination
- Self-awareness
- Confidence

Become a teacher and not only improve your lifestyle, but help others through yoga.  
Start today!

