

Yoga Teacher Training

Oct 13, 2012-April 20, 2013

Hot Yoga, Ashtanga Yoga, Hatha Yoga
200 hour

Yoga Alliance Approved Course

This Yoga Teacher Training program will explore the fundamentals of Hatha, Ashtanga and Hot Yoga. **Every other week-end** training begins Oct 13, 2012 until April 20, 2013 covering 13 weekends:

Fridays 6-9:30 pm
Saturdays 12:00-5:30 pm
Sundays 12:00-5:00 pm

Every other week-end

Curriculum:

Techniques Training

Approx. 100 hours

- In depth exploration of Asanas (poses)
- Benefits, preparatory poses, cautions, contraindications, variations, props, modifications, adjustments
- How to structure a class, sequencing, how to teach
- Pranayama (breathing): theory and practice of ujjayi breath and other types
- Kriyas, chanting, mantra, mudras, bandhas, nadis, chakras,
- Voice modulation, intonation, projection
- Basic Sanskrit-pronunciation and names of postures, energy and vibrational qualities
- Meditation
- Teaching principals of Ashtanga , hot yoga and hatha/vinyasa yoga

Teaching Methodology

Approximately 25 hours

Focuses on the principles of demonstration, observing, assisting, correcting, instruction, teaching styles, using themes, sequencing, class design, qualities of a teacher, communication and presentation skills, business aspects of yoga.

Anatomy and Physiology

Approximately 20 hours

This anatomy intensive covers the basic anatomy and biomechanics of the human body with direct application to yoga practice (benefits, contraindications, healthy movement patterns etc). Includes both physical anatomy and physiology (bodily systems, organs etc) and energy anatomy and physiology (chakras, nadis etc.)

Yoga Philosophy, Lifestyle, Ethics

Approx. 30 hours

Includes the study of yoga philosophies-Yoga Sutras, Bhagavad Gita, Pradipika, yoga lifestyle and ethics for yoga teachers (both personal and business), diet.

Practicum

Approx. 10 hours

Includes practice teaching, receiving feedback, observing others teaching and hearing and giving feedback. Also includes assisting students while someone else is teaching.

Electives:

Introduction to Specialized Yoga Programs

Approx. 15 hours

- Ayurvedic Principles
- Children's yoga
- Prenatal yoga/ post partum yoga (mom and baby yoga)
- Introduction to other popular styles of yoga
- Yoga Therapy

Requirements:

Completion of 200 hours:

182 in-class hours

14 public classes at the YogaLoft that must be completed by the end of the program.

4 observation classes

A unlimited class pass will be given to each member to complete the required classes at the Loft. Upon completion you will be a certified Yoga teacher and a certificate will be awarded. Graduates of our program can be registered with the international governing board of Yoga Alliance.

After graduation opportunity will be available for volunteer apprenticeship and to teach economy classes.

Dates:

Oct 13, 27, 2012

Nov 3, 17

Dec 1

Jan 5, 19, 2013

Feb 2, 16

Mar 2, 23

April 6, 20

Reading List will be given upon registration of the course.

Tuition:

\$2800 plus HST

Fees **include** 5 months of unlimited yoga classes. All passes will be activated Oct 13, 2012 and will end April 30, 2013

Fees also include a complimentary 10 class pass to be used after completion of your course.

A non-refundable deposit of \$500 is required with your application to secure your place in the course. Payments can be made by bank draft, debit card, credit card, money order or certified chq.

Teacher Training application form can be found in studio or download:
(link)

Application form and \$500 deposit can be submitted together at the studio. Pls forward an electronic copy of your application to info@yogaloft.ca upon submission with deposit.

Payment options:

Initial Deposit \$500 (**non- refundable**) due with application due Oct 1, 2012.

1st Payment Option:

Full balance due Oct 1, 2012

2st Payment Option:

2 equal payments of balance plus a \$50 admin fee due on Oct 1, 2012 and Jan 2, 2013

3rd Payment option:

3 equal payments of balance plus a \$75 admin fee due on Oct 1, 2012, Jan 2, 2013, Feb 1, 2013

Teacher Training Faculty:

Sundeeep Tyagi, E-RYT, Yoga Alliance

Sundeeep Tyagi embarked on the path of self discovery and spiritual knowledge since the early age of 9. He studied in a yogic school called a Gurukul, which is the house of a revered master, where he imbibed the deep secrets of ancient India and mastered the scriptures leading to the mastery of self. As a teacher, he is responsible for the growth of many who studies under him. He has been in Canada since 1999 and has a huge following in the Canadian community. Sundeeep hails from a celebrated family of yogic teachers carrying on a Vedic tradition spanning several generations. His grandfather is a revered personality in teaching circles, having trained formidable masters. Sundeeep established the Freedom Yoga Gurukul (institute) which is officially recognized by the Yoga Alliance. This institute's main focus is creating capable yoga teachers via the medium of rigorous practical and theoretical training. Sundeeep has been instrumental in training and producing several accomplished yoga teachers, empowering them to teach and spread yoga in North America and other countries.

Martha Biagi, E-RYT, Yoga Alliance

Martha has been instructing yoga for over 10 years. Her interest in yoga sparked through the postures and relaxation techniques. After suffering a serious accident, she delved into the meditative and philosophical aspect of yoga and has never looked back. She has been certified in Hatha Vinyasa, Ashtanga and Pre Natal Yoga modalities as well as Energy Healing and Chakra balancing techniques. Martha has provided workshops for children, expectant mothers, equestrians and the deaf. She enjoys integrating the philosophical and spiritual teachings of yoga in all her classes and feels as though everybody and every body can benefit from asanas (postures) and the extraordinary teachings of yoga.

Laura Natale, E-RYT, Yoga Alliance

practicing for over 17 years and teaching over 10 yrs. She is certified in Hatha yoga, Ashtanga yoga, Prenatal yoga, Fertility yoga, Meditation, Yoga For Runners, Mom and Baby yoga, Children's yoga, Vinyasa Flow and Pilates and acupuncture. Her classes embody her unique background in the healing arts invoking both spiritual and physical aspects of self.

Please contact Studio Director, Laura Natale if you have any questions or if you would like to arrange a payment plan:

905-458-1114

info@yogaloft.ca