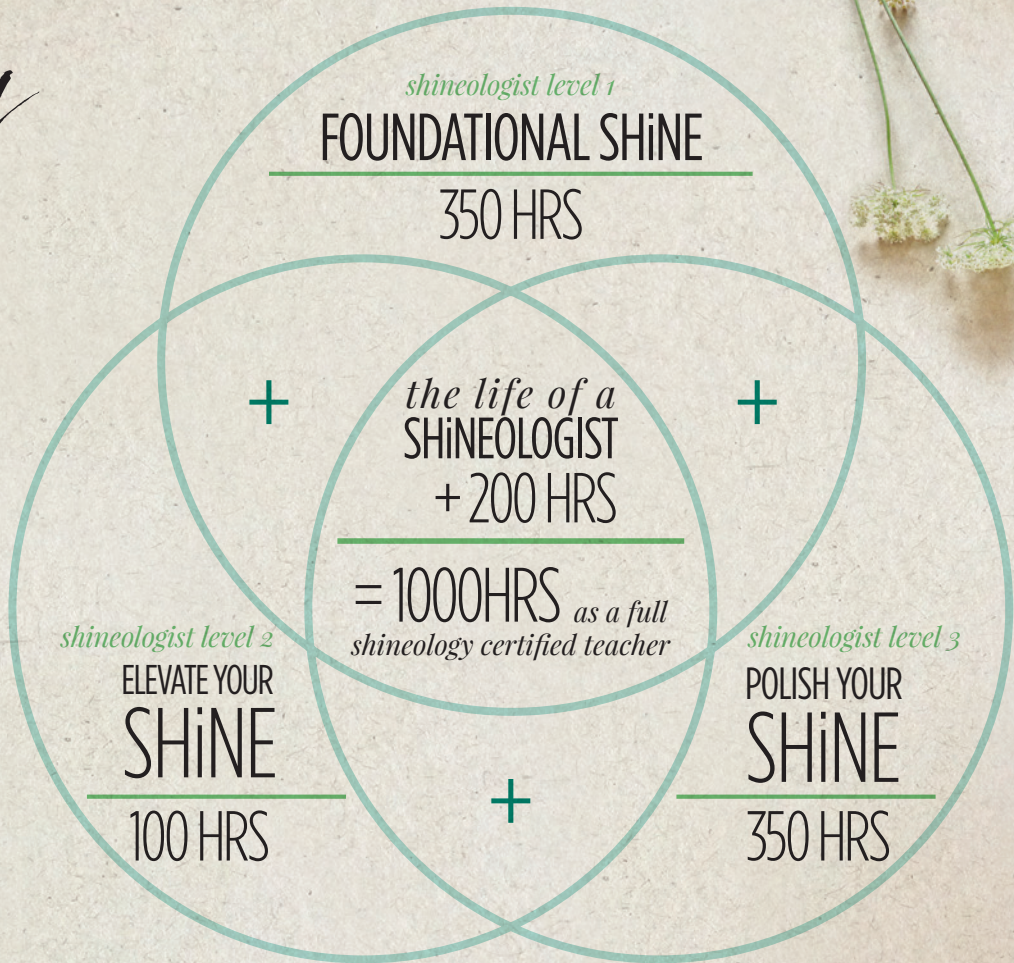


journey to shine

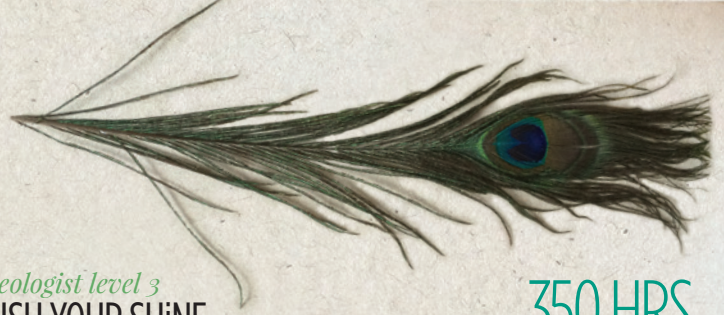
elevate + educate
in SHINEOLOGY



anngreenyoga.com

journey to shine

elevate + educate in SHiNEOLOGY



shineologist level 1

FOUNDATIONAL SHiNE

350 HRS

Embark upon an education in transformation and learn to teach a unique journey of intelligent, alignment based vinyasa yoga. Empowered with love and confidence, you will be able to lead Foundational SHiNEOLOGY flow classes.

shineologist level 2

ELEVATE YOUR SHiNE

100 HRS

Elevate your Foundational Shine education with intelligence, leadership, alignment and transformation in the SHiNEOLOGY System of Yoga. Integrate extensions, advances and adjustments with deeper anatomy, and sequencing to supercharge your SHiNEOLOGY flow and lead ELEVATED SHiNEOLOGY flow classes.

shineologist level 3

POLISH YOUR SHiNE

350 HRS

Allow your Foundational Shine education to extend beyond the Elevation of SHiNEOLOGY into areas of interest supporting you as a Shineologist Level 3. Students may choose from a variety of interest:

* Anatomy * Philosophy * BLiSS Body * Leadership * Sequencing

Specific course interest also available may include:

- * Annatomy
- * Fascia Freeing SHiNE
- * SHiNEsup Yoga
- * SHiNEathlete
- * SHiNELava
- * SHiNEaerial
- * Pre/Post Natal
- * Kids of SHiNE
- * Roots of SHiNE
- * Myfacial Integrated Yoga (MiYoga)
- * Annscriptions to SHiNE
- * Deep Knowledge Intensive (compliments existing 200hr RYT certification)

LIFE OF A SHiNEOLOGIST 200 HRS

In combination with successful completion of 300 hour Foundational Shineologist Level 1; or with 200 hr YTT completion elsewhere and 100 hour Deep Knowledge Intensive; 100 hour Level 2; 350 hour Level 3 with advanced courses of your choice; and assisting for 200 hours in a Level 1 Foundational course as well as finishing the SHiNEOLOGISTS Adventure Log Project you become a fully certified SHiNEOLOGIST. This manifests a total of 1000 hours in the Journey to SHiNE and permits you to help lead educational programs with Ann, as well as educate local communities in your adventurous journey to SHiNE.

= 1000HRS
shineology
certified teacher