

Program Schedule & Dates

September 30, 2017 - July 22, 2018

Tuesday 6:00pm - 9:00pm	Saturday 8:00am - 6:00pm	Sunday 8:00am - 6:00pm
	Sept 30, 2017	Oct 1
Oct 3		
Oct 10		
Oct 17		
Oct 24	Oct 28	Oct 29
Nov 14	Nov 18	Nov 19
Nov 21		
Nov 28		
Dec 5		
4 Day Meditation Retreat Land of Medicine Buddha December 14 thru 17		
Jan 9, 2018		
Jan 16	Jan 20	Jan 21
Jan 23		
Jan 30		
	Feb 17	Feb 18
	Mar 24	Mar 25
	April 21	April 22
	May 19	May 20
	June 23	June 24
	July 21	July 22

Application Process

Complete application and submit with \$200 application fee by mail or hand delivered to:

Rise Wellness
7385 Greenhaven Drive #5
Sacramento, CA 95831

Deadline to submit application is August 9, 2017.

You will be notified within 2 weeks if your application is accepted.

Application fee is refundable if you are not accepted.

Applications available at riseyoga.com or at the studio.



RISE WELLNESS
YOGA • MASSAGE • COMMUNITY



Three
Questions
School

*Teach with
intention,
awareness
and dignity*



The Three Questions
300-Hour Teacher Training Program

About the Three Questions Program

Developed by Stuart Rice, E-RYT 500, The Three Questions teaching method provides a powerful framework to live your life with intention, awareness and dignity while imparting these qualities in the yoga classes you teach.

This potent teaching method helps students clarify their thoughts and emotions, revealing proper actions to take in their life. In addition to teaching methods, you will learn techniques in meditation, yin, restorative and vinyasa yoga to seamlessly weave together a teaching style rich with insight.

Graduates will be qualified to register with the Yoga Alliance at the 500 hour level



Program Requirements

Have current registration as a 200 or 500 Hour RYT by the Yoga Alliance

Have a sincere interest and desire to learn the deeper practices and philosophical aspects of yoga

Dedication and time necessary to complete reading assignments, written assignments and independent projects

Willingness to participate in group discussions and activities with honesty and confidentiality

Commitment to an ongoing practice of yoga and meditation



Stuart Rice, E-RYT 500
Ann DaPrato, E-RYT, 500, C-IAYT



Meditation Retreat

Our program includes a 4 day 3 night meditation retreat at the Land of Medicine Buddha in the beautiful Santa Cruz foothills. Through meditation we deepen our personal awareness so that we may better serve others.

Areas of Study

- Meridian systems of traditional Chinese medicine and their relation to creating themes for meaningful class sequences
- Translating yoga and Buddhist philosophies into humanistic teachings
- The nature of mind, emotion and the practice of meditation
- Yin, restorative and vinyasa techniques for self-empowerment and teaching classes
- How to provide space and support for students during their experience of self-awareness and discovery

Session Details

- Guided practices in yin, restorative, vinyasa yoga and meditation
- Lecture and discussion
- Reading and video assignments along with projects
- Self-inquiry, reflection and journaling
- Practice teaching in small groups

Tuition Information

\$4500

\$2000 due by September 15 2017, balance due October 2, 2017

\$4000 Early Bird Tuition

paid in full by August 23, 2017

Tuition Includes

- 300 hours of training
- Unlimited yoga classes at Rise Wellness for the duration of the training
- Dormitory retreat accommodations and meals for 4 days 3 nights
- Electronic versions of materials

Not Included

- Required texts
- Materials
- Transportation to and from the retreat.

Payment plans available. Please make a note on application.