



Online Yoga Teacher Training with Maggie Anderson

Program Overview

In my Yoga teacher training course you will experience learning about yoga postures and philosophy. However, this training is so much more. You're going to find the magic and healing benefits of combining the elements and spirit into your practice at a very deep level. I've never seen a Yoga Teacher Training include this type of learning.

It's my intention to awaken you at all levels of your being. So yes, this is a different YTT than what you are used to, but it is the expression I have been magically drawn to and guided to share with all of you. If you are reading this, you just may be one of the many who wants to experience truth at a deeper level than you are right now. Yoga will take you there. Magical practices will take you there. Healing energies will take you there. But when you combine the three, it's a powerful mystical force to be reckoned with. My Magical practices, 4 Elements of the Soul Program, Healing methods and Yoga expertise are deeply embedded into this program. If you're looking for something different in deepening your practice within, this is the program for you. Are you being called?

YOGA

You'll learn yoga philosophy and several yoga postures as well as how to teach them. You'll have the knowledge to teach a Vinyasa Yoga class, Gentle Yoga class and Beginners Yoga class. This YTT forms the foundation for you to jump off from and dive into your own specialty or keep it eclectic. You will learn how to teach back to a class and/or to simply dive deeper into your own personal Yoga practice. I'm excited to offer one online Specialty class and three in-person only Specialty classes where you will learn from these amazing teachers: Online: **Donald Anderson (Yoga of Drumming)**; In-person only: **Anthony DiLuglio (Strength in Yoga)**,* **Christine Maguire (Assisting & Adjusting)*** and **Michelle Connolly (Prenatal Yoga)***

MAGIC

Magic is embedded throughout the entire Yoga Teacher Training. We immerse into all the elements: Earth, Air, Fire and Water as well as Spirit with my **4 Elements of the Soul Program** and mystical knowledge. You'll learn how to smudge, create magical crystal grids with intention, create your own magical altar and dive deep into meditation and soul journeys to connect more deeply with your Soul. Your soul always knows the truth. As we immerse in this training you will learn more about yourself and connect more deeply to the Divine than ever before.

HEALING

To complete the three pillars of learning in this Yoga Teacher Training you will learn how to heal the self as well as others (if you so choose) through meditation as well as my own healing modality Divine Embrace. Option: You will become Reiki I attuned and certified. I will also offer Reiki II, Reiki Master IIIa and Reiki Master Teacher IIIb as options for you throughout the YTT if you feel drawn to deepen your healing abilities and open your crown chakra more. (Note: Reiki I is included in your Yoga Teacher Training fee. Reiki II, IIIa and IIIb are offered at an additional cost.)

Our structured classes will run for 9 months from the day you begin. It's structured as a once a week class. It's an online program, so you have the option to finish it sooner or take a little longer. But I strongly suggest you stick with at least one video a week and homework assignment due dates. See this time as your sacred time with Self to deepen your knowledge and wisdom in yoga, magic and healing. A complete schedule will be provided, upon purchase of this unique program that will we talk through during the orientation introductory video.

Program Requirements for Certification:

- Attend all video modules
- Attend **40** group yoga classes with Maggie or an approved teacher
- Attend 2 Pranayama and/or Meditation Classes
- Attend 1 Restorative/Yin/Svaroopa Yoga Class
- Attend 1 Singing Bowls Session or Kirtan
- 10 Student Teaching Classes (Karma Yoga)
- Sacred Reading List and Book Projects
- Final Exam; written and practical

Required Sacred Reading

- Hatha Yoga Illustrated by Brook Boon and Martin Kirk
- Yoga Anatomy by Leslie Kaminoff
- How I Found My True Inner Peace (Book 1) by Maggie Anderson
- Divine Embrace (Book 2) by Maggie Anderson
- The Heart of Yoga by T.K.V. Desikachar
- Living Your Yoga by Judith Lesater
- Anatomy of the Spirit by Caroline Myss

Investment: \$2,200

Full payment is required to receive full access to the online video program.



Yoga Classes

Gentle Yoga
6-7:15p, Tue.'s

Vinyasa Flow
7:30p, Tue.'s

Gentle+Yoga Nidra
7:30p, Thurs.'s



To Register:

Complete and return the attached Application & Contract with your **\$2,200** payment to:

Maggie Anderson
25 Smith St.
Lincoln, RI 02864

Payment Methods:

Check, Cash, Cash App or Paypal (For Paypal, securely taking credit cards, hit the donate button on MaggiesBliss.com. If using Paypal, you will need to add 2% to the cost.)



