



200-Hour Teacher Training and Advanced Studies Program Introduction, Overview & Curriculum

Purpose

The ability to transform our self and others through the tradition of yoga can only be realized if we embrace yoga in its holistic form and in the context of our personal life. This program involves a commitment to the entire spiritual practice of asana, pranayama, meditation, chanting, and philosophy. Each topic is presented over eleven weekends for a deeply internalized experience of yoga.

This program is open to anyone who wishes to deepen his or her understanding of yoga. Not everyone takes this course to become a teacher. For those who want to learn the skills to teach, this course prepares you to conduct beginning yoga classes with skill and inspiration. Each weekend is progressive, integrating practice and conversation over the course of nine months. Students begin and end the program together, developing lasting relationships within the yoga community and are able to take advantage of a small and consistent teaching staff.

I truly appreciate your styles of teaching and how it must have taken years to perfect. The pacing and the method in which you both teach, I believe promotes authentic teachers."

Hope L., Graduate and Yoga Instructor

Application

Our application is on our website at www.pacificyoga.com. A list of required books and payment plan is also provided on the application. If you would like one mailed to you or if you have any other questions about our program please contact us by phone or email.

Class Content & Schedule

Our next 200-hour course begins February 19, 2010, and includes 10 weekends of study.
Deadline for Application is January 15, 2010.

Please see Application PDF for cost and payment plans.

Topic Schedule For Weekends 1-8

Weekend	Asana	Pranayama	Anatomy	Philosophy
Feb 19-21	Core of the body	Breath awareness	Intro	What is yoga?
March 12-14	Standing Poses	Conditioned Breath	Bones lower body	Kriya yoga
April 16-18	Standing Poses, cont	Learning to sit	Bones upper body	Klesa
May 7- 9	Inversions	Khumbaka	Core muscles	Yama
June 4- 6	Inversions	Ratios	Lower body muscles	Niyama
June 25-27	Backbends	Bandhas	Upper body muscles	Eight Limbs
July 16-18	Forward Bends	Nadi Shodhana	Subtle Anatomy	Upanishads
Sept 10-12*	Twists	Meditation	Anatomy Exam	Bhagavad Gita

**This weekend includes a business module. Topics include creating a biography and a photo shoot for each student, from which they can build a flyer or other type of professional advertising or simply as a souvenir!*

Weekend 9, Oct 2 - 3

The Art of Teaching. Students bring together all they have learned to focus on creating a complete yoga class, teaching and demonstrating poses. While students have been working in this way all along, this weekend provides the opportunity to focus and hone the skill of teaching. It also serves as a preparation for the Presentation Weekend.

Weekend 10, Oct 22 - 24

Final presentation weekend.

Each student attends eight hours of practicum which includes teaching a 30 minute yoga class. You must pass this portion of the training to receive the Pacific Yoga Certification. Graduation occurs Sunday evening with all students in attendance.

Time Table For Weekends 1 – 8

Fridays	10:00 AM– 5:00 PM
Saturdays	10:00 AM – 7:30 PM
Sundays	10:00 AM - 5:00 PM

Important Note: Schedule times may vary up to one hour - plan accordingly.

Time Table For Weekend 9

Saturday	10:00 AM – 4:00 PM
Sunday	10:00 AM – 4:00 PM

Time Table For Final Presentation Weekend 10

TBA

Program Overview

Asana & Anatomy

Knowledge of the principles of asana integrated with the details of each pose produces the ability to speak and demonstrate asana with clarity and inspiration. The core of our training includes a thorough study of the fundamental yoga postures and the tools to enable you to teach them to others. The anatomy section of the training is taught from the perspective of the body in asana in a dynamic and experiential format.

- Techniques of alignment and precision
- Principles of organization in the body
- Individualized adjustments
- Use of props and adaptations of postures
- Anatomy and muscle physiology
- Special population

Philosophy, Sanskrit & Self Study

The vast and inspiring texts of yoga have traditionally been an integral part of yoga study and form its spiritual foundation. From the poetry of the Vedas, to the direct and sublime sutras of Patanjali, we can explore the human condition - as relevant a topic today as it was thousands of years ago. Sanskrit, the language of yoga will be introduced through sound (mantra) and simple readings.

- Patanjali's Yoga Sutras
- Bhagavad Gita
- Sanskrit
- Mantra (chanting)

Pranayama & Meditation

Watching the breath is the preliminary step in controlling it. We can then use more advanced techniques to develop our awareness at the deepest level. This involves the art of sitting as well as developing an acute awareness of the timing, location and character of the breath.

- Simple breath awareness, viloma technique
- Using the bandhas
- Ratios and khumbaka
- Learning to sit

"Just a little note to say 'thanks' for the depth of teaching you offer. Your teaching continues to inspire and reveal itself as I open and grow. As time goes on and my practice and teaching deepen so does my understanding of all that you offered."

Jana K., Graduate and Yoga Teacher

The Art of Teaching & Role of the Teacher

Teaching yoga requires a commitment to a personal practice and a keen sense of the human body and its psyche. A skilled yoga teacher creates an atmosphere of awareness for the group and remains sensitive to the individual student.

- Use of voice, body language and touch
- Learning to see and understand bodies
- Sequencing of poses, transitions
- Classroom Management and Logistics
- Student / teacher relationships
- Individual Evaluation

Teaching Manual & Documentation

Students are given an empty binder on the first meeting and from that point forward the manual is never empty again! As each student moves through the course the manual is updated with our unique set of handouts, drawings, articles, and notes that document the entire training from start to finish. The manual is new each time because our program evolves with the creativity of the teaching staff and the needs of the students. While each training remains true to its curriculum, we always have new ways to share our teachings in a dynamic and rich environment. Please feel free to contact us to view a sample manual, and we always have one available during our open house.

"Thank you both for your dedication to teaching and for insuring that yoga is taught in the most complete and integrity-filled way."

Jeni M., Co-Owner of Three Trees Yoga and home of five Pacific Yoga Graduates!