



EARTH HEART YOGA TEACHER TRAINING PROGRAM OVERVIEW

Earth Heart Yoga is pleased to announce the offering of a 200hr. Hatha Yoga Teacher Training Program starting Jan 2012 and completing Dec 2012. The focus of this program is to provide students with the appropriate training to successfully and safely teach Hatha Yoga with an emphasis on the Anusara style.

The program meets the current guidelines of the Yoga Alliance for course content and scope allowing students who successfully complete the training program to register with the Yoga Alliance for RYT registration in Hatha Yoga at the 200hr level.

Joyce Kendall E-RYT 500 and Director, is an Anusara-Inspired™ instructor offering training that expands beyond the 8-limb path and focuses on teachings of the Svatantra and Kashmir Shavism Yoga Philosophy and Anusara-Inspired principles of alignment and teaching methodology.

While the focus of the training is to prepare students to teach yoga, the training program is also suitable for any yoga practitioner wishing to deepen their own practice in skill and knowledge across all areas of the yogic path, even if they do not wish to teach.

The focus of the program is to provide each participant with:

- A strong foundation in the 8 limbs of yoga from which they can deepen their own personal practice and prepare to share their experience with others.
- The tools and experience to instruct others in the art of yoga with a high skill level in all 8 limbs with an emphasis on joyful and safe instruction.
- Anusara-Inspired Alignment principles, philosophy and teaching methodology.
- The development of the instructors' unique gifts and style of teaching that also includes the use of a heart felt theme or philosophical teaching to each class.
- Provide the instructors with a 200 hr plus program that meets the standards of the Yoga Alliance so upon satisfactory completion they are eligible for registration with the alliance.

Course Requirements & Dates – The program runs from Jan – Dec 2012 meeting for 10 weekends with an additional workshop required, the months of July and Aug take a break for summer. The first weekend includes Friday evening. Additional weekends are set aside for missed contact hours. Attendance in the additional workshop is required to complete Yoga Alliance required contact hours (180).

Program hours: EHY - Sat 10am-7pm Sun. 8:30-4:30pm
First weekend of the program Friday eve 5-9pm

2012 training dates

Jan 13, 14-15	Sept 15/16
Feb 11-12	Oct 13/14
March 10-11	Nov 17/18
April 14-15	Dec 8/9
May 10-20	
June 9-10	

Required Workshop Dates: TBA

Back Up Date: April 21/22, May 5-6

Upon applying for the program each student is making a commitment to be in attendance for these course dates as required for necessary contact hours of study. Additional hours required are met through attendance at classes, personal practice, homework, individual projects, practice teaching assignments, assisting and observation of classes.

Course Tuition:

The 200hr training program cost is \$2250 - this includes all classroom contact hours, attendance in public classes with an E-RYT for observation and assisting, instruction of 1 public class under the supervision of the E-RYT, feedback on all written, oral assignments and practice sessions under the supervision of the E-RYT. Attendance in public classes as required for hours within the training program.

This cost does not include fees for the following:

Required books, required workshop attendance, yoga materials such as mat, strap, blocks, blankets, private mentoring or makeup of missed contact hours.

A discount is applied to required books, workshop fees, and yoga materials as stated above for teachers in training as available through Earth Heart Yoga. The discount varies from 10-20% depending upon the items. Not all books are available through EHY.

Course Curriculum:

- Yoga History
- Philosophy of Yoga – Classical & Svatantra, Kashmir Shavism Tantra
- The 8 – limb path of Patanjali
- Yoga Sutras
- The Bhagavad-Gita
- Hindu & Buddhist Deities – the Gods of Yoga
- Sanskrit basic understanding and pronunciations
- Hatha Yoga Asana Syllabus with Anusara-Inspired Alignment Principles
- Asana Benefits, Contraindications
- Restoratives
- Yoga Anatomy & Physiology of the Body
- Applied Anatomy to Yoga
- Teaching Techniques & Methodology – Anusara style
- Communication Skills
- The Art of observation, assisting and adjustments
- Verbal & hands-on adjusting
- Taking the seat of the Teacher – Basics of Teaching
- Practice teaching with feedback
- Pranayama – the art of the Breath
- Meditation – Mindfulness, Mantras, Guided Imagery, Buddhist and other approaches to Mediation.
- Chanting and its Benefits
- Energy Body – Anatomy and application to Yoga
- 5 Koshas system of Yogic Anatomy
- Yoga Therapeutics
- Asana Modifications for special populations
- Professional Guidelines & Ethics of Yoga
- Business & marketing skills in the field of Yoga
- Self discovery through journaling

