

Yoga Teacher Training Program 11/12 500 hours

Schedule for YTT 2011-2012 with assignments

The structure of the weekends is as follows:

Fridays 6-9pm Discussion & Yoga

Saturdays 9-1, 2-5pm discussion, practice teaching, assisting & Yoga

Oct. 28/29: The ground, the breath and the spine. An introduction to this style of yoga, the history of yoga and the program itself.

Nov. 11/12: 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.

Nov. 25/26 & Dec. 9/10: 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.6/7 & 27/28: 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. First book report due on the technical aspects of yoga.

Feb.10/11 & 24/25: 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.

Mar.9/10 & 30/31: 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 first Sanskrit translation. Script Virabhadrasana 1 & 2 (Vanda's version).

Apr. 13/14 & 27/28: 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 11/12 & June 1/2: Anatomy of arms, shoulders, neck and head.

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

July 6/7: Anatomy of injury. Pre/Post-Natal Yoga completion and feast for 250 hours on Sunday.

Assignment: You will be starting your class of service in July and so you will need to finalize your lesson plans, get your student base together, the space etc. Have a flyer prepared for your class including a bio of yourself and a concise description of your class to entice people to come. Please come to this class with questions about injuries or any concerns you have. Script Anjaneyasana.

Aug. 24/25: Bhagavad Gita

Assignment: Read a version of the Gita, journaling as you read so that we can discuss passages and questions or issues that come up. Be prepared to disagree with this reading. Be prepared also to be deeply moved by it. Script Adho Mukha Svanasana.

Sept. 21/22: Yoga as a business. Marketing, costing and planning ahead. We will do some visioning this weekend on where you see yoga fitting into your life and how to work toward that end.

Assignment: This is a good time to discuss your class of service, what went well? What was difficult? Please write a short paper on where you are with your teaching. How is it feeling for you? Where do you see yoga fitting into your life at this point? Where are your insecurities/vulnerabilities? What are your strengths? Script Pranatasana for someone with a knee injury, one posture of choice for someone with a herniated disc at L4/L5, and one posture for someone with carpal tunnel syndrome.

Oct. 5/6 & 19/20: The anatomy of organs and systems of the body. Energetic systems – nadis, chakras & koshas.

Assignment: Second book review on the psychology or philosophy of yoga. Practice journal. Please find some reading on the chakras and nadis. Some good authors are David Frawley, Anodea Judith, Georg Feurstein and Vasant Lad. Script Surya Namaskar.

Nov. 2/3: An overview of Ayurveda and the doshas and their application in yoga.

Assignment: Write a 10-week lesson plan and break down one single class with a full description. Like in your class of service, assume your students will be beginners. Begin the process of setting up your 10 week class. Find a space to rent, who will your students be, how will you attract them? What supplies do you need? What are you going to charge?

Nov.16/17 & 30/1: Ayurveda, Personalized for You. We will explore healthy daily routines and dietary considerations after establishing your dosha.

Assignment: Sanskrit translation. Please bring in a flyer for your 10-week course, including a bio, location, charge etc. This class will begin sometime in January and so we will finalize your advertising and lesson plans and get them out. Script Garudasana, Vrksasana & Virabhadrasana 3.

Dec. 14/15: Elements and yoga – seasons, 5 elements, masculine and feminine etc.

Assignment: Script a flow of at least 10 postures of your choosing. Note why you chose the sequence that you did. Would you consider this more lunar or solar? What is the intention behind your flow? Is it balanced in one flow or do you need to do it twice to balance both sides of the body?

Jan.4/5 & 18/19: Psychology of Yoga

Assignment: Please hand in your practice journal. Write a brief paper on how yoga has affected you psychologically. What have you observed in classes on that level? Why do you think Yoga has such an impact versus something like a spin class? What makes it a more holistic form of exercise? Please script Moon Series including Ardha Chandrasana.

Feb. 1/2 & 15/16 : Integration of Anatomy and Hands-on Assisting

Assignments: Please write a synopsis of your 10-week class, even if it isn't finished. Where were the success points? Where did you feel that you didn't know enough? Where are the gaps now? How will you now proceed with teaching? Script Sirsasana, including at least 5 poses of preparation and a counter-pose.

Mar. 1/2: 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 book reviews are meant to deepen your love of what we are studying. Choose books that interest you. The first book will be on the technical aspect of Yoga like Iyengar's or Schiffman's books. The second will be on the more spiritual/psychotherapeutic side like Cope's Yoga and the Quest for Self. What did you learn from these books? What do they offer the yoga community as a whole? Criticisms? How will this impact your practice? 2-4 pages max.

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 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. You will also complete a paid 10-week session, charging the market value.

For acceptance into the Yoga Alliance, you need to keep track of your teaching hours. You will need 100 of them therefore this is done mostly after the training when you are a full teacher.

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

Bhagavad Ghita – any version, although I really like Ghandi's translation.

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

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

Fee Schedule

The cost of the program is \$4000.00 plus hst (\$4520.00 total) which can be paid in monthly installments of \$219.72 (18 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.