

Yoga Teacher Training Program 2010/11 250 hours

Schedule for YTT 2010-2011 with assignments

The structure of the weekends is as follows:

Saturdays 9-1, 2-5pm with the YTT class only (discussion, practice teaching & assisting)

Sundays: 9-1, 2-5 discussion and yoga

*Sundays are called the Curious Yogi and may have other yoga students attending including YTT grads from other years. This will be a more generalized day whereas Saturdays will be focused on you and your growth as an instructor.

Oct. 23/24: The ground, the breath and the spine. An introduction to this style of yoga, the history of yoga and the program itself.

Nov.27/28: Navigating the body.

Introduction to anatomy.

Assignment: Read intro and Navigating the body in Trailguide. Begin to develop your ability to look at bodies. Notice postures and ways of holding, both anatomically as well as psychologically, what do you see? Script Pranatasana coming in from cat pose. Create a yoga space for yourself in your home (this can be removable), let me know in your journal what you put there and why. Begin a daily practice, keeping track of what you do and how it feels.

Dec. 18/19: Assisting. The energetics of touch. Ethics.

Assignment: Read Vanda's book in its entirety and pp. 1-50 in Esther's Yoga and You. Script Marjarasana. Notice this month how often (or not) you touch. Why, how and when do you touch? Are you aware of other people's energetic space? What do you notice about Allie's assisting? When does she do this and why?

Jan.22/23: Lesson Plans, practice teaching, scripts

Assignment: Read pp53-85 Yoga and You, The Ground, The Breath and the Spine in its entirety. Please hand in your practice journal. Script Savasana. In preparation for this weekend, pay particular attention to the lesson plan that you can see in your observation class. Write one out and see if you can tell what the emphasis was and how it was met. Choose and contact a place for your 6-week class of service. Book report due on the technical aspects of yoga.

Feb.19/20: The anatomy of legs, hips and feet.

Assignment: Trail guide ch. 6&7. In your own practice, focus on standing postures, particularly noticing the structure of your feet. Script Tadasana and Uttanasana. Develop a 6-week lesson plan for your class of service and expand on one class' lesson plan. Assume that your students are beginners and are looking for a general sense of relaxation. What is your focus/story line? Point out to me what the story line is in both the entire series and one single class.

Mar.26/27: Sutras.

Assignment: Read a version of the Yoga Sutras and any information that you can find on the Upanishads (you don't have to read these, but it would be great if you had some familiarity with their content). What moved you? Did you have issues with the content? Bring ideas to discuss. Hand in Sanskrit translation. Script Virabhadrasana 1 & 2 (Vanda's version). This is the launch of your class of service.

Apr.16/17 : The anatomy of the spine

Assignment: Read ch.4 Trail guide. Script Setu Bandhasana with an emphasis on the movement of the spine. In your practice, find the strength of your feet, movement of your belly and observe the wave in your spine.

May 28/29: Anatomy of arms, shoulders, neck and head.

Assignment: Read ch. 2, 3, & 5 Trail guide. Please hand in your journal. Script Surya Namaskar.

June 25/26: Anatomy of injury. Pre/Post-Natal Yoga completion and feast

Assignment: Final paper due. Script and describe your experience of Urdva Dhanurasana from standing and from the ground

About the assignments:

You are expected to attend and assist in one class per week. Those classes will rotate throughout the training so that you will have experience in many levels and specialties.

The practice journal is meant to let us see how you are doing in your own development as a student of Yoga. Include questions you have about the postures or how to teach them. Let it be a discussion with us. You can also include your observation notes in this journal.

The book review is meant to deepen your love of what we are studying. Choose a book that interests you and that discusses the technical aspect of yoga like Iyengar's or Schiffman's books. What did you learn from this book? What does it offer the yoga community as a whole? Criticisms? How will this impact your practice? 2-4 pages max.

The scripts are brief (3-5 minutes max) of the postures. Try them out following your words or get someone else to demonstrate while you guide them.

The class of service/karma will be a 6-week session in a centre that is in need. Please pick one that really interests you ie: women's shelter, prison, old-age home, community living etc.

A training such as this can be a life altering experience. A lot of personal issues can arise due to the depth of introspection that you will do. I would suggest that you establish a connection with a therapist or bodyworker so that these issues can be worked out outside of your Yoga classroom.

Required Texts

Yoga and You. Esther Myers. Random House

The Ground, The Breath and the Spine. Esther Myers. Available through Yoga Room or Esther's studio in Toronto.

Awakening the Spine. Vanda Scaravelli. Harper Collins.

The Heart of Yoga. Desikachar. Inner traditions International. Or any other version of the Sutras

Trailguide to the Body We will provide this book and other applicable papers

All of these books are readily available at any bookstore unless otherwise stated.

Fee Schedule

The cost of the program is \$2500.00 plus hst (\$2825.00 total) which can be paid in monthly installments of \$258.33 (9 months minus \$500 deposit) or you can make other arrangements with Jocelyn or Allie. We will require post-dated cheques to be cashed on the first of every month or you can provide a credit card which we can charge the installments to.

\$500.00 deposit required to hold your space.

There is an expectation that this course will be completed and payment made in full prior to a certificate being issued.