Payment Options:

Deposit required upon acceptance of your application into the program a \$500 deposit is required to hold your space. \$200 is non-refundable. Up to 4weeks of the start date any payment is refundable at 80%, Up to 2weeks prior to the program payment is refundable at 50%, after the start date of the program all payments are non-refundable and can only be applied to the program at a later date or workshops at EHY (less the non-refundable \$200 from the deposit).

All payments are refundable in full if the program is cancelled by Earth Heart Yoga

Payment in Full – the balance of \$1750 is due by Jan 1st 2012

Early Bird Full Payment* – Registration and payment in full by Nov 1st 2011 - \$2000

Early Bird Payment Plan* – Registration and \$500 deposit due by Nov 1st see payment plan below.

Payment Plan option – Registration and \$500 deposit due by Jan 1st 2012 see payment plan below.

*all early bird payments in full or on the pay plan must be made by check, no credit cards accepted.

Payment Plan Option – five additional payments of \$395 (non-early bird) \$350 (early bird) are due on or before session dates of the months as follows:

Jan 14
March 10
May 19
Sept 15
Nov 17

NOTE – when you are accepted into the program and make your deposit you are agreeing to payment of the entire program. If you choose to use the payment plan option you must file an active credit card which you can use for payment or make other payment arrangements by the due date, unpaid balances will be charged to the credit card on file by the due dates indicated.

Application Process:

A written application will be supplied upon request, also available online. The application must be submitted to **Earth Heart Yoga mail address of 532 Union Road Belmont NH 03220.**

A personal or phone interview will be set up once the application is received, this is to assure the student is aware of and prepared to make the commitments necessary to the program. Once the applicant is accepted into the program a letter of acceptance is sent along with a student agreement. The signed agreement and deposit must be mailed to Earth Heart Yoga at the address above. Your agreement holds your space in the program after which the deposit is non-refundable. All decisions on the acceptance of an applicant into the program are at the discretion of Earth Heart Yoga Director and senior instructors and are final.

The teacher trainees will also receive an information packet after acceptance into the program which includes assignments required in preparation for the first training weekend. The full training manual will be given out over the course of the training.

Requirements for Completion:

Attitude – Of primary importance to the success of the program and the training experience for all, is the intention of each student. Part of the application process is to contemplate your intentions and we will further explore these the first weekend of the program. Each student is expected to come with an open to learn attitude taking a “beginners mind” approach to all information offered regardless of your level of skill or background. We will take the time throughout the course to learn not only how to “take the seat of the teacher” but also honor our position as students with more to learn.

Any student who does not embody a cooperative and open minded approach throughout the training program may be asked to leave the program at any time.

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Attendance – 100% attendance and punctuality is expected from each student teacher. Please note the dates of commitment and be sure you are able to meet them, if you have a conflict arise it is the responsibility of the student to inform the director in writing, of any anticipated absences or tardiness. **All contact hours must be made up before the completion of the training program in order for the student to receive a certificate of completion and graduate from the program.** Missed contact hours can be made up with the Director or Primary E-RYT's and are the financial responsibility of the student.

Payment in Full – no certificate of completion will be issued to any student with outstanding balances.

Homework & Assignments – Homework in all areas of the training; techniques, teaching methodology, philosophy, ethics, anatomy and physiology as well as practicum will be assigned to augment your learning process. The assignments and completion of them will greatly enhance your skill level and assist the group learning process when we open discussions regarding assignments in a preparation to cover a specific area. All homework and assignments both written and oral must be complete before a certificate of completion is issued. Any late assignments may not be reviewed immediately and may delay the completion process.

