



TRIAD YOGA & PILATES

"Before embarking on important undertakings, sit quietly, calm your senses and thoughts, and meditate deeply. You will then be guided by the great creative power of Spirit."

~ Paramahansa Yogananda

Welcome and thank you for your interest in Triad Yoga & Pilates 200 hours Yoga Teacher Training course. This course will tentatively start on Tuesday, June 2, 2015 and ending Sunday, August 30, 2015. The course is an evening and weekend course for thirteen (13) weeks of training on Tuesdays and Thursdays for three (3) hours from 7pm to 10pm and on Saturdays and Sundays for four (4) hours from 7am to 12 noon with one break for one hour.

The training will be a life changing experience and what will be one of the most authentic yoga training giving you a comprehensive and deeper knowledge of yoga. You will gain hands on experience making you, firstly, into a well rounded yoga practitioner, as well as a teacher. This teacher training is for anyone interested in becoming a yoga teacher; anyone who has a yearning to delve deeper into his/her personal practice; having an interest in broadening their yoga practice and looking for something to ignite, awaken, inspire the deep yearning passion that will launch you to the next level of deeper awareness, consciousness and understanding of yoga. Many people can have a good yoga practice, but what we provide are the key ingredients to let you go into the world as a well-received and knowledgeable person with a profound and comprehensive knowledge beyond asanas. What we deliver is the boost in your practice, awareness and understanding which delivers the confidence you need to delve deeper and or lead a yoga class effectively and safely.

Requirements

Students are required to have one full year or more of consistent yoga practice and to have basic to comprehensive knowledge of the many asanas.

Tuition

Course Fee:

- The amount for the course is \$3,199 (does not include the required books). To get the Early Bird Special, applications with their non-refundable deposits must be received according to the Payment Options A, B, C, or D (please see the Payment Option Schedule).
- If you refer a friend to do the course at the time you are signed up, you will receive an additional 5%.
- If you are an existing yoga teacher looking to refresh your knowledge and skills, you will receive an additional 5%.
- The course fee includes your 1) Tuition; 2) The Triad Yoga & Pilates training manual; 3) Unlimited classes at Triad Yoga during the YTT program for the full three months academic term from June to August; 4) All printed materials; and, most of all, 5) Continued guidance & professional support after graduation.
- Payment Plans are available for those students who prove the financial need and have been approved by the Program Administrator, Newton Campbell. Your diploma, however, will not be awarded until the full payment is received.
- Payments are accepted in cash, checks or credit cards.

Refunds:

- If anyone withdraws from the program before it commences, all monies are refunded except the non-refundable deposit fee.
- If you withdraw one week after the commencement of the program, you will be refunded all monies except the non-refundable fee and fees for all printed materials.
- If you withdraw after the first week, there is NO Refund of any monies UNLESS it's for medical reasons or family emergencies. Documentation must be provided.

Contents:

Our format meets and follows all the guidelines for you to become a registered 200 hours yoga teacher through the Yoga Alliance, the only nationally recognized board in the United States. Many areas are covered, but not limited to, are:

Techniques & Training Practice (100 Hours)

- Asanas as they relate to movement of the physical, subtle, energetic and breath bodies. Why we do them? What are their benefits? What are their contraindications? What are the Modifications & Alternate poses? How do you breathe as you enter and exit your poses?
- Learn and name poses by their Sankrit and English names/ interpretations.
- Learn the 8 categories of Asanas and the art of sequencing your Asanas to create a safe, connected, fluid flow to your classes.
- Pantanjali yoga sutras and how they relate to one's Hatha practice.
- Learning how to breathe and its effect on the physical & subtle bodies. We will explore: The Vayus (Pancha Pranas); The Pranyamas;; The Kriyas; The Mantras; the Vayus.

Teaching Methodology (20 Hours)

- What makes a good yoga teacher?
- You will be provided with the tools of how to teach yoga in a safe, healthy way.
- You will learn in depth how to demonstrate poses giving visual and key verbal cues since each person learns differently.
- Learn the art of adjusting and correcting students in a respectable, mindful, non-aggressive way.
- Learn to feel the energy of the space and how to pace your class.
- The art to teaching early mornings versus afternoon or evening.
- Learning what poses to teach and how to sequence them in your class based on the time of the day; level of the class; type of class: eg a Restorative vs a Senior class.
- We will cover the many styles of yoga and their differences.
- You will have the opportunity to observe many classes and presentations to deepen your knowledge.

Business of Yoga (5 Hours)

- Registering with the Yoga Alliance upon completion of your YTT.
- Learn strategic marketing skills for yourself and your classes.
- What tools to use: social media, flyers, business cards, website.
- Applying for a yoga job: resume; online submission; in person.
- Protecting yourself and your business: Insurance; Bookkeeping; Taxes; Waivers; Student & Medical Questionnaires, etc.

