

200hr Yoga Teacher Certification



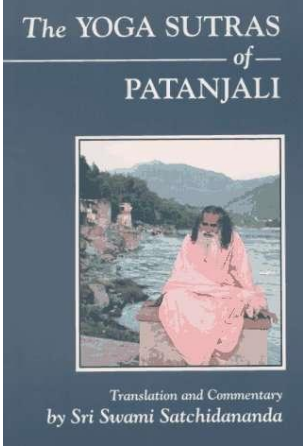
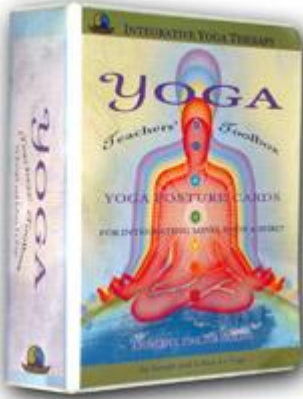
Student Syllabus and Program Information

B YOGA CENTER – REGISTERED YOGA SCHOOL

YOGA TEACHER CERTIFICATION STUDENT INFORMATION

***B*OOKS**

REQUIRED CURRICULUM MANUAL AND TEXTS INCLUDED IN TUITION:

| | |
|---|--|
| <p>Patanjali's Sutras Swami Satchidananda version</p> <p><u>CLICK HERE FOR MORE INFO</u></p> |  |
| <p>Integrative Yoga Therapy - The Yoga Teachers' Toolbox - Second Edition by Joseph Le Page and Lilian Le Page, Joseph Le Page, Lilian Le Page and Pamela Byard</p> <p><u>CLICK HERE FOR MORE INFO</u></p> |  |
| <p>Yoga School Curriculum Manual</p> | <p>26 Weeks of Lessons</p> |

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Mission Statement

The Yoga School considers the certification of qualified yoga teachers our highest mission.

We acknowledge that in order to offer excellent yoga teacher certification we must provide the highest quality educational curriculum and texts, faculty teachers and support services for the students and graduates.

We pledge to always deliver superior training and service to the students and graduates.

We feel it is our responsibility to share our knowledge through the provision of teacher role modeling, adherence to ethical standards, the curriculum objectives and standards of the National Yoga Alliance for registered yoga schools.

We are a diverse faculty from multidisciplinary yoga certifications committed to building an honest and supportive culture in which everyone is treated with warmth, dignity and respect.

Teacher Training Program Goals

- To provide a comprehensive Basic Level Yoga Teacher Certification to participants who seek to teach yoga to individuals in private or group settings.
- To provide ongoing structured and unstructured support to participants leading to certification.
- To certify participants under the educational standards set forth by the National Yoga Alliance for approved registered yoga schools.

GENERAL INFORMATION AND REQUIREMENTS

- Complete the tuition payment record, informed consent, ethics statement and copyright form and return to faculty teacher.
 - If paying by the monthly payment plan, we will process your payment by Debit or credit card, at the end of the month. Total cost of program will be \$2920
 - Credit Card records are kept in a confidential place by the Program Director.
- Attendance records are maintained by the student in the manual notebook. Each week and during weekend intensives, attendance will be confirmed by the faculty instructor and will be signed off. At the end of the training, a copy of the sign off documents will be turned into the faculty teacher.
- Eat lightly before class and bring water and light food for break.

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- Wear comfortable clothes and bring **yoga mat, 2 yoga blocks, yoga strap and eyepillow**
- PLEASE make every effort to attend each week and weekend. The program is designed to move you through a major transformation in a short period of time. Make-ups are available at Charlestown Yoga or during the next course - absences create disharmony in the group and interfere with your training focus.
- We **recommend that** you receive 6 private sessions* by the end of the course to illustrate the importance of self-care. (We will talk about the importance of “niyama” or purification as described in Patanjali’s sutras.). Preferably these should be done on a monthly basis.

* These sessions can include: Reiki, Massage, Chiropractic, Ear Candling, Private Yoga Therapy, Shiatsu, Cymatron Sound Healing, Crystal Healing, Energy Healing, Angel Card Reading, Acupuncture, Facial, etc. We encourage you to use the services offered at your training location or find a classmate – barter, go to free Reiki clinics – we will talk more about this in class.

25 hours of personal yoga classes

During the 6 month program, record weekly yoga classes and workshop hours you attend to total 25 hrs. These hours may be used for makeup classes if they were taken with a faculty teacher and you complete a student observation form and assist with class adjustments.

