

Marie Louise Bosin, MA

Certified Yoga Therapist, Certified Ayurveda Lifestyle Coach

Certified Yoga Teacher Trainer, 200 hour, 300 hour, Children's Yoga, Prenatal Yoga

1(505) 236-5492

marielouise.bosinma@gmail.com

<https://r.yogaalliance.org/TeacherPublicProfile?tid=27997>

Classes are offered in TWO or FOUR hour sessions with a short break to rest your brain between each hour.

Programs and classes are specifically designed for you.

Each one hour session is \$10 (you can buy two session or four sessions via PayPal)

You must pay your class fee BEFORE EACH CLASS BEGINS.

PayPal <https://www.paypal.com/ncp/payment/AZJCL8TWUMQXJ>

PAY FOR YOUR FIRST CLASS WHEN YOU SIGN UP FOR CLASS

A 200 hour Certificate is 30 six hour classes and 10 hours of homework, usual cost \$4,000

My cost \$10 per hour - \$2,000

A 300 hour Certificate is 40 six hour classes and 20 hours of homework, usual cost \$6,000

My cost \$10 per hour - \$3,000

A 500 hour Certificate is 50 six hour classes and 200 hours of homework, usual cost \$10,000

My cost at \$10 per hour - \$5,000

Classes are offered at \$10 per hours, including homework hours (homework must be graded)

I do offer 20% off taken at the end of training for financial hardship. In order to receive this 20% discount, you must pay in earnest for your first 15 sessions and then I will consider your request for a discount.

As you gain more hours and have more content at your disposal, classes deal with more complicated and critical issues.

General Description of classes

The student learns Yoga aligned and oriented teaching skills including how to choose and mix therapeutic oils for your well being. We will create a blend of oils mixed just for you, and other important teaching concepts. Teaching tools used are Sharing, Discussion, Video, Audio, Lecture, Demonstration, Practicum. A Short Quiz will be given the last 10 minutes of each four hour class. No class size is larger than FIVE students. Class will start on time and end on time with a 10-minute break after each 50-minute session. This class is for men and women ages 18 and up, and is perfect for couples. Teenagers from 14 - 17 can attend with approval of a responsible adult (teacher, pastor, mother, father, step-parent, counselor, or supervisor).

Hours completed can be used as CEU's or hours towards your Yoga Alliance Certification for 200, 300 or 500 hours. For Certification, I give credit for completed approved and documented training hours from any Yoga Alliance Certified instructor toward your RYT 200. To take advantage of this benefit, please provide proof of completion with an indication of area of learning and a brief outline of topics covered in these areas: 1. Yoga Teaching Methods 2. Yoga Anatomy and Physiology 3. Yoga Philosophy; Lifestyle; Ethics 4. Yoga Techniques; Training; Practice. All classes follow Yoga Alliance Code of ethics and Codes of conduct.

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SPECIFIC CLASS MODULES OFFERED

Each module below is a SIX hour class. You may take shorter versions, content will be adjusted.

Anatomy and Physiology: Eastern and Western Concepts and Principles

The student learns Yoga aligned and oriented teaching skills including East/West Yoga Anatomy and Physiology, a study of the similarities and comparisons from an ancient perspective to a more modern view. We will study the basics of Western Anatomy and Physiology Juxtaposed with Ayurveda Philosophies and Principles. This study will include translation of Sanskrit and other important teaching concepts. Teaching tools used are Sharing, Discussion, Video, Audio, Lecture, Demonstration, Practicum. A Short Quiz will be given the last 10 minutes of each two hour class. Class size is no larger than FIVE students. Class will start on time and end on time with a 10-minute break after each 50-minute session. This class is for men and women ages 18 and up, and is perfect for couples. Teenagers from 14 - 17 can attend with the approval of a responsible adult (teacher, pastor, mother, father, step-parent, counselor, or supervisor).

