

leela Yoga
Studio

200hr Yoga Teacher Certification

Student Syllabus and Program Information



Registered Yoga School

Mission Statement

The Yoga School considers the certification of qualified yoga teachers our highest mission.

We acknowledge that in order to offer excellent yoga teacher certification we must provide the highest quality educational curriculum and texts, faculty teachers and support services for the students and graduates.

We pledge to always deliver superior training and service to the students and graduates.

We feel it is our responsibility to share our knowledge through the provision of teacher role modeling, adherence to ethical standards, the curriculum objectives and standards of the National Yoga Alliance for registered yoga schools.

We are a diverse faculty from multidisciplinary yoga certifications committed to building an honest and supportive culture in which everyone is treated with warmth, dignity and respect.

YOGA TEACHER CERTIFICATION STUDENT INFORMATION

Teacher Training Program Goals

- To provide a comprehensive Basic Level Yoga Teacher Certification to participants who seek to teach yoga to individuals in private or group settings.
- To provide ongoing structured and unstructured support to participants leading to certification.
- To certify participants under the educational standards set forth by the National Yoga Alliance for approved registered yoga schools.

BOOKS

Required Curriculum Manual and texts:

1. Yoga School Curriculum Manual
2. Yoga Sutras of Patanjali Commentary by Sri Swami Satchidananda
3. Light on Yoga by BKS Iyengar
4. Trail Guide to the Body By Andrew Biel
5. The Heart of Yoga By Desikachar
6. Yoga Mind Body and Spirit By Donna Farhi
7. There may be additional books required by faculty.

GENERAL INFORMATION AND REQUIREMENTS

- Complete the tuition payment record, informed consent, ethics statement and copyright form and return to faculty teacher.
 - If paying by the monthly payment plan, we will process your payment by Debit or credit card, the end of the month.
 - Credit Card records are kept in a confidential place by the Program Director.
- Attendance records are maintained by the student in the manual notebook. Each week and during weekend intensives, attendance will be confirmed by the faculty instructor and will be signed off. At the end of the training, a copy of the sign off documents will be turned into the faculty teacher.
- Eat lightly before class and bring water and light food for break.
- Wear comfortable clothes and bring **yoga mat, 2 yoga blocks, yoga strap and eyepillow**
- PLEASE make every effort to attend each week and weekend. The program is designed to move you through a major transformation in a short period of time. Make-ups are available at the expense of the student.
- Weekend workshop times are as follows:
 - Sat: 12:30am – 6:30pm
 - Sun: 12:30am – 6:30pm
 - There will be light breaks during class
- We **require** you to receive 6 private sessions* by the end of the course to illustrate the importance of self-care. (We will talk about the importance of “niyama” or purification as described in Patanjali’s sutras.). Preferably these should be done on a monthly basis.

* These sessions can include: Reiki, Massage, Chiropractic, Private Yoga Therapy, Shiatsu, Sound Healing, Crystal Healing, Energy Healing, Angel Card Reading, Foot Zone Therapy, Acupuncture, Facial, etc. We encourage you to use the services offered at your training location or find a classmate – barter, go to free Reiki clinics – we will talk more about this in class.

25 hours of personal yoga classes

During the 6 month program, record weekly yoga classes and workshop hours you attend to total 25 hrs. These hours may be used for makeup classes if they were taken with a faculty teacher and you complete a student observation form and assist with class adjustments.

- Please complete monthly required reading and homework assignments on time.

Approaches to Learning

By exploring the many avenues by which students learn postures in the asana class, teacher training participants will be guided through a multitude of lectures, discussions, reading assignments, writing assignments, posture exploration, teach back demonstration exercises, posture sequencing, class development and weekend intensives.

In addition, this program will:

- Provide creative educational tools that aid participants in acquiring teaching skills.
- Provide creative educational research projects that aid participants in understanding the many physical and psychological challenges students may bring to the asana class.
- Provide ongoing feedback to help participants build appropriate teaching language.
- Provide ongoing feedback for the appropriate use of “touch” and “alignment.”
- Provide ongoing feedback for the appropriate use of “touch during alignment.”
- Provide for frequent class demonstrations by students that aid in the reduction of anxiety associated with speaking in front of audiences.
- Provide creative educational tools that aid the student in building competence and confidence necessary for a quality yoga teacher.

