



Topics covered will include:

- ❑ History & philosophy of yoga
- ❑ Ethics & the yoga teacher
- ❑ Basic anatomy
- ❑ Meditation
- ❑ Psychology of teaching
- ❑ Breathing techniques (pranayama)
- ❑ Yoga postures (asanas) & variations
- ❑ Adjustments, hands-on & verbal assists
- ❑ Developing a sequence

For more specific information about the training, please call 973-783-1036.

For applications/ payments call 609-924-7294

“Our program and our unique staff will be the bridge connecting you to your inner yogi in a deep and meaningful way!”

- Jyoti Chrystal &  
Madelana Ferrara Mattheis



## The Princeton Center for Yoga & Health

is pleased to host

### A 200-HOUR YOGA TEACHER TRAINING PROGRAM

WITH

**JYOTI CHRYSTAL &  
MADELANA FERRARA-MATTHEIS**

OF THE STARSEED CENTER FOR YOGA & WELLNESS

PROVIDING TRAINING TO:

- FITNESS INSTRUCTORS & REHABILITATION PROFESSIONALS
- WELLNESS PROVIDERS: PHYSICIANS, THERAPISTS, NURSES AND WHOLISTIC HEALTH PRACTITIONERS
- YOGA STUDENTS WITH EXPERIENCE CONSIDERING A CAREER IN YOGA TEACHING

#### **PRINCETON CENTER FOR YOGA & HEALTH**

MONTGOMERY PROFESSIONAL CENTER

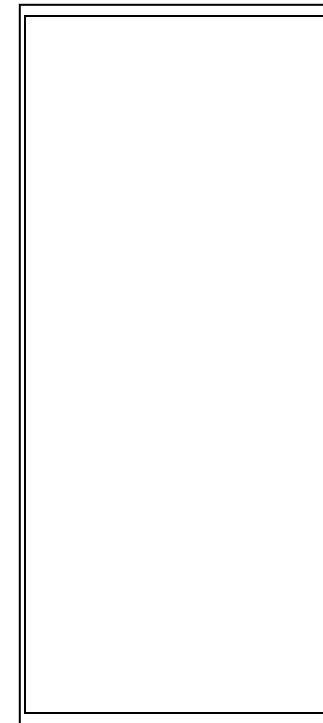
50 VREELAND DRIVE, SUITE 506

SKILLMAN, NEW JERSEY 08558

PCYH@MINDSPRING.COM

**609-924-7294**

[WWW.PRINCETONYOGA.COM](http://WWW.PRINCETONYOGA.COM)



## THE PROGRAM

**Starseed's** 200-hour yoga teacher training program (SSYTT-200) will be hosted by The Princeton Center for Yoga & Health over a 10-month period, weekends only, beginning July, 2005 . Our program promises a deep personal experience; one that will enrich your life, your personal practice and knowledge of the application of yoga in a very practical way. You will gain self-awareness and the potency to fill your life with more joy and passion!

Starseed's training is dedicated to instilling in their students the knowledge and application of yoga in a directly personal manner to empower the realization of self.

SSYTT-200 offers the tools needed to become an effective and inspiring yoga teacher. In addition to the required course work and independent study, your training will be provided by experienced teachers skilled at helping students develop confidence and their own authentic teaching style.

Our program distinguishes itself from others, in part, because of our emphasis on the development of a personal practice. Drawing on their shamanic training (an ancient, earth-based method of self-discovery), Jyoti Chrystal and Madelana Ferrara-Mattheis are skilled and intuitive at nurturing and mentoring students to develop their own unique and personal yoga practice. A good teacher's personal practice is, in our opinion, fundamental to their foundation.

## THE NEXT STEP

Submit your one to two page letter of intention, along with your completed SSYTT application and a recent photograph of yourself. Please send it with your non-refundable application fee of \$50.00. You will be contacted for an interview with one of our trainers.

Tuition: \$2,900/\$2,750 if paid in full by May 27, 2005. Additional bank fees apply for credit card payments.

There are a limited number of applicants accepted for each offering in order to ensure a personalized experience. We suggest that you don't delay in submitting your materials for acceptance into this transformative experience. Applications will not be accepted after June 15, 2005.



### **2005-2006 training dates:**

#### **Saturdays & Sundays**

JULY 30, 31, '05  
SEPT. 24, 25, '05  
OCT. 29, 30, '05  
NOV. 26, 27, '05  
DEC. 17, 18, '05  
JAN. 28, 29, '06  
FEB. 25, 26, '06  
MAR. 25, 26, '06  
APRIL 29, 30, '06  
MAY 27, 28 '06

## THE YOGINIS

**Jyoti Chrystal**, R.Y.T. (500), Founder, Director of Starseed Center for Yoga & Wellness, Montclair, New Jersey. With a foundation of over 30 years in yoga and the healing arts, she is a yoga therapist currently studying with Mukunda Tom Stiles in his Yoga Therapy Program. She is the director of the Starseed 500-hour teacher training program now in its sixth year. She was initiated into Amazonian Shamanism over 17 years ago and blends her shamanic style with her yoga.



Jyoti Chrystal

**Madelana Ferrara Mattheis** M.A., R.Y.T. (500), Thai Yoga Bodyworker and exercise physiologist; Trained by Jyoti in the Starseed method, she has over 10 years experience teaching and is currently studying Anusara yoga with John Friend. In addition to her extensive apprenticeship with Jyoti, she has completed a 200-hour Anusara yoga teacher training as well as a 40-hour Level One teacher training. She is currently co-directing the Starseed 500-hour program with Jyoti



Madelana Ferrara