A teacher of teachers, Maggie Anderson, is known for her integrative, grounded approach to teaching Gentle and Vinyasa Yoga classes. Each are unique and fuse the divine energy of her experience as an Master Energy Healer, Certified Soul Coach and Psychic. Maggie is a Master Energy Healer and Certified Yoga Teacher and draws on over 16 years experience in yoga, philosophy, healing, magic and holistic coaching to provide a mystical open space for the processes of healing, awakening and transformation. She has trained in the Core Strength Vinyasa Flow methods and is a Certified teacher of Vinyasa flow, leading teacher trainings, workshops, energy healing and psychic readings sessions in person and online. Maggie regularly contributes free yoga & meditation videos and monthly Inspiring newsletters online.

Maggie Anderson, CYT, RMT, IET-MI, CSC & CPLC

Email to Schedule:

MaggieAnderson7@yahoo.com



www.MaggiesBliss.com
www.facebook.com/MaggiesBlisspage



Tuition and Online Dates

CLASS DATES

Our structured classes will run for nine months from the day you begin. It's structured as a once a week class. It's an online program, so you have the option to finish it sooner or take a little longer. But I strongly suggest you stick with at least one video a week and homework assignment due dates. This way you have a goal to strive for and procrastination will not set in. See this time as your sacred time with Self to deepen your knowledge and wisdom in yoga, magic and healing. A complete schedule will be provided, upon purchase of this unique program that will we talk through during the orientation introductory video.

TUITION FOR ONLINE MAGGIE'S BLISS YTT: \$2,200

Payment in the amount of \$2,200 (checks made out to 'Margaret Anderson', cash, Cash App or credit deposit via PayPal on MaggiesBliss.com) are due before the start of class. Please note, if using Paypal you will need to add 2% to all payments. Deposits are non-refundable. Once signed up, Teacher Training fees are non-refundable and non-transferable. All payments will be due before the first orientation class in order to gain access to all videos as they become available. There is a \$30 fee for returned checks. There are additional fees for classes and workshops if choosing the online and in-person combination certification.

Way to save money:

Refer a friend who is also accepted into the program and paid in full (must be referred by you) and you save \$100 (only one discount per person).

COMMITMENT TO PAY ENTIRE TUITION - NO REFUNDS PROVIDED

By making a deposit payment and/or payment in full, I have enrolled in the teacher training course provided by Margaret Anderson of Maggie's Bliss Yoga & Wellness and I agree to pay the entire required tuition. I agree that I am obligated to pay the entire tuition regardless of whether I complete the course. No refunds will be provided.

Name: _____ Sign Name: _____
[Print Student's Name]

Date: _____



Online Yoga Teacher Training Contract

I understand that my \$2,200 payment is non-refundable to hold my spot in Maggie's Bliss Yoga & Wellness 200-hour Yoga Teacher Training. I understand that, if using Paypal, I must add 2% to all payments (\$2,244 total). Director of the program, Margaret Anderson, also referred to as Maggie Anderson, will use this money to update and provide me with videos, program manual, secure program vendors. I understand that there are additional fees for classes and workshops if choosing the 'Online and In-person Combination Maggie's Bliss Yoga Teacher Training Certification' option. I understand that the required 40 yoga classes, books, Singing Bowl Session, Kirtan, Restorative/Yin/Svaroopa Yoga Classes, Specialty Workshops as noted in Syllabus and Meditation(s) are at an additional cost not included in the tuition fee for this yoga teacher training and that the final certificate requires participation in person in these programs if choosing the full 200-hr. yoga teacher training option. If Maggie Anderson cannot follow through with services for any reason on her end (ex. health related issues, family emergencies, need to cancel training, etc.) then my security deposit will be fully returned. If the program has begun and the full tuition has been submitted and there are any serious health/family emergency issues occurring for Margaret Anderson, I understand that a substitute teacher, approved by Margaret Anderson, will teach whatever segments of the training Maggie may need to miss due to this kind of emergency.

