

Susan Hamadock, MA, MSW, LCSW-C, E-RYT 500

is the Program Director and founder of Silver Lotus Training Institute. A former professional classical ballet dancer, she taught ballet, modern dance, and has extensive study in labanotation, anatomy and physiology and applied kinesiology at both the college and professional levels. She began her studies in Yoga in 1972. In 1992 she was certified to teach by White Lotus Foundation and later did advanced teacher training there. She has also studied Iyengar, Kripalu and Viniyoga styles. She is a certified Phoenix Rising Yoga Therapy practitioner and was a Mentor and Teacher for the Phoenix Rising Yoga Therapy Training Program.

Susan has been training yoga teachers since 1995. In a commitment to excellence, Silver Lotus Training Institute was one of the first professional schools to be registered with the Yoga Alliance. In 1985 Susan began developing methods by which a holistic Mind/Body/Spirit approach can be incorporated into the clinical mental health setting. She has been teaching Yoga and Mental Health trainings since 2000. Throughout her personal and professional practices, Susan emphasizes integration of healing modalities.

Other Silver Lotus Programs of Interest

Call for more information about these additional offerings with Susan Hamadock.

- Private yoga instruction
- Svadhyaya Yoga™ Therapy
- Individual Svadhyaya Yoga™ Instruction
- Reiki
- Integrated Psychotherapy for Adults

For more information about any of the Silver Lotus Training Institute programs, call us at (302) 644-0130 (ext. 8), or visit www.SilverLotusTrainingInstitute.com



Therapeutic Svadhyaya Yoga™ Teacher Training Programs



Silver Lotus Training Institute

1307 Savannah Road
Lewes, Delaware 19958

(302) 644-0130

www.SilverLotusTrainingInstitute.com

Silver Lotus Training Institute
1307 Savannah Road
Lewes, DE 19958



Svadhya Yoga™

For your health... for your "Self"

Silver Lotus Training Institute specializes in the therapeutic application of the practices of Classical Hatha Yoga, Tai Chi, and Qigong.

Our style of Yoga is referred to as "*Svadhya*" Yoga™ and emphasizes the study of the "Self" through the psychological principles set forth by the Yoga Sutras of Patanjali. This style was developed in 1994 by Susan Hamadock, MA, LCSW-C, E-RYT 500, based on her personal, scientific and philosophical interest in Body/Mind Psychology and the holistic practice of Yoga. Since then, we have developed *Teacher Training Programs at both the 200- and 500-hour levels*. Our programs are registered with the national Yoga Alliance and are personally satisfying, comprehensive and life changing experiences for our students.

All of our training programs are conducted in an intimate setting with only 8 – 10 students in each class. This ensures that you will get precisely what you need to make your individualized personal training complete. We welcome people with physical problems and different abilities.



We are located near the beautiful Lewes, Rehoboth and Bethany beaches. We can recommend beautiful and affordable housing for those who are traveling from out of town.



"If you are tired of large teacher training programs in institutional settings and in need of a personalized experience, our programs may be the perfect fit."



200-Hour Yoga Teacher Training

Our 200-hour program focuses on training teachers to go deep within themselves to discover their "inner yoga master." We teach you how to adapt and modify every asana to meet your own unique needs and the needs of your students. We emphasize the study of *The Yoga Sutras of Patanjali*, comprehensive Anatomy and Physiology, the Chakra system, the development of your own unique business plan and ways to launch your teaching career.

500-Hour Yoga Teacher Training

As you continue on your journey into the mystery of your Self, our 500-hour level program teaches you the deeper practices of Svadhya Yoga™, the *Bhagavad Gita*, advanced Anatomy and Physiology, and Teaching Methodology related to medical conditions such as cancer, arthritis, fibromyalgia, osteoporosis, multiple sclerosis, and postural and joint problems. We focus on the needs of whole person, not the disease. Our intention is to strengthen the internal healer within, to provide support and to build community.

Yoga & Mental Health Training

In addition to these teacher trainings, we offer a *Yoga and Mental Health Training Program* that is specifically designed for yogis who are also mental health practitioners and who are looking for ways to incorporate Body/Mind Psychology into their clinical settings. This program meets once a month and focuses on contemporary body/mind psychological theories, Eastern and Western thought regarding mental health, and combining the chakra system, asana, prana-yama, and meditation with clinical practice.

Continuing Education Programs

Silver Lotus offers a variety of workshops, classes and programs that provide Yoga Alliance-registered teachers with continuing education credits, including a weekly *Svadhya Yoga™ for Teachers* class on Tuesday evenings. Call or check our website for the latest offerings.