Written Test – Written tests and quizzes will be given through out the training, they may pertain to a category or may be a review of the information to date. A final written exam will be given as a take home test and must be turned in prior to weekend #11 for grading. A passing grade of 85% is required on the final exam.

Practice Teaching – you will be given opportunity to practice teach within the structured program. In addition you are required to teach a minimum of 8hrs of class time outside of the program. Honoring ethical guidelines and not teaching outside of your scope while doing so. We encourage students to use these practice teaching sessions to develop their own voice and teaching style as well as to practice the skills they are learning. A required log or journaling assignment will be completed to document these hours. You also will be required to teach one 60min class under the supervision of a faculty member which you will receive feedback on.

Final Practicum test- will be given towards the end of your program. If the observing teacher feels that the student does not meet the standards set by Earth Heart Yoga or the Yoga Alliance for safe and skillful instruction of Hatha Yoga an individual meeting will be set. An action plan will be established so that students may make necessary arrangements to successfully raise areas of deficiency. Your certificate of completion will be issued following a successful completion of all requirements and final passing of your practicum exam. Mentoring may be established as a means to raise the levels of deficiency.

Yoga Journaling – a progress log must be kept of your personal sadhana and journey through the training program. Prompts will be given to assist you in the journaling process. Your journal may be reviewed or certain entries may be required to turn in as written homework assignments.

Personal Practice – it is crucial that each student maintain a daily practice that includes asana, meditation, and Pranayama. The time spent in personal practice will greatly add to the students' experience and allow you to deeply explore the areas of study that are being covered at the training. Your commitment to your personal practice is the measure of your own studentship and your commitment to provide high quality instruction to your future students.

Daily recommended time for practice of Asana, Meditation and Pranayama is 90min: Asana 60 Meditation 15min, Pranayama 15 min. **Daily required time 30min**, Asana 20 min, Meditation 10min, Pranayama 10min.

Completion Assessment – at the completion of the training program all students having successfully met all of the above guidelines will be awarded a certificate of completion from Earth Heart Yoga. The certificate acknowledges the student has met the standards required of the Yoga Alliance and may apply for registration through them. It is understood that not all students are complete with their requirements at the end of the program and may need additional time to do so and or raise the level of their teaching skills to meet the practicum standards set.

Completion at a later date-

Each student is given 6 months from the completion of the training program to complete missed contact hours, additional recommendations for meeting standards of skill, any incomplete homework or assignments and complete any private mentoring needed. **Financial responsibility for additional hours, mentoring or homework review is the responsibility of the student and is set on an individual case basis.** After 6 mos the student is no longer eligible to receive a certificate of completion from Earth Heart Yoga and would be considered a new student applying for a new program if they wanted to continue towards completion.

NOTE –required books marked with * can be purchased at a discount through Earth Heart Yoga.

Required Reading:

The Yoga Sutras of Patanjali (translation Georg Feuerstein)
The Bhagavad-Gita (translation by Stephen Mitchell or Juan Mascaro)
Anusara Yoga Teacher Training Manual – John Friend (*available at EHY \$25)
Anusara Yoga – Hatha Yoga in the Anusara Style – Doug Keller (*available at EHY \$45)
Anatomy of Movement – Calais-Germain
Refining the Breath – the yoga practice of Pranayama – Doug Keller (*available at EHY \$20)
Light on Yoga – B.K.S. Iyengar
Hatha Yoga Illustrated – Martin Kirk Brooke Boon (*available at EHY \$13)

Recommended:

Yoga Anatomy – Leslie Kaminoff (available at EHY)
Loving-Kindness – The Revolutionary Art of Happiness – Susan Salzberg
The Key Muscles of Hatha Yoga – Ray Long MD FRCSC
Anatomy and Asana – Susi Hatley Aldous
Yoga the Iyengar Way – Silva, Mira & Shyam Mehta
Yoga Spandakarika – Daniel Odier
Play of Consciousness – Swami Muktananda
Autobiography of a Yogi – Paramahansa Yogananda
A Concise Dictionary of Indian Philosophy – John Grimes
Siva Sutras – Swami Lakshmanjoo

For more information contact Earth Heart Yoga
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visit the website at www.earthheartyyoga.com