

# AURA

wellness center

**“The World Leader in Long-Distance Yoga Teacher Training and Certification”**



**Yoga Teacher Training  
Camp-in-a-Box  
Level 1  
Guide**

## **Yoga Teacher Training Camp-in-a-Box (Basic) 200 Hour Course**



This course was based on The Original Yoga Teacher Training Camp-in-a-Box. The Camp-in-a-Box Basic is the very best course in its price class. No other course in this range gives you 200 hours of training, essential for becoming a Professional Yoga Teacher.

This course still gives you a “Foundation Up” approach at becoming a Yoga Teacher, however, it is much more direct for completing the exams and obtaining the goal of certification.

### **Hour breakdown for this course:**

- **130 hours of Yoga Techniques**
- **20 hours of Methodology**
- **10 hours of Anatomy and Kinesiology**
- **20 hours of Independent Research**
- **20 hours of Yoga Philosophy**

More details and the ordering page can be found by clicking on the link below:

- [Yoga Teacher Training Camp-in-a-Box \(Basic\)](#)

## **The Original Yoga Teacher Training Camp-in-a-Box (Regular and Eco-Friendly) 240 Hour Courses**



The Original Yoga Teacher Training Camp-in-a-Box is the course that started it all.

The course is a “Foundation Up” course. It covers all of the in-depth information, on every aspect of Yoga, which a Level 1 teacher should know. The only courses that exceed this one are the Gold and Platinum versions of this course.

### **Hour breakdown for these courses:**

- **130 hours of Yoga Techniques**
- **20 hours of Methodology**
- **20 hours of Anatomy and Kinesiology**
- **20 hours of Independent Research**
- **20 hours of Yoga Philosophy**
- **30 hours of Electives**

More details can be found by clicking on the links below:

- [The Original Yoga Teacher Training Camp-in-a-Box](#)
- [The Original Yoga Teacher Training Camp-in-a-Box \(Eco-Friendly\)](#)

## **The Original Yoga Teacher Training Camp-in-a-Box (Gold)**

### **250 Hour Course**



**The Gold** course includes an extra 10 hours of work on Sanskrit, using “The Language of Yoga” book. This added audio and visual solution, to learning Sanskrit, is the perfect addition to The Original Camp-in-a-Box. This course also includes two added e-Books, “So You Want Teach Yoga” and “Yoga Business Secrets” for making you a very informed and well-rounded Yoga teacher.

### **Hour breakdown for this course:**

- **130 hours of Yoga Techniques**
- **20 hours of Methodology**
- **20 hours of Anatomy and Kinesiology**
- **20 hours of Independent Research**
- **20 hours of Yoga Philosophy**
- **10 hours of Sanskrit**
- **30 hours of Electives**

More details and ordering pages can be found by clicking on the link below:

- [The Original Yoga Teacher Training Camp-in-a-Box \(Gold\)](#)

## The Original Yoga Teacher Training Camp-in-a-Box (Platinum) 300 Hour Course



**The Platinum** is the most information-packed course in The Original Course Series. It includes everything in the Gold course plus very, in-depth information on alignments, form, making adjustments to students, and a deeper understanding of Anatomy for correct postures.

### The Platinum course also includes these Bonuses:

**"Sure Fire Yoga Marketing Secrets,"** by Dr. Paul Jerard, E-RYT 500. This 60 page e-Book can be used as a work book to help you develop your Yoga teaching practice. Learn how to grow your local enrollment and how to develop niches within your Yoga teacher services.

**"A Holistic Approach to Prosperity,"** by Dr. Paul Jerard, E-RYT 500. Discover how to develop a plan for personal success. This 24 page e-Book discusses methods for reaching your objectives and avoiding common pitfalls.

### Hour breakdown for this course:

- 140 Hours of Yoga Techniques
- 20 Hours of Methodology
- 40 Hours of Anatomy and Kinesiology
- 30 Hours of Independent Research
- 30 Hours of Yoga Philosophy
- 40 Hours of Practicum

More details and ordering pages can be found by clicking on the link below:

- [The Original Yoga Teacher Training Camp-in-a-Box \(Platinum\)](#)

## FAQS

**Q:** Do I have to be an experienced Yoga practitioner?

**A:** No, but intermediate and expert students will make faster progress.

**Q:** I don't have a teacher, how can I practice alone?

**A:**

- You can practice with the DVD's in your kit.
- [Aura Yoga Community](#), with access to the Aura forum, videos, lectures, blog articles, and much more!
- All of our courses come with Unlimited E-Mail and Phone Support, so help is always available to you.
- **(Optional)** You can always schedule an intensive with Paul Jerard, E-RYT 500, at Aura Wellness Center. Call 508-222-0092 or E-Mail [info@aurawellnesscenter.com](mailto:info@aurawellnesscenter.com) to schedule an intensive.

**Q:** How long will it take me to complete this course?

**A:** You have one year to complete the course. The average Yoga teacher training student completes this course in three months or less. Call 508-222-0092 or Email [info@aurawellnesscenter.com](mailto:info@aurawellnesscenter.com) for an extension if you are going to run over the one-year deadline.

**Q:** How do I get started?

**A:**

- You can click on any of the links above, or if you would like to see our full line of courses, please visit the [Aura On-Line Store](#)
- In every course, you will get Complete Step-By-Step Instructions - leading you through which Books, Booklets, CDs, and DVD's should be explored first. This will ensure that you complete your course with ease.