Hanuman Chalisa The Chant: (supervised children welcome the last hour)

We will read the life of Rama and Sita from childhood through adulthood. A well loved couple who were befriended by Hanuman, the Monkey "man" who was a demonstration of "selfless Service." Responsible for teaching us how to live a loving life of service, Rama and Sita were a peaceful couple who overcame many hardships. They were assisted in life by the entire animal kingdom when they needed help. We will sing the Sanskrit version of Hanuman Chalisa with audio assistance from Krishna Das. The purchase of a copy of Krishna Das "Flow of Grace." is not required but can be useful. A Short Quiz will be given the last 10 minutes of each two hour class. This class is for men and women ages 18 and up, and is perfect for couples. Teenagers from 14 - 17 can attend with the approval of a responsible adult, (teacher, pastor, mother, father, step-parent, counselor, or supervisor).

Mother of the Universe and her 24 qualities 20 of truth.

It is a lost story of Samkhya Philosophy which developed earlier than Greek Philosophy. With all of the wonderful characteristics of the perfect Mother, She waits patiently until you are ready for change. But be ready if you ask, because Mother gets to work to assist you in manifesting that change. A Short Quiz will be given the last 10 minutes of each two hour class. This class is for men and women ages 18 and up, and is perfect for couples. Teenagers from 14 - 17 can attend with the approval of a responsible adult, (teacher, pastor, mother, father, step-parent, counselor, or supervisor).

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Tantra Yoga Concepts and Practices (Subtle Body)

The student learns Yoga aligned and oriented teaching skills including exploring the human experience from a "soft" tantric perspective. You will learn practices which settle the subtle body (emotions, habits, feelings and sensations) and reset the nervous system which is closely related to the subtle body, and other important teaching concepts.

Teaching tools used are Sharing, Discussion, Video, Audio, Lecture, Demonstration, Practicum. A Short Quiz will be given the last 10 minutes of each two hour class. This class is for men and women ages 18 and up, and is perfect for couples. Teenagers from 14 - 17 can attend with the approval of a responsible adult, (teacher, pastor, mother, father, step-parent, counselor, or supervisor).

Sanskrit Language and Chanting

In this course we will discuss the health benefits of chanting in Sanskrit.

Sanskrit Language is the original SPOKEN language translated into Devanagari and other written languages thousands of years after the people of Ancient Eastern India started speaking to each other. We will study how the characters are formed, how the characters are spoken and the best translation into ENGLISH translated by Sanskrit Masters over the years. We will chant Sanskrit in the form of non-religious ancient chants to solidify the teaching. We will learn non-religious Sanskrit chants, English translations, discuss the philosophical significance of the chant and master the practice of chanting in the Sanskrit language. The Language of Yoga: Complete A to Y Guide to Asana Names, Sanskrit Terms and Chants by Nicolai Bachman is available new or used. A Short Quiz will be given the last 10 minutes of each two hour class. This class is for men and women ages 18 and up, and is perfect for couples. Teenagers from 14 - 17 can attend with the approval of a responsible adult, (teacher, pastor, mother, father, step-parent, counselor, or supervisor).

Ramayana: The Story (children welcome at the chant session the last two hours)

The student learns Yoga aligned and oriented teaching skills including learning about the life of Rama and Sita from childhood through adulthood. A well loved couple who were befriended by Hanuman, the Monkey "man" who was a demonstration of "selfless service." Responsible for teaching us how to live a loving life of service, Rama and Sita were a peaceful couple who overcame many hardships. They were assisted in life by the entire animal kingdom when they need help. We will sing the Sanskrit version of Hanuman Chalisa with audio assistance from Krishna Das. His "Flow of Grace" is useful for study at home. and other important teaching concepts. Teaching tools used are Sharing, Discussion, Video, Audio, Lecture, Demonstration, Practicum. A Short Quiz will be given the last 10 minutes of each Two hour class. This class is for men and women ages 18 and up, and is perfect for couples. Teenagers from 14 - 17 can attend with the approval of a responsible adult (teacher, pastor, mother, father, step-parent, counselor, or supervisor).

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Restorative Yoga Concepts and Practices

The student learns Yoga aligned and oriented teaching skills including Restorative Yoga which invites you into supported resting positions and allows you to deeply relax into each one. This gives the body the ability to release held tension stored in muscles and release old injuries (emotional and physical and other important teaching concepts.

Teaching tools used are Sharing, Discussion, Video, Audio, Lecture, Demonstration, Practicum. A Short Quiz will be given the last 10 minutes of each two hour class. This class is for men and women ages 18 and up, and is perfect for couples. Teenagers from 14 - 17 can attend with the approval of a responsible adult, (teacher, pastor, mother, father, step-parent, counselor, or supervisor).