- Please complete monthly required reading and homework assignments on time.

Approaches to Learning

By exploring the many avenues by which students learn postures in the asana class, teacher training participants will be guided through a multitude of lectures, discussions, reading assignments, writing assignments, posture exploration, teach back demonstration exercises, posture sequencing, class development and weekend intensives.

In addition, this program will:

- Provide creative educational tools that aid participants in acquiring teaching skills.
- Provide creative educational research projects that aid participants in understanding the many physical and psychological challenges students may bring to the asana class.
- Provide ongoing feedback to help participants build appropriate teaching language.
- Provide ongoing feedback for the appropriate use of “touch” and “alignment.”
- Provide ongoing feedback for the appropriate use of “touch during alignment.”
- Provide for frequent class demonstrations by students that aid in the reduction of anxiety associated with speaking in front of audiences.
- Provide creative educational tools that aid the student in building competence and confidence necessary for a quality yoga teacher.

Competency Skills

At the end of training, participants will have learned skills to:

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- Teach a 60-90 minute asana class
- Teach a basic Pranayama class
- Teach a basic 60 minute Meditation class
- Describe one model for forming a home meditation group
- Use language appropriate for a yoga and meditation class

Training Policies and Guidelines

Payments

Deposit: \$600
Tuition: \$2900 (10% discount if paid in full before program starts - \$2610)
Payment Plan: \$370 monthly auto-payment is available and must be paid by credit card – MC, VISA or Discover. Total for program is \$2920 if paid through this option.

Training Resignation

We understand that life can offer a series of challenges; any participant who wishes to resign from the training program **must do so in writing to the Program Director**. If a letter is not received in writing before you resign from the program you **will forfeit any refund amounts**. (Email will also be accepted)

Those who have made tuition **payments in full** will receive a refund in the amount per the below schedule:

Weeks: 1 – 4 \$2,520.00 (minus \$350.00 nonrefundable deposit)

No Refund for withdrawals after the 1st month of classes.

Those who withdraw during the first week will receive \$250.00 (less the \$350 non-refundable deposit) or a return of \$2170.00 (less \$350 non-refundable deposit) if paid in full with discount.

Training Reinstatement

Participants wishing to be reinstated to the program *after submitting a resignation in writing* may do so **within a year** of withdrawing from the course. However, depending on the week of resignation, the tuition fee will be prorated and a \$250 re-enrollment fee applied.

Student Enrollments After Start of Course

Participants entering the training program after the initial start of the course may complete requirements during the next session or make-up missed classes in the current semester.

If a participant missed only one weekend intensive, he/she will complete this training during the next session. A provisional certificate at graduation will be granted; once the weekend intensive is completed, an official certificate with a raised seal will be awarded.

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Matriculation into the Yoga School

If a student has completed hours at another registered yoga school approved by the national yoga alliance and they wish to transfer into this program they must contact the Program Director. The completed hours must be documented and faculty will meet with the student to determine how many credits in the standards categories may be applied. However, regardless of the number of hours matriculated, the student must complete the six weekend intensives to graduate from the school.

Student Practicum Teaching – 10 hours

Each student is required to conduct yoga classes outside the classroom to friends, family or in local yoga studio. Record the date, number of students present, hour of day and type of yoga taught and turn in the hours at the end of the course on the teaching log form. Five hours must be under supervision of a faculty teacher.

- Each student is required to teach at least ten (10) one (1) hour classes prior to graduation.
- These may be at home, at a club, library, senior center, nursery or preschool, public or private school, for a sports team, golf center, tennis club, etc.

Student Personal Practice Log – 25 hrs

Each Student is expected to continue to attend weekly yoga classes to further their yoga practice and to learn and observe yoga classes. A practicum log must be completed totaling 25 hrs and turned in at the end of the course. Doing yoga to a video may count as long as you complete the observation form for personal video class. However, we do not recommend more than 5 hours be by professional video observation.

Personal Sessions for Energy Work

Each student is suggested to receive personal sessions to balance the body's energy system and release energy blocks that may surface during training. They may be reiki, massage, acupuncture, yogassage, private yoga therapy, rolfing, pilates, myofascial release and other forms of personal work. Manicures and pedicures do not count as a session. These are additional expenses to the tuition. You may barter sessions, by offering to teach a private yoga class or attend free Reiki Clinics if money is an issue.

