



## March 2020-December 2020 300-Hour Advanced Yoga Teacher Training

Let's get deep! This 10-month advanced 300-hour training is designed as a path of deeper study into the tools and knowledge for teaching yoga.

The curriculum of this training will include in-depth study of teaching methodologies, physical and energetic anatomy, Patanjali's Yoga Sutra, and developing refined yoga practices.

### What is different about this advanced teacher training?

This advanced training is rooted in the tradition of Viniyoga. Viniyoga focuses on precise cueing, a strong understanding of human anatomy, and developed knowledge of how the body works. This advanced training will expand your knowledge of the purposes of poses/asanas as well as other components of yoga.

### Advanced topics include

- Physical anatomy and kinesiology: Develop a deep understanding of why particular asanas can meet specific intentions (for example, stretching and strengthening).
- Adaptation: Meet the needs of every student to provide more flexibility and strength while avoiding any injury or damage.
- Observation and advanced teaching skills: Continue to develop observation skills in order to:
  - Suggest appropriate adaptations
  - Develop verbal cues vs. demonstration
  - Seed information throughout practices
  - Create ritual within group practices
  - "Clump" information for better student understanding.

- Pranayama: Learn more about physiology and energetics of pranayama in yoga practices.
- Meditation: Study the nervous system, current research about meditation, and understand simple to more complex methods of mental focus.
- Sound and ritual: Learn more about how chanting, tone, and volume affect energy, and develop personal ritual that benefits yourself and your students.
- Yogic models: Expand your knowledge about the mayas, chakras, gunas, brahma/langhana, vayus, koshas, and doshas.

## Coursework

Participants will develop several short practices, and one large personal project will be included in course homework.

Other coursework includes:

- Patanjali's Yoga Sutra: One Sutra will be introduced and reviewed each week, including learning to chant sutras. A personal understanding of the Sutras will be developed through writing and group discussion.
- Written Assignments: Participants will complete 10 writing assignments describing and analyzing elements of Patanjali's Yoga Sutra.
- Daily Practice Journal: a journal of your personal yoga practice will be kept for the duration of the training. Topics of personal practice will reflect upon the information included in the training.

## Payment

A \$400 deposit to secure your spot is due by March 6, 2020\*.

- \$4000 (\$400 deposit + \$3600 tuition) due by March 6, 2020
- \$385/10 months (\$400 deposit plus \$385 autopay due every month on the 3rd)

## 300hr YTT Schedule March 2020-December 2020

Classes will meet once per week (Fridays 11am-2:30pm) and one weekend each month (Saturdays 12noon-5:30pm & Sundays 11:00am-4:30pm).

Each group meeting will include guided practice, lecture, and group discussion. Additional training hours will include 10 hours observation of other yoga teachers, 10 hours of teaching (outside of group training), personal practice log, anatomy/kinesiology workbook, and philosophy writing assignments.

Wednesday Dates	Weekend Dates	Weekend Topics*
March 6, 13, 20, 27	March 14 & 15	Intro: Principles of Vinyoga
April 3, 10, 17, 24	April 18 & 19	Anatomy
May 1, 8, 15, 22, 29	May 16 & 17	Sequencing
June 5, 12, 19, 26	June 13 & 14	Asana/Kinesiology
July 10, 17, 24, 31 (no meeting July 3)	July 11 & 12	Pranayama/Physiology
August 7, 14, 21, 28	August 15 & 16	Meditation/Psychology
September 4, 11, 18, 25	September 12 & 13	Nervous System/Emotional Health
October 2, 9, 16, 23, 30	October 10 & 11	Sound/Chanting
November 6, 13, 20 (no meeting Nov 27)	November 14 & 15	Business/Ethics
December 4 & 11	December 12 & 13	Practicum/Graduation

\*Topics subject to change.

### About the lead instructor: Dr. Kim Allen

The lead instructor, Dr. Kim Allen, has been a student of yoga since 1991 and has studied deeply in the tradition of Vinyoga. She has designed this training to provide information and experiential tools in appropriate application of yoga practices to meet the needs of the practitioner and provoke transformation.



## Frequently Asked Questions

**Q:** How is this program different from other 300-hour trainings?

**A:** This advanced yoga teacher program is founded in the tradition of Vinyoga. You will expand your knowledge about the mechanics of the body, proper alignment, and safe physical practices.

This program includes deep self-study, observing the habit patterns of your body, breath and mind from a foundation of yoga philosophy (Patanjali's Yoga Sutra), and developing a deep understanding of the "why" behind various components of yoga practice.

**Q:** What will I learn in this program?

**A:** At the end of this training, you will:

- Know basic physical anatomy & principles of movement
- Design thoughtful asana sequences based on understanding of anatomy & kinesiology
- Understand how to integrate multiple yogic components for cohesive practices
- Know how to teach using verbal cues and appropriate demonstration
- Understand key yogic models describing the human condition
- Know Patanjali's Yoga Sutra
- Develop a deeper personal practice for self-transformation

**Q:** What will I be certified to teach when I finish this program?

**A:** You will receive a 300-hour certification from AnamCara (the business name of this training program) accredited through the Yoga Alliance ([www.yogaalliance.org](http://www.yogaalliance.org)). Once you have completed this certification, you may register your training hours with the Yoga Alliance.

**Q:** What are the graduation requirements for this program?

**A:** To earn the 300-hour certification, you must attend a minimum of 85% of the training sessions AND:

- Observe 10 hours of yoga classes beyond the training
- Practice teaching 10 hours
- Complete assigned homework

**Q:** What kind of "homework" will be required?

**A:** Homework will include completion of anatomy/kinesiology workbook, personal practice journal, reading assigned texts, writing philosophy analysis, and teaching preparation. Approximately 5 hours per month spent on homework during the training. Extension of homework due date may be allowed up to 3 months after the class final meeting.

**Q:** What happens if I am unable to attend all the training sessions?

**A:** You may miss up to 15% (45 hours) of the scheduled training hours and still qualify for certification. If you miss more than 15% of the training hours, you may arrange for "make up" hours with the lead teacher with additional cost of \$90/hour.

**Q:** What are the requirements for acceptance to the program?

**A:** The training program is open to current teachers, those wishing to teach, and those who are interested in a deeper understanding of yoga. Participation is open to anyone who is committed to completing the full program and able to meet the time/financial commitments of the program.