Competency Skills

At the end of training, participants will have learned skills to:

- Teach a 60-90 minute asana class or private session
- Teach a basic Pranayama class
- Teach a basic 60 minute Meditation class
- Teach a Restorative Yoga class
- Teach a Gentle yoga class
- Write and deliver a guided imagery script
- Use language appropriate for a yoga and meditation class

Training Policies and Guidelines

Payments

Monthly payment plan is available and must be paid by credit card – MC or VISA.

We understand that life can offer a series of challenges; any participant who wishes to resign from the training program **must do so in writing to the Program Director**. If a letter is not received in writing before you resign from the program you **will forfeit any refund amounts**. (Email will also be accepted)

Those who have made tuition **payments in full** will receive a prorated refund determined by the Program Director.

A \$500.00 non-refundable deposit is required at time of application. All payments of \$3,500.00 must be paid in full by October 1, 2015 or payment plan must be set up prior to October 1, 2015.

* Refunds: Refunds for cancellations up to two weeks prior to start of training minus a processing fee of \$150.00.

* Only credit to a future teacher training is given less than 7 days of teacher training and a documented emergency that resulted in the absence.

Student Practicum Teaching – 4 hours

Each student is required to conduct yoga classes outside the classroom to friends, family or in local yoga studio. Record the date, number of students present, hour of day and type of yoga taught and turn in the hours at the end of the course on the teaching log form.

- Each student is required to teach at least ten (4) one (1) hour classes prior to graduation.
- These may be at home, at a club, library, senior center, nursery or preschool, public or private school, for a sports team, golf center, tennis club, etc.

Student Personal Practice Log – 25 hrs

Each Student is expected to continue to attend weekly yoga classes to further their yoga practice and to learn and observe yoga classes. A practicum log must be completed totaling 25 hrs and turned in at the end of the course. Doing yoga to a video may count as long as you complete the observation form for personal video class. However, we do not recommend more than 5 hours be by professional video observation.

Personal Sessions for Energy Work

Each student is expected to receive a personal session to balance the body's energy system and release energy blocks that may surface during training. They may be reiki, massage, acupuncture, yogassage, private yoga therapy, rolfing, pilates, facial, myofascial release and other forms of personal work. Manicures and pedicures do not count as a session. These are additional expenses to the tuition. You may barter sessions, by offering to teach a private yoga class or attend free Reiki Clinics if money is an issue.

Class Participation and Attendance

Class Participation

Participants are expected to establish and continue a personal yoga practice outside the classroom. Weekly presentations such as lectures; discussions, demonstrations and reading materials are powerful tools in learning and will help the participant grow psychologically and physically. At the end of the course the participant will be able to reflect upon and appreciate the hard work he/she exerted toward certification.

Attendance

This program is based on a corresponding agreement between the Yoga School, the National Yoga Alliance, and enrolled participants. Professionalism, attendance, and the completion of all required assignments are important elements of professional behavior.

Participants are **expected to attend** all weekly classes. If illness or an emergency arise and prevent a participant from attending a class, he/she is expected to contact the faculty member assigned to the class. All contact information for faculty members will be given on the first night of class, this information can also be found on the course syllabus.

Frequent absenteeism from classes without sound reason may suggest lack of commitment, therefore, the Program Director will explore a participants' competency to continue in the program

Yoga School

Curriculum Course Requirements

Yoga Asana Techniques - 100 hours

At the completion of this course, the student will competently:

- Demonstrate:
 - Standing
 - Seated
 - Balance
 - Prone
 - Supine and Twists
 - Inverted poses
 - Backbends
- Recite the Sanskrit name of postures learned
- Sequence postures for a 60 minute beginners class
- Develop a daily personal sadhana practice
- Demonstrate pranayama breathing exercises
- Demonstrate mudra hand positions
- Describe three kriyas used in yoga for cleansing the body
- Use descriptive language appropriate for the yoga class
- Utilize appropriate music for yoga class
- Write a creative visualization script

Student Practicum -10 hours

- Ten (4) hours of documented practice teaching.

