



“DEEPEN YOUR PRACTICE”

A 50-hour Strongheart training program to enrich your yoga journey.

This 4-week training can enhance your knowledge of what yoga is and how it works. We'll explore the asana, philosophy and ideas, and health and lifestyle ideas of the practice. With the guiding principles of personal attention and encouragement, our hope is to lead students to a greater understanding of their relationship to yoga and the practices best suited to their individual nature.

This 50HR program can stand alone and students will receive a certificate of completion. And if a fuller training calls to you, these hours can be applied to a full 200HR Teacher Training with Strongheart.

The mission of Strongheart Yoga has always been to bring the beauty and benefits of yoga to everyone, in “every body”. We pride ourselves on our commitment to creating a safe and non-judgmental environment where learning is not intimidating for anyone.

The world contains a diverse set of people—young and old; fit and challenged; of many backgrounds—and the belief of Strongheart is that there is a practice of yoga that can benefit each of them.

Our training programs guide students in a deeper exploration of this ancient practice, with all of its physical and mental benefits and how it can be accessible to many. Whether you choose to continue your yogic journey by teaching or apply your study to enlighten your own path, your understanding of how yoga works can enrich both your practice and life.

“The training at Strongheart brought a lightness into my life. Transformational, invigorating, enlivened, engaged and grounded!! A profound difference for my inner self to shine brighter.”

~Karen Messineo, RYT, 2020

2024 “Deepen Your Practice” Programs

Session I - May & June 2024 Session II - Sept & October

The training curriculum includes 28 hours of in-person classes, offered over the course of four weekends and two independent-study recorded classes. Students will have lifetime access to the recorded classes.

The Deepen Your Practice program is integrated with the first term of the Strongheart 200HR Teacher Training program. Students who enroll in either Session 1 or Session II, may complete the 200HR Teacher Training that runs from November 2024 - January 2025.

See full class calendar on page 4.

CURRICULUM

Yoga Asana

The techniques, anatomy, function, and modifications of over 75 yoga asana. A signature **Strongheart Flow** and the adaptations that can make it accessible and gentle for beginning practitioners, or more vigorous and challenging for the well-practiced.

Pranayama & Meditation

Breathing practices that can increase energy or quiet the mind to release mental stress and aid good sleep. Techniques for effective meditation for each individual.

History, Philosophy, & Psychology of Yoga

The deeper study of how yoga works, including Patanjali’s Yoga Sutras, Subtle Energy, and the chakra system.

Yoga Lifestyle

The principles of Ayurveda, yoga’s sister science of health, and how understanding our nature in relation to the world helps us live life in greater balance, health, and well-being.

The **Strongheart Flow** is a foundation and framework for an adaptable personal practice. Incorporating all of the basic movements of yoga asana, it can be an effective regular practice on its own. With some simple additions, it can change to suit the focus, daily needs, and personal preferences of any practitioner.

COURSE TEXT

Strongheart Yoga Training Manual

Pattie McCann ERYT

This manual, specially developed for our program, will be provided in both a bound manual and PDF format.

PROGRAM TEACHER

Pattie McCann, ERYT200 & YACEP

With over 20 years of diligent practice and 18 years of teaching, Pattie has accumulated a knowledge and understanding of sharing the practice with all levels of students. As a studio owner and teacher, she has taught a wide range of classes, from active vinyasa and ashtanga to basic, gentle, and chair yoga. Those students, with their diverse interests and abilities, have been the best teachers. But she has also continued to grow her understanding by studying with great teachers in different traditions.

With a love of all the elements of yoga, she has sought out leading teachers of both the philosophy and physical wellness aspects of the practice. Her open-minded curiosity has led her to explore workshop trainings in Ashtanga, Iyengar, Restorative, Viniyoga, and Trauma Sensitive Yoga. Doug Keller, Donna Farhi, Julie Gudmestad, Kristin Cavileri Weber, and Tom Myers are recent strong influences and favorite teachers.

In 2015, Pattie planned and led the first Teacher Training Program at Strongheart Yoga. Over the years since, she has seen numerous students accept what she shared, successfully graduate, and go on to share the practice with others.



"I love the study of yoga; I love learning from wise teachers and beautiful texts. I love that an ancient art and science can be brought into our modern lives to enrich and fulfill them. Even more I love seeing people transformed by the joy and confidence yoga can offer, and recognizing potential they didn't realize was there all the time."

~Pattie McCann ERYT200

PROGRAMS & CALENDARS / Spring & Fall

In-person studio classes provide an opportunity to learn the techniques of asana in a supportive group environment, with your teacher present for guidance.

The included recorded classes will focus on discussions of philosophy and ideas that make yoga more than just a physical program. The accessibility of this recorded content means students can work it into their own schedule.

Session I Spring (4 weeks) / May 10th - June 15

Friday Evenings (6:00-8:00pm)

May 10 & 17

June 7 & 14

Saturday Afternoons (12:15-4:15pm)

May 11 & 18

June 8 & 15

Session II Fall (4 weeks) / Sept 27 - October 19

Friday Evenings (6:00-8:00pm)

September 27

October 4, 11, 18

Saturday Afternoons (12:15-4:15pm)

September 28

October 5, 12, 19

Deepen Your Practice may be treated as a stand alone training. Upon finishing the course requirements of either 4 week session, students will receive a Certificate of Completion.

If the fuller training is desired, the program is also integrated with the Strongheart 200HR Teacher Training program. Either the Spring or Fall session may be applied as the first term of the full training which will begin 2 weeks after Session II.

"I think it was extremely valuable whether you are a practicing yoga or a newbie; even if you don't ever plan on teaching. I found tons of value in learning about the philosophy and anatomy involved."

~Lisa Tyrell, RYT, 2020

TUITION

Tuition includes a Strongheart Yoga 3 Months Unlimited Yoga Pass. Yoga class access commences at registration and payment of the deposit.

Deepen Your Practice Program Tuition

\$550 standard tuition

A \$100 non-refundable deposit is due upon registration. *This deposit applies to tuition.*

Deepen Your Practice Tuition: Taken as Session I of the fuller 200HR Training

\$550 standard tuition

Flexible Payment Plan

\$250 initial payment due by May 10

Balance of \$300 to be paid in 2 arranged payment of \$150 each by July 6

3 Months of Unlimited Yoga Pass (May, June, July)

3 Months of Unlimited Yoga Pass for \$150 (August, September, October)



CONTACT INFORMATION

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