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Class Participation and Attendance

Class Participation

Participants are expected to establish and continue a personal yoga practice outside the classroom. Weekly presentations such as lectures; discussions, demonstrations and reading materials are powerful tools in learning and will help the participant grow psychologically and physically. At the end of the course the participant will be able to reflect upon and appreciate the hard work he/she exerted toward certification.

Attendance

This program is based on a corresponding agreement between the Yoga School, the National Yoga Alliance, and enrolled participants. Professionalism, attendance, and the completion of all required assignments are important elements of professional behavior.

Participants are **expected to attend** all weekly classes. If illness or an emergency arise and prevent a participant from attending a class, he/she is expected to contact the faculty member assigned to the class. All contact information for faculty members will be given on the first night of class, this information can also be found on the course syllabus.

Frequent absenteeism from classes without sound reason may suggest lack of commitment, therefore, the Program Director will explore a participants' competency to continue in the program

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Yoga School Curriculum Course Requirements



Yoga Asana Techniques - 100 hours

At the completion of this course, the student will competently:

- Demonstrate:
 - Standing
 - Seated
 - Balance
 - Prone
 - Supine and Twists
 - Inverted poses
 - Backbends
- Recite the Sanskrit name of postures learned
- Sequence postures for a 60 minute beginners class
- Develop a daily personal sadhana practice
- Demonstrate pranayama breathing exercises
- Demonstrate mudra hand positions
- Describe three kriyas used in yoga for cleansing the body
- Use descriptive language appropriate for the yoga class
- Utilize appropriate music for yoga class
- Write a creative visualization script

Student Practicum -10 hours

- Ten (10) hours of documented practice teaching.

Yoga Homework Electives - 15 hours

Home work Assignments fulfill with requirement

- Yoga Philosophy and States of Mind
- Body Awareness and the Koshas
- Anatomy and Physiology
- Chakras and the Subtle Energy System
- Sutras

Yoga Anatomy and Physiology - 25 hours

At the completion of this course, the student will competently:

- Describe the subtle energy system
- Locate specific organs in the body
- Locate specific muscles in the body
- Locate specific bones in the body
- Describe the anatomy of human movement as it applies to Asana
- Describe the systems of the body as it applies to asana

Yoga Philosophy – 40 hours

At the completion of this course, the student will be able to:

- Describe a brief history of yoga
- Describe at least four branches of yoga
- Describe at least four styles of yoga
- Describe the eight fold-path of Patanjali
- Describe the general content of Book I and II of Patanjali's Sutras
- Describe the three doshas in Ayurveda

Yoga Methodology - 30 hours

At the completion of this course, the student will be able introduced the following methods of teaching yoga:

- Partner Yoga (yoga postures with a partner)
- Restorative Yoga (yoga with props held for periods of time)
- Yogassage (yoga posturing in a surrendered state)
- Prenatal yoga
- Seniors Yoga
- Children's yoga
- Yin Yoga and Acu-Yoga
- Power Yoga and Chair Yoga

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Sunday 6-Hour Workshops

Overview of Potential Topics but others may be included and topics changed to other months. **Subject to change – actual schedule to be sent by September 2011.**

October 16th & 30th (Science of Yoga, Ayurveda, Restorative, Anatomy 1)

November 13th & 20th (Anatomy 2 & 3, Pranayama, Partners Yoga)

December 18th (Yoga Philosophy 1 & Meditation)

January 8th & 22nd (Yoga Philosophy 2 , Sanskrit, Anatomy 4, Yoga for Trauma)

February 5th & 19th (The Chakras, Structural Alignment 1, Assists, Yoga Therapeutics)

March 4th, 18th & 25th (Yoga Anatomy 5, Yoga Philosophy 3, Structural Alignment 2, Yoga & Energy.