Anatomy & Physiology (20 Hours)

- Learn the 10 Physiological Systems and the effects of yoga on these systems.
- Learn the subtle & energetic bodies and how your yoga practice affects them. We will explore the Chakras; the Mudras; the Bandhas; and, the Nadis.

Yoga Philosophy, Lifestyle, Ethics (30 Hours)

- We will explore the history of yoga and the different paths including Hatha; Raja; Karma; Bhakti; Gyana; Kriya Yoga.
- We will read, explore and get a deeper understanding of Pantanjali's Yoga Sutras by reading the *Yoga Sutras Of Pantanjali by Sri Swami Satchiananda*.
- The Eighth Limbs of Ashtanga Yoga will be discussed and we will go deeper into the first two: The Yamas and the Niyamas (The Ethics and Moral) of yoga.
- We will discuss the ethics and professional conduct of a yoga teacher, and relationships with your students.
- We will read and discuss the *Four Agreements by Don Miguel Ruiz. These will be tied in with the Eighth Limb.*
- *We will read and discuss the Bhagavad Gita – a New Translation by Stephen Mitchell.*

Practicum (10 Hours)

- You will have the opportunity of taking classes at Triad to explore different styles of yoga; teachers and write a paper on your experience based on the experiences and observation.
- Have the opportunity of working with other YTT students and participating in three group presentations.
- Practice teaching; receiving feedback and fine tuning leading a class through the bell shaped structure: beginning, warming up, building the heat; sustaining the heat to cool down and into final relaxation
- Observe peers and groups and provide constructive feedback.
- Have the opportunity to creatively design and build your own safe practice.

Background in Specialty Area (15 Hours)

- Teaching yoga safely to Seniors.
- Depression and Aggression with Seniors.
- Teaching yoga safely to pregnant students and the do's and don't's for these students.
- Living your yoga – your lifestyle and purpose.
- We will cover the Yogic diet and the three Gunas and the three Doshas.
- Basic cautions & contraindications for common conditions (e.g. Diabetes, Osteoporosis).
- Cautions for various types of Asanas e.g. Inversion as it relates to pressure on the head.

Books for the YTT course

Required:

- The Yoga Sutras of Patanjali: Translation and Commentary by [Sri Swami Satchidananda](#).
- The Four Agreements by [Don Miguel Ruiz](#).
- The Heart of Yoga: Developing a Personal Practice by [T. K. V. Desikachar](#).
- Teaching Yoga (Essential Foundations and Techniques) by [Mark Stephens](#).
- Bhagavad Gita – A New Translation by [Stephen Mitchell](#).

Education in Yoga... First, consider this:

I welcome your desire and interest in taking the necessary steps to pass on the message of yoga to others. The world has many professions and careers full of people getting ahead but only a few sincere individuals dedicated to focusing on inner growth, with a desire to help others.

Becoming a teacher involves much more than just doing a course and getting a *yoga certification*. It requires your full commitment, a deep interest and a sense of duty, and the discipline to continue and grow in your practice. Without these, teaching becomes a job and not a vocation, and you will fail to communicate to your students the true message of yoga.

What does it mean to teach? What kind of responsibility does it involve? What is yoga anyway? Hopefully these are some of the questions you've been probing, as well as the practical side of achieving yoga certification. The first thing you should look at is your own practice. How committed are you? How regularly do you practice? What is your practice? Patanjali clearly outlines in Yoga Sutra 1.14 what it takes to be successful in your practice: do it for a long time, without interruption (i.e., continuous), and with full sincerity.

Being able to move your body into various positions is certainly a good starting point, but it is secondary to inner work. Contemplate, therefore, Patanjali's three points and integrate them into the foundation of your practice. Out of this will grow your grounding and ability to teach.

Deciding to teach yoga should not be a career move. It should be nothing less than a calling. So sit and meditate and listen to where this desire is coming from. Discover its truth, and then we urge you to resolutely move forward. Believe and have faith. Once on the path, surrender is key.

This requires faith but yields untold rewards and immense inner growth and satisfaction, the true seat of comfort and security. So be open to transformation and letting go. Your life will blossom, and you will be in a place to offer the teachings. Even when teaching Asana, the deeper the experience is within you, the stronger the message you impart. Even just your words and vibration can help people progress in poses (and more!).

Dedication to practice is the beginning of the journey. This dedication is more important than how "good" you are in Asana. Just commit, follow the steps, and allow it to happen. (In other words, practice, focus, and surrender).

We hope you are excited about starting the process of the Yoga Teacher Training 200 Hours at Triad Yoga & Pilates. The training will be a life changing experience and what will be one of the most authentic yoga training giving you a comprehensive and deeper knowledge of yoga. Please complete the application in its entirety as truthfully and to the best of your knowledge.