Yoga Homework

Home work assignments may be assigned by faculty

- Yoga Philosophy and States of Mind
- Body Awareness and the Koshas
- Anatomy and Physiology
- Chakras and the Subtle Energy System
- Sutras

Yoga Anatomy and Physiology - 30 hours

At the completion of this course, the student will competently:

- Describe the subtle energy system
- Locate specific organs in the body
- Locate specific muscles in the body
- Locate specific bones in the body
- Describe the anatomy of human movement as it applies to Asana
- Describe the systems of the body as it applies to asana

Yoga Philosophy – 30 hours

At the completion of this course, the student will be able to:

- Describe a brief history of yoga
- Describe at least four branches of yoga
- Describe at least four styles of yoga
- Describe the eight fold-path of Patanjali
- Describe the general content of Book I and II of Patanjali's Sutras
- Describe the three doshas in Ayurveda

Yoga Methodology - 30 hours

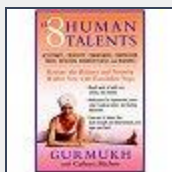
At the completion of this course, the student will be able introduced the following methods of teaching yoga:

- Partner Yoga (yoga postures with a partner)
- Restorative Yoga (yoga with props held for periods of time)
- Yogassage (yoga posturing in a surrendered state)
- Prenatal yoga
- Seniors Yoga
- Children's yoga
- Yin Yoga and Acu-Yoga
- Power Yoga and Chair Yoga

YOGA SCHOOL

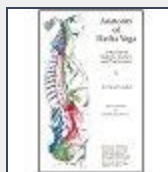
References and Recommended Reading list

- Anderson, Sandra, Sovik, Rolf, Psy. D. (2000) Yoga: Mastering the Basics ISBN: 0-89389-155-X
- Austin, Miriam (2004) Cool Yoga Tricks ISBN: 0-345-46541-5
- Boon, Brooks, Kirk & Martin (2004). Hatha Yoga Illustrated. ISBN: 0-7360-5122-8
- Bittleston, Jennie. Secrets of Yoga. ISBN: 0-7894-6781-X
- Brown, Christina. (2003) The Yoga Bible. ISBN: 1-8418-1192-0
- Brown, Christina. (2002) The Yoga Book. ISBN: 1-40543-165-2
- Coulter, David H. (2001). Anatomy of Hatha Yoga: A manual for students, teachers and practitioners. ISBN: 0-9707006-0-1
- Desikachar, TKV. (1980) Religiousness in Yoga. ISBN: 0-8191-0967-3
- Grilly, Paul (2003). Yin Yoga: Outline of a quiet practice. ISBN: 1-8839-9143-9
- Iyengar, BKS (1976) Light on Yoga. ISBN: 0-8052-1031-8
- Iyengar, BKS (2001) Yoga: The Path to Holistic Health. ISBN: 0-7894-7165-5
- Mehta, Silva, Mira & Shyam (1988) Yoga: The Iyengar Way. ISBN: 0-6797-2287-4
- Shaw, Scott (2004) Yoga Breathing: Pranayama made easy. ISBN: 1-57863-301-X



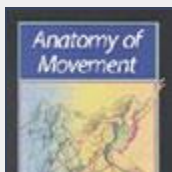
8 Human Talents

In this book, Gurmukh offers meditative and breathwork techniques that create equanimity.



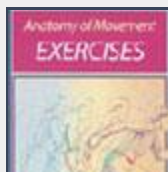
Anatomy of Hatha Yoga

In this book by H. David Coulter, the reader is introduced to a gentle way to achieve health and fitness.



Anatomy of Movement

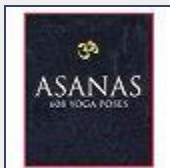
This book, Anatomy of Movement, by Blandine Calais-Germain, presents a dynamic, integrated approach to the study of the physical structures of the musculoskeletal



Anatomy of Movement Exercises

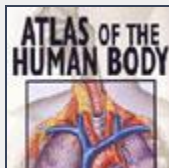
In this companion volume to Anatomy of Movement.