Weekly Lesson Plans

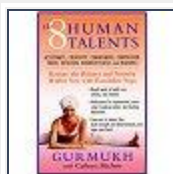
| | |
|---------------|--|
| Weeks 1 - 3 | Sun and Moon Salutation |
| | |
| Weeks 4 - 6 | Standing/Revolved and Balance Poses |
| | |
| Weeks 7 - 9 | Seated Poses |
| | |
| Weeks 11 - 12 | Prone Poses |
| | |
| Weeks 13 - 15 | Supine Poses/ Seated Spinal Twists |
| | |
| Week 16 - 18 | Inversions Poses |
| | |
| Weeks 19 - 21 | Posture Sequencing and Preparation for Teaching |
| | |
| Weeks 22 - 25 | 60-90 minute Student Teaching Assignments |
| | |
| Week 26 | Business Presentations and Graduation Party |

YOGA SCHOOL

References and Recommended Reading list

| |
|---|
| Anderson, Sandra, Sovik, Rolf, Psy. D. (2000) Yoga: <u>Mastering the Basics</u> ISBN: 0-89389-155-X |
| Austin, Miriam (2004) <u>Cool Yoga Tricks</u> ISBN: 0-345-46541-5 |
| Boon, Brooks, Kirk & Martin (2004). <u>Hatha Yoga Illustrated</u> . ISBN: 0-7360-5122-8 |
| Bittleston, Jennie. <u>Secrets of Yoga</u> . ISBN: 0-7894-6781-X |
| Brown, Christina. (2003) <u>The Yoga Bible</u> . ISBN: 1-8418-1192-0 |
| Brown, Christina. (2002) <u>The Yoga Book</u> . ISBN: 1-40543-165-2 |
| Coulter, David H. (2001). <u>Anatomy of Hatha Yoga: A manual for students, teachers and practitioners</u> . ISBN: 0-9707006-0-1 |
| Desikachar, TKV. (1980) <u>Religiousness in Yoga</u> . ISBN: 0-8191-0967-3 |
| Grilly, Paul (2003). <u>Yin Yoga: Outline of a quiet practice</u> . ISBN: 1-8839-9143-9 |
| Iyengar, BKS (1976) <u>Light on Yoga</u> . ISBN: 0-8052-1031-8 |
| Iyengar, BKS (2001) <u>Yoga: The Path to Holistic Health</u> . ISBN: 0-7894-7165-5 |
| Mehta, Silva, Mira & Shyam (1988) <u>Yoga: The Iyengar Way</u> . ISBN: 0-6797-2287-4 |
| Shaw, Scott (2004) <u>Yoga Breathing: Pranayama made easy</u> . ISBN: 1-57863-301-X |
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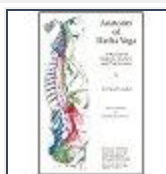
8 Human Talents

In this book, Gurmukh offers meditative and breathwork techniques that create equanimity.

Our Price: \$14.95

[Buy](#)

[More Info](#)



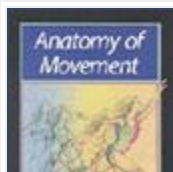
Anatomy of Hatha Yoga

In this book by H. David Coulter, the reader is introduced to a gentle way to achieve health and fitness.

Our Price: \$39.95

[Buy](#)

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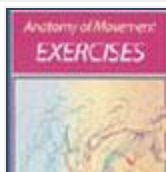
Anatomy of Movement

This book, Anatomy of Movement, by Blandine Calais-Germain, presents a dynamic, integrated approach to the study of the physical structures of the musculoskeletal

Our Price: \$34.95

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Anatomy of Movement

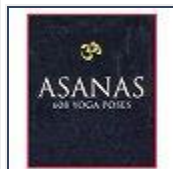
Exercises

In this companion volume to Anatomy of Movement.

Our Price: \$29.95

[Buy](#)

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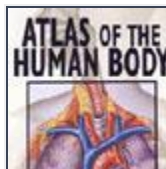
Asanas: 608 Yoga Poses by Dharma Mittra

Black and white photos of yoga poses. Dharma Mittra made the famous yoga pose poster and was featured in Yoga Journal about his work.

Our Price: \$21.95

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Atlas Of The Human Body

The Atlas of the Human Body, by Takeo Takahashi, gives clear and thorough explanations of each of the major organs and systems of the human body. This book meets the needs of the medical practitioner as well as layperson.

Our Price: \$26.95

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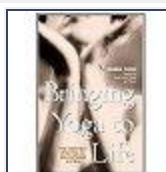
Awakening The Spine

In this book by Vanda Scaravelli, the reader is introduced to a gentle way to achieve health and fitness.

Our Price: \$23.95

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Bringing Yoga to Life

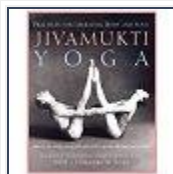
“Farhi presents in clear and imminently practical terms how we can live our yoga right now.”
-Judith Hanson Lasater

Our Price: \$12.95

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Jivamukti Yoga

In this book, Sharon Gannon focuses on Yoga, philosophy, postures, locks, breathing practices, and deep relaxation.