So Hum Meditation and Breath

The student learns Yoga aligned and oriented teaching skills including exploring breath based meditation which allows you to settle into yourself and understand your place in the cosmos. Breath is the basis of life. As long as you breathe, you are alive. This class will teach you how to use your breath in a powerful manner. So Hum is a meditation related to Self-Inquiry and will help you accept yourself and others exactly as we are in the cosmos and other important teaching concepts. Teaching tools used are Sharing, Discussion, Video, Audio, Lecture, Demonstration, Practicum. A Short Quiz will be given the last 10 minutes of each two hour class. This class is for men and women ages 18 and up, and is perfect for couples. Teenagers from 14 - 17 can attend with the approval of a responsible adult (teacher, pastor, mother, father, step-parent, counselor, or supervisor).

Yin Yoga Concepts and Practices

The student learns Yoga aligned and oriented teaching skills including learning the benefits of Yin Yoga Practice and application. Yin Yoga is likened to having braces on your teeth (OUCH). Change happens with slow resistance to tension. In this practice, we gently stress connective tissue in asana positions held for 5-10 minutes in order to improve circulation, stimulate fluid production in the joints and improve flexibility, and other important teaching concepts. Teaching tools used are Sharing, Discussion, Video, Audio, Lecture, Demonstration, Practicum. A Short Quiz will be given the last 10 minutes of each two hour class. This class is for men and women ages 18 and up, and is perfect for couples. Teenagers from 14 - 17 can attend with the approval of a responsible adult, (teacher, pastor, mother, father, step-parent, counselor, or supervisor).

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Yoga and Ayurveda as a Daily Practice (Dinacharya, Sadhana, Ritucharya)

Ayurveda nutrition, Ashtanga Yoga (Eight Limbs), and Sadhana (daily practice) helps you understand how to maintain your health personally under specific conditions (age, season, time of day and during stressful times) This class will help you develop a daily regime to practice so that your life remains stable and healthy. Advantages are you are happier and healthier and may live a longer life. A Short Quiz will be given the last 10 minutes of each two hour class. This class is for men and women ages 18 and up, and is perfect for couples. Teenagers from 14 - 17 can attend with the approval of a responsible adult, (teacher, pastor, mother, father, step-parent, counselor, or supervisor).

Yoga and Ayurveda Color Theory and Yantra Painting Class

This class will cover color theory, drawing and painting technique, development of Yantra geometric art and techniques in completing your Yantra project. Tap into your inner creator to soft music and clear direction from the instructor on how to create a sacred geometric design, This class is for adults and teenagers. The contents of this class can be covered in four hours. Supplies (\$10) are needed: One multicolor acrylic paint kit including brushes and one 10x10 stretched canvas. You can get the supplies at Michaels. A Short Quiz will be given the last 10 minutes of each two hour class. This class is for men and women ages 18 and up, and is perfect for couples. Teenagers from 14 - 17 can attend with the approval of a responsible adult, (teacher, pastor, mother, father, step-parent, counselor, or supervisor). .

Yoga and Ayurveda Gem Stone Concepts and Practice

We will explore one area of Ayurveda and Yoga Tantra practice using GemStones and a Tuning Fork to learn and experience how the subtle body and the nervous system can be managed and even settled with very subtle vibrations. The book by Harish Johari, "The Power of Gemstone in Tantra, Ayurveda and Astrology," will be helpful in this study. Gem stones for a complete affordable Ayurveda Set are: (garnet, coral, citrine, dark jade, aquamarine, lapis lazuli, amethyst). This class is for men and women ages 18 and up, and is perfect for couples. A Short Quiz will be given the last 10 minutes of each two hour class. This class is for men and women ages 18 and up, and is perfect for couples. Teenagers from 14 - 17 can attend with the approval of a responsible adult, (teacher, pastor, mother, father, step-parent, counselor, or supervisor).

