

Teacher Training

200 Hour Teacher Training, Yoga Alliance Registered



Find your path and experience personal transformation. Whether you want to deepen your yoga practice or learn to teach and guide others on a journey to self-discovery. You will have a rare opportunity to dive deep into your own practice, gain insight into yourself, and experience profound transformational wisdom. Our Yoga Alliance-Approved Certification Program offers education from mentors and scholars who are at the top of their field, many hold Master's or Doctorate Degrees in their area of expertise.

We are dedicated to our teacher trainee's education. We believe that every teacher trainee should have the opportunity to receive a deeply rich, hands on education. Therefore, we limit our class size to 10. Space is limited, register early to ensure your space.

You will learn:

- Proper alignment in yoga poses, including how to offer verbal and safe “hands-on” adjustments
- Class sequencing and how to teach safely to all body types
- How to use props to enhance a yoga practice. Restorative Yoga
- Yoga Philosophy that will be applied on and off your mat
- Anatomy from Anatomy Professors who are also yogis.
- Meditation Practices
- Pranayama (Breathing) Practices
- Marketing your classes
- The business of yoga/legal issues of the industry
- More about your personal practice. 30 classes at OPY are included and a required part of the training
- Guided Hands on teaching experience

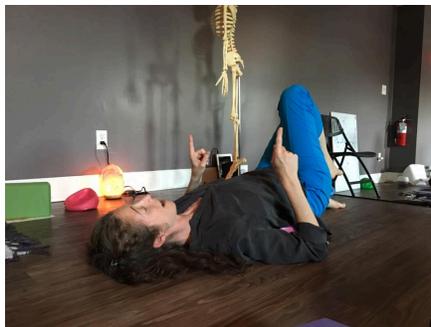
Program Description: Training Topics will be broken into 5 modules that will be integrated into each weekend.

Module 1- Techniques, Training and Practice:

Through lecture, practice, homework and classwork, trainees will learn how asana & pranayama work to prepare the body for meditation. We will map proper alignment for each of the major yoga poses for each category of asanas: standing poses, forward bends, back bends, twists and inversions. This program will teach how to connect poses together for a fluid class. Specific focus will be given to restorative yoga. Trainees must attend a minimum of 30 yoga classes outside of the module training weekends. These classes must be taught by an approved 200 hr or higher teacher. At least 10 must be restorative yoga classes.



Module 2- Teaching Methodologies:



Through lecture, homework and classwork trainees will explore teaching styles and develop a teaching style that works for them. Through reflection and self-discovery, trainees will identify and develop their personal teaching philosophies, mission and vision statements. Trainees will evaluate different communication and how to incorporate vocabulary and descriptive phrases into their teaching to enhance effective communication with students. The business of yoga will be taught by an MBA professional yogi.

Module 3- Anatomy & Physiology:

Students will learn from anatomy Professors how to identify bones, muscles and organs of the human body. The trainee will learn the benefits of poses as it relates to muscles, ligaments and bones. When students with somatic ailments come to class, the teacher trainee will know how to safely modify a pose and/or develop a sequence to aid in relieving ailment. The chakra system will be integrated into this section of study so students can examine energy movement as it relates to anatomy of the body. A trip to the Bodies KC Exhibit with the anatomy professors will be part of the training.



Module 4- Yoga Philosophy, Lifestyle & Ethics for Yoga Teachers:

The study of yoga philosophies and traditional texts, including the Yoga Sutras. Yoga lifestyles

with the concepts of non-violence (ahimsa) and the concepts of dharma and karma. Ethics and yogic lifestyles will be explored.

Module 5-Practicum Preparation



Teacher Trainees will receive hands-on experience with teaching yoga through observation of teaching, assisting and then leading classes.

Required Books: (To be purchased by student. Amazon carries them all)

Yoga The Iyengar Way by Silva, Mira & Shyam Mehta

The Breathing Book by Donna Farhi

Moving Toward Balance: 8 Weeks of Yoga with Rodney Yee by Rodney Yee w/ Nina Zolotow

Relax & Renew: A Restful Yoga for Stressful Times by Judith Lasater

Light on Life by BKS Iyengar

The Path of the Yoga Sutras by Nicolai Bachman

Your Guide to Functional Anatomy in Yoga: The Key Muscles of Yoga by Ray Long, MD

Your Guide to Functional Anatomy in Yoga: The Key Poses of Yoga by Ray Long, MD
(optional)

Cost:

\$2400. Costs include Modules, 30 classes at OPY, weekend workshops for this program. Outside costs for books (listed above).

Certification:

Upon successful completion of the 5 modules, workshops, practicum and all the requirements, teacher trainees will receive a certificate of completion from Om Prana Yoga to qualify graduates to register with Yoga Alliance at the 200 hr level.

Module Weekend Schedule:

Fridays: 6pm- 9pm

Saturdays: 10am – 6pm

Sundays: 8am – 4pm

Dates for 2017 class

May 19-21

June 9-11

July 28-30

August 25-27

September 15-17

October –Practicum classes to be scheduled

Refund Policy:

For those accepted into the course, full refund minus a \$500 processing fee will be given until two weeks before your first module. After first module there will be no refunds.

Application Process:

To apply please answer the following questions so we can evaluate how you will best fit into the program and how we might best be able to tailor your learning experience. Email your application to the school Point of Contact robb@ompranayoga.com, please note that you are applying for a MyCAA scholarship so we can assist with the process.

1. Why do you practice yoga?
2. What is your background and experience with yoga? Please include workshops, retreats and trainings. How many years have you been practicing?
3. Why do you want to take the OPY 200 hr advanced training? What do you hope to receive from it? What are your expectations and goals?
4. What styles of yoga do you personally feel most drawn towards and why?
5. Describe your asana and pranayama practice. What is your inversion and backbend practice like?
6. Have you ever studied or practiced meditation?
7. What is your educational and professional background outside of yoga?
8. Please describe the most challenging moment you've experienced as a yoga student in the past 12 months. What did you learn from this experience?
9. Please briefly describe any training you have had in the fields of anatomy or physiology.
10. Please describe any special medical concerns you have. Are you currently taking any medications? Please tell us about any past injuries and /or surgeries, trauma or PTSD.