Our Price: \$19.95

[Buy](#)

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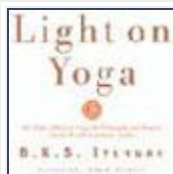
Light on Life

Yoga, philosophy, postures, locks, breathing practices, and deep relaxation. More than 400 photos by Dona Holleman.

Our Price: \$18.95

[Buy](#)

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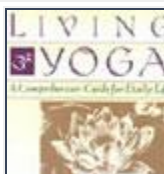
Light on Yoga

The Bible of Modern Yoga with philosophy and practice by the world's foremost teacher B.K.S. Iyengar. Mr. Iyengar offers instruction, hints and cautions, philosophy of yoga, and techniques of pranayama and asana.

Our Price: \$18.98

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Living Yoga: A

Comprehensive Guide for Daily Life

Richly illustrated and Edited by Georg Feuerstein, the book Living Yoga celebrates a fresh vision of life for spiritual seekers wanting to be refreshed to the value

Our Price: \$16.95

[Buy](#)

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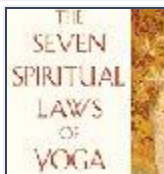
Moving Toward Balance: 8 Weeks of Yoga

Rodney Yee brings us a new book. Let this book help you structure a yoga program.

Our Price: \$23.95

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Seven Spiritual Laws of Yoga

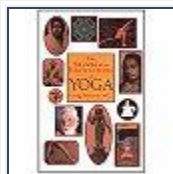
by Deepak Chopra

Book by Dr. Chopra with meditation, breathwork, yoga sutras, sun salutations, asanas, Sanskrit and more.

Our Price: \$12.95

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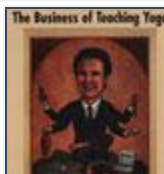
Shambhala Encyclopedia of Yoga

Everything you always wanted to know about yoga, including obscure references carefully researched and presented by Georg Feuerstein.

Our Price: \$24.95

[Buy](#)

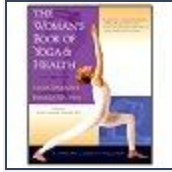
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The Business of Teaching Yoga

Discover the secrets to achieving a fulfilling career as a Yoga teacher! This comprehensive manual, written by Larry Payne, shows you step-by-step how to start out as a new Yoga teacher.

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The Woman's Book of Yoga and Health

This book is subtitled 'A Lifelong Guide to Wellness' by Linda Sparrowe, Patricia Walden, Judith Hanson Lasater. Great photos and instruction in dealing with women's health issues.

Our Price: \$24.95

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Yoga for Pregnancy

This book, 'Yoga For Pregnancy' provides the reader with a gentle guide to both prenatal and postnatal yoga exercises.

Our Price: \$18.98

[Buy](#)

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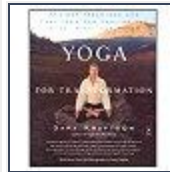
Yoga for Children

Presented in an enjoyable way that children can relate to and with a depth that even adult yoga practitioners can benefit from, you will find this book enjoyable and appealing.

Our Price: \$15.00

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Yoga for Transformation

Exercises which develop deep awareness, grounding yourself, and experiencing the transformative powers of yoga. Paperback Book

Our Price: \$19.95

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Online Resources Yoga Websites:

WWW.YOGAFINDER.COM

ANNUAL FEE TO JOIN

WWW.YOGA-CENTERS-DIRECTORY.NET/USA/MASSACHUSETTS>BOSTON.HTM

FREE LISTING

WWW.HEALTHANDYOGA.COM

FREE SIGN UP

[HTTP://EVERYTHINGYOGA.COM](http://EVERYTHINGYOGA.COM)

FREE LISTING

[HTTP://WWW.YOGACOMMUNITIES.COM](http://WWW.YOGACOMMUNITIES.COM)

BY INVITATION ONLY

WWW.YOGADIRECTORY.US

FREE LISTING

[HTTP://THEYOGAPAGE.COM](http://THEYOGAPAGE.COM)

\$64.00 ANNUAL FEE

[Http://FINDYOGASTUDIO.COM](http://FINDYOGASTUDIO.COM)

\$15.00 ANNUAL FEE

WWW.YOGAFAMILY.COM

WWW.MYYOGAONLINE.COM

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