



ALL THAT
Matters

yoga + holistic health centers

*Inner peace leads to
world peace and that is
all that matters.*

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LOCATIONS

315 Main Street
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Providence, RI

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coral brown.



Questions?

Contact: yoga@allthatmatters.com • 401.782.2126

CURRICULUM

200-HOUR VINYASA YOGA TEACHER TRAINING WITH CORAL BROWN

This comprehensive and empowering training systematically examines and explores the art and science of yoga and its multi-disciplinary traditions through lecture, discussion, group teaching and group practice. Students will experience and integrate the wisdom of asana, pranayama, meditation, philosophy, ayurveda, injury prevention and anatomy.

200-HOUR CURRICULUM INCLUDES

- Foundations of Vinyasa
- History of Yoga
- Yoga Philosophy's Sacred Texts
- Chakras & Subtle Anatomy
- Anatomy & Physiology
- Hands on Assists
- Postural Clinics
- Psychology of Yoga
- Safe, Effective and Inspired Sequencing
- Living Ayurveda and Nutrition with Lynn Goodwin
- Pranayama and Meditation
- Practice Teaching
- Business and Ethics of Yoga

Vinyasa Yoga is compatible with all other styles and traditions of yoga.

REQUIRED READING

- *Yoga Spandakarikas* (Daniel Odier)
- *Functional Anatomy of Yoga: A Guide for Practitioners and Teachers* (David Keil)
- *The Bhagavad Gita* (Eknath Easwaran)
- *The Yoga Sutras of Patanjali* (Sri Swami Satchidananda)
- *Light on Yoga* (BKS Iyengar)
- *The Buddha's Brain* (Rick Hanson)

RECOMMENDED READING

- *Tending the Heart Fire* (Shiva Rea)
- *Tantra Illuminated* (Christopher Wallis)
- *The Radiance Sutras* (Lorin Roche)
- *The Complete Book of Vinyasa Yoga* (Srivasta Ramaswami)
- *Prakriti: Your Ayurvedic Constitution* (Robert Svoboda)
- *The Language of Yoga* (Nicholli Bachman)
- *Chakras: Energy Centers of Transformation* (Harish Johari)

Please note all of these books are available at The Store at All That Matters.

SCHEDULE

TRAINING SCHEDULE

This 5 month training runs from February 1, 2019 – June 15, 2019 and takes place over 9 required weekend intensives. Complete attendance at all weekend modules is mandatory, and all requirements must be fulfilled for certification.

TRAINING DATES AND HOURS

DATES: Feb 1–3, Feb 15–17, Mar 8–10, Mar 22–24, Apr 5–7, Apr 12–14, May 3–5, May 17–19, June 14 + 15

HOURS: Fridays 4pm-9pm; Saturdays & Sundays 9am-6pm

Note: Jun 14 + 15 hours are Friday, 4pm–9pm and Saturday 9am–6pm. There are no Sunday hours.

All training weekend sessions are held at our South Kingstown location.

TUITION AND BENEFITS

TUITION OF \$2,700 INCLUDES

- 9 weekend intensives with Coral and guest teachers
- Teacher Training Manual and supplementary materials
- 10 required classes with Coral Brown at All That Matters

TUITION DOES NOT INCLUDE

- Required books

Payment plans are available. For details, see “Payment Options” section of the application.

Questions about this training and curriculum? Contact Coral Brown at coralbrown@me.com or attend one of the free informational talks. Check the website for details: www.allthatmatters.com.