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Yoga and Ayurveda Essential Oils: Concepts and Practice

This class will cover information about how to choose and mix therapeutic oils for health and healing. We will create a blend of oils just for you. Oils necessary for a full Ayurvedic set are Nine: (lotus, sandalwood, eucalyptus, jasmine, lavender, basil, nutmeg, henna, cedar). A Short Quiz will be given the last 10 minutes of each two hour class. This class is for men and women ages 18 and up, and is perfect for couples. Teenagers from 14 - 17 can attend with the approval of a responsible adult, (teacher, pastor, mother, father,

Yoga Nidra Meditation for calming the Nervous system

The student learns Yoga aligned and oriented teaching skills including the significance of Yoga Nidra and helps you develop a guided meditation which walks you through several levels of experience: Entry, Sankalpa (creating a resolve); Rotation of consciousness through the physical body (AnnaMaya Kosha); Sensory Awareness (AnnaMaya Kosha); Breath Awareness (Pranamaya Kosha); Psycho-Emotional Awareness (Manomaya Kosha); Wisdom Awareness (Vijnanamaya Kosha); Higher Consciousness Awareness (Anandamaya Kosha); Sankalp Return; Physical Return. The practice resets your nervous system and calms and reconnects you with your true Self. and other important teaching concepts. Teaching tools used are Sharing, Discussion, Video, Audio, Lecture, Demonstration, Practicum. A Short Quiz will be given the last 10 minutes of each two hour class. This class is for men and women ages 18 and up, and is perfect for couples. Teenagers from 14 - 17 can attend with the approval of a responsible adult, (teacher, pastor, mother, father, step-parent, counselor, or supervisor).

Yoga Nidra Meditation: Advanced

This class requires you to take the beginning class first. More advanced Anatomy and Physiology is covered in the Advanced class. The student learns Yoga aligned and oriented teaching skills including Anatomical and Physiological concepts about exactly how Yoga Nidra heals your nervous system and makes changes your mind and your consciousness, The student learns Yoga aligned and oriented teaching skills including and other important teaching concepts. Teaching tools used are Sharing, Discussion, Video, Audio, Lecture, Demonstration, Practicum. A Short Quiz will be given the last 10 minutes of each two hour class. This class is for men and women ages 18 and up, and is perfect for couples. Teenagers from 14 - 17 can attend with the approval of a responsible adult (teacher, pastor, mother, father, step-parent, counselor, or supervisor).

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Yoga History, Philosophy, Ethics and Lifestyle

The student learns Yoga aligned and oriented teaching skills including the study of the history, inception, growth and practice of yoga. We will study the learning/teaching line of Krishnamacharya and Neem Karoli Baba, including learning about teachers who have studied with these two famous teachers and what they learned. We will learn Samkhya Philosophy, evolution of mankind and Yoga and the important concepts to consider in dealing with business and personal ethics and lifestyle choices, and other important teaching concepts. Teaching tools used are Sharing, Discussion, Video, Audio, Lecture, Demonstration, Practicum. A Short Quiz will be given the last 10 minutes of each two hour class. This class is for men and women ages 18 and up, and is perfect for couples. Teenagers from 14 - 17 can attend with the approval of a responsible adult (teacher, pastor, mother, father, step-parent, counselor, or supervisor).

Yoga Sutra Study: Chapter One

The student learns Yoga aligned and oriented teaching skills including Yoga Sutras, delivered to Gonika, a female Rishi in the form of a coiled snake named Patanjali (fallen Angel) is the ancient science of the mind. Benefits include learning ways to implement the wisdom of Yoga into a daily practice. The study and practice will include an exploration of the Eight Limbs of Yoga (Ashtanga Yoga) and their application in daily life and other important teaching concepts. Teaching tools used are Sharing, Discussion, Video, Audio, Lecture, Demonstration, Practicum. A Short Quiz will be given the last 10 minutes of each two hour class. This class is for men and women ages 18 and up, and is perfect for couples. Teenagers from 14 - 17 can attend with the approval of a responsible adult (teacher, pastor, mother, father, step-parent, counselor, or supervisor).

Yoga Sutra Study: Chapter Two

This class should be taken after the Chapter One Class. The student learns Yoga aligned and oriented teaching skills including Yoga Sutras, delivered to Gonika, a female Rishi in the form of a coiled snake named Patanjali (fallen Angel) is the ancient science of the mind. Benefits include learning ways to implement the wisdom of Yoga into a daily practice. The study and practice will include an exploration of the Eight Limbs of Yoga (Ashtanga Yoga) and their application in daily life and other important teaching concepts. Teaching tools used are Sharing, Discussion, Video, Audio, Lecture, Demonstration, Practicum. A Short Quiz will be given the last 10 minutes of each two hour class. This class is for men and women ages 18 and up, and is perfect for couples. Teenagers from 14 - 17 can attend with the approval of a responsible adult (teacher, pastor, mother, father, step-parent, counselor, or supervisor).