YOGA SCHOOL



Asanas: 608 Yoga Poses by Dharma Mittra

Black and white photos of yoga poses. Dharma Mittra made the famous yoga pose poster and was featured in Yoga Journal about his work.



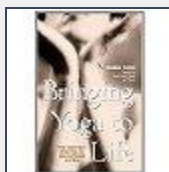
Atlas Of The Human Body

The Atlas of the Human Body, by Takeo Takahashi, gives clear and thorough explanations of each of the major organs and systems of the human body. This book meets the needs of the medical practitioner as well as layperson.



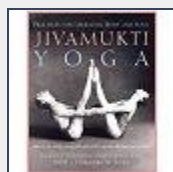
Awakening The Spine

In this book by Vanda Scaravelli, the reader is introduced to a gentle way to achieve health and fitness.



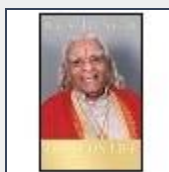
Bringing Yoga to Life

“Farhi presents in clear and imminently practical terms how we can live our yoga right now.”
-Judith Hanson Lasater



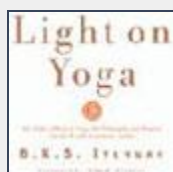
Jivamukti Yoga

In this book, Sharon Gannon focuses on Yoga, philosophy, postures, locks, breathing practices, and deep relaxation.



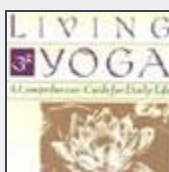
Light on Life

Yoga, philosophy, postures, locks, breathing practices, and deep relaxation. More than 400 photos by Dona Holleman.



Light on Yoga

The Bible of Modern Yoga with philosophy and practice by the world's foremost teacher B.K.S. Iyengar. Mr. Iyengar offers instruction, hints and cautions, philosophy of yoga, and techniques of pranayama and asana.



Living Yoga: A Comprehensive Guide for Daily Life

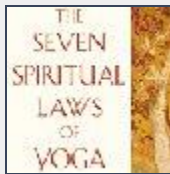
Richly illustrated and Edited by Georg Feuerstein, the book Living Yoga celebrates a fresh vision of life for spiritual seekers wanting to be refreshed to the value

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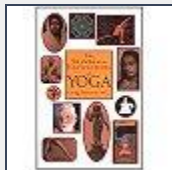
Moving Toward Balance: 8 Weeks of Yoga

Rodney Yee brings us a new book. Let this book help you structure a yoga program.



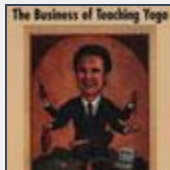
Seven Spiritual Laws of Yoga by Deepak Chopra

Book by Dr.Chopra with meditation, breathwork, yoga sutras, sun salutations, asanas, Sanskrit and more.



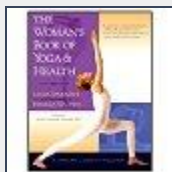
Shambhala Encyclopedia of Yoga

Everything you always wanted to know about yoga, including obscure references carefully researched and presented by Georg Feuerstein.



The Business of Teaching Yoga

Discover the secrets to achieving a fulfilling career as a Yoga teacher! This comprehensive manual, written by Larry Payne, shows you step-by-step how to start out as a new Yoga teacher.



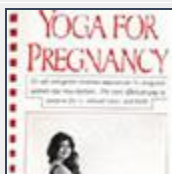
The Woman's Book of Yoga and Health

This book is subtitled 'A Lifelong Guide to Wellness' by Linda Sparrowe, Patricia Walden, Judith Hanson Lasater. Great photos and instruction in dealing with women's health issues.



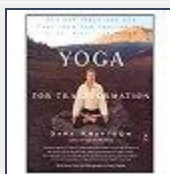
Yoga for Children

Presented in an enjoyable way that children can relate to and with a depth that even adult yoga practitioners can benefit from, you will find this book enjoyable and appealing.



Yoga for Pregnancy

This book, 'Yoga For Pregnancy' provides the reader with a gentle guide to both prenatal and postnatal yoga exercises.



Yoga for Transformation

Exercises which develop deep awareness, grounding yourself, and experiencing the transformative powers of yoga. Paperback Book