I understand that Maggie Anderson reserves the right to terminate me from the program for any reasons she feels are overly invasive to a group atmosphere or prove too clinical or dangerous for the training. I understand my money will not be returned if this happens. If Maggie Anderson feels that my behavior, inside or outside the training, is not in standing with her requirements to graduate I may not graduate. I understand that any make up work is my issue and I will need to pay and arrange to makeup hours of any in-person training hours missed. The makeup work must be approved by Maggie Anderson (or substitute teacher in the event of emergency). If Maggie Anderson has to cancel training for any reasons outside of weather or acts of God it is her responsibility to figure out an option for the makeup hours/work. I agree to hold aside the snow dates that are to be determined.

I have permission from my doctor to participate in this program. I am signing that there are no major clinical, physical, mental or emotional concerns with participating in this program at all. By signing my name below I understand that I am participating in meditation techniques, yogic breathing techniques, and performing various Yoga postures and physical assists. If at any point I feel overexertion or fatigue, I will respect my own body's limitations and I will rest. I will also notify Maggie Anderson (or substitute instructor) of any injuries or mental limitations that would prevent me from understanding instruction. My signature verifies that I am physically, mentally & emotionally fit to participate in Yoga Teacher Training & Yoga classes and a licensed medical doctor/therapist (if needed) has cleared my physical/mental and emotional condition for this type of training. If I am actively in a treatment program of any sort I will notify Maggie Anderson (or substitute teacher if needed) of any changes in my treatment or recommendations from my treatment team/program. I fully agree to notify Maggie Anderson or any featured/substitute teacher of any changes in my medical/mental condition that might affect my safety or participation in any part of the training. If I am pregnant, or become pregnant, or am post-natal, my signature verifies that I am participating in Yoga teacher training & Yoga classes with my doctor's full approval.

(Contract continued on next page)

By signing my name below, I acknowledge that participation in Yoga teacher training & Yoga classes exposes me to a possible risk of personal injury, accident, death, loss, cost or damage to my person or property. I am fully aware of this risk and I voluntarily assume the risk inherent in my participation in the Yoga teacher training & Yoga classes taught by Maggie Anderson, or any substitute/guest program teacher, or any other teacher/presenter in the Yoga Teacher Training (or Yoga classes). I hereby release Maggie Anderson/Maggie's Bliss Yoga & Wellness/The Woods Yoga, or any substitute teacher/guest or featured teacher or any other persons who may teach in the training from any and all liability, negligence, or other claims, arising from, or in any way connected, with my participation in the Yoga Teacher Training & Yoga classes.

My signature further acknowledges that I release and indemnify Maggie Anderson/Maggie's Bliss Yoga & Wellness/The Woods Yoga (and any substitute teacher/guest teacher) from, and against, any and all such claims and liabilities, including attorneys' fees. I agree that any disagreement about this contract or any legal issues that arise before, for the duration and/or after the program will be dealt with through mediation and overseen by the judicial system in the State of Rhode Island. This waiver is binding on me, my heirs, my spouse, my children, my legal representatives, my successors and my assigns.

Name: _____ E-mail: _____

Address: _____

Phone: (Home) _____ (Cell) _____

Signature: _____ Date: _____

Maggie Anderson
CYT, RMT, IET-MI, CSC, CPLC
Lincoln, RI 02864
MaggiesBliss.com
www.facebook.com/MaggiesBlisspage
"Follow Your Bliss. It's Your Spiritual Compass."



Online Yoga Teacher Training Application

Please fill out the below and turn in with the Contract and your \$695 deposit.

Name: _____

Current Occupation: _____

Do you believe in Healing and Magic?

Please attach a brief paragraph about yourself, your yoga background including the following:

1. When did you begin practicing Yoga?
2. What brought you to Yoga?
3. What style of Yoga do you practice?
4. Are you currently teaching yoga? If so, how long and where do you teach & what style?

Have you taken classes with Maggie Anderson or another instructor?

Do you have a special interest in any one area of yoga?

What brought you to this style of Yoga teacher training?

What do you hope to gain from this Teacher Training adventure?

Do you hold any certificates or advanced degrees?

What is your personal intention for this YTT Program? What do you hope to take from this teaching? Is it perhaps to teach Yoga to others or to deepen your personal practice?

Are there any injuries or medical conditions of which we should be aware?

Please provide Emergency Contact Information:

Emergency Contact Name: _____ Phone: _____

Relation: _____

Signature: _____ Date: _____

Maggie Anderson, CYT, RMT, IET-MI, CSC, CPLC
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