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Yoga Sutra Study: Chapter Three

The student learns Yoga aligned and oriented teaching skills including Yoga Sutras, delivered to Gonika, a female Rishi in the form of a coiled snake named Patanjali (fallen Angel) is the ancient science of the mind. Benefits include learning ways to implement the wisdom of Yoga into a daily practice. The study and practice will include an exploration of the Eight Limbs of Yoga (Ashtanga Yoga) and their application in daily life and other important teaching concepts. Teaching tools used are Sharing, Discussion, Video, Audio, Lecture, Demonstration, Practicum. A Short Quiz will be given the last 10 minutes of each two hour class. This class is for men and women ages 18 and up, and is perfect for couples. Teenagers from 14 - 17 can attend with the approval of a responsible adult (teacher, pastor, mother, father, step-parent, counselor, or supervisor).

Yoga Sutra Study: Chapter Four

The student learns Yoga aligned and oriented teaching skills including Yoga Sutras, delivered to Gonika, a female Rishi in the form of a coiled snake named Patanjali (fallen Angel) is the ancient science of the mind. Benefits include learning ways to implement the wisdom of Yoga into a daily practice. The study and practice will include an exploration of the Eight Limbs of Yoga (Ashtanga Yoga) and their application in daily life and other important teaching concepts. Teaching tools used are Sharing, Discussion, Video, Audio, Lecture, Demonstration, Practicum. A Short Quiz will be given the last 10 minutes of each two hour class. This class is for men and women ages 18 and up, and is perfect for couples. Teenagers from 14 - 17 can attend with the approval of a responsible adult (teacher, pastor, mother, father, step-parent, counselor, or supervisor).

Yoga Teaching Skills

The student learns Yoga aligned and oriented teaching skills including language, mirroring, sequencing, environment, pace, verbal, physical and visual cueing, class management, structure, space and other important teaching concepts. Teaching tools used are Sharing, Discussion, Video, Audio, Lecture, Demonstration, Practicum. A Short Quiz will be given the last 10 minutes of each two hour class. This class is for men and women ages 18 and up, and is perfect for couples. Teenagers from 14 - 17 can attend with the approval of a responsible adult, (teacher, pastor, mother, father, step-parent, counselor, or supervisor).

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Vinyasa Yoga: Concepts and Practice of Suryanamaskara A and Chandranamaskara A

This in-depth study will take apart and then put back together two strong Vinyasa Practices that are easy to remember and easy to practice anywhere. The practice of Yoga requires no special equipment, space or teacher (except for yourself). As my spiritual teachers repeatedly said, "You are your own Guru." These Moon Oriented (Brahmana) (cooling practices) and Sun Oriented (Langhana) (heating practices) mixed with a few easy-to-remember chants and a Savasana are a profound addition to your Yoga Tool Box. Teaching tools used are Sharing, Discussion, Video, Audio, Lecture, Demonstration, Practicum. A Short Quiz will be given the last 10 minutes of class. This class is for men and women ages 18 and up, and is perfect for couples. Teenagers from 14 - 18 can attend with the approval of a responsible adult (teacher, pastor, mother, father, step-parent, counselor, or supervisor).

Vipassana, the Classic Meditation

The student learns Yoga aligned and oriented teaching skills including Classic Seated Vipassana Meditation is a meditation that encompasses three phases of Practice: Breath awareness, sensory awareness, loving kindness meditation. Brief discussion of experience and effect after class, and other important teaching concepts. Teaching tools used are Sharing, Discussion, Video, Audio, Lecture, Demonstration, Practicum. A Short Quiz will be given the last 10 minutes of each two hour class. This class is for men and women ages 18 and up, and is perfect for couples. Teenagers from 14 - 17 can attend with the approval of a responsible adult, (teacher, pastor, mother, father, step-parent, counselor, or supervisor).