



moksha

YOGA CENTER

TEACHER TRAINING

certification & intensive

Sanctuary Yoga

Highwood March - Nov 2010

Moksha Yoga Center provides a foundational teacher training for those who want to experience all the elements of yoga and teaching. You will study the theory and practice of yoga, asana, pranayama, and teaching.

Please visit mokshayoga.com for a complete description of the Moksha Teacher Training certification requirements, guidelines, coursework and schedule.

PRICING

\$3000 Special Registration
(if paid in full by Dec 15, 2009)

\$3200 Early Bird Registration
(if paid in full by Jan 15, 2010)

\$3400 Regular Registration
(if paid in full by Feb 15, 2010)

\$3600 After Feb 15, 2010
(payment plans available)

LOCATION

Sanctuary Yoga,
502 Sheridan Road
Highwood, IL 60040

CONTACT sylvia@mokshayoga.com

INSTRUCTOR

Daren Friesen is the director of Moksha Yoga Center in Chicago. He has been a student of yoga for 20 years and a teacher for 15 years, and has studied with a variety of internationally recognized yoga masters in the U.S. and India. Daren has completed several teacher-training programs in yoga styles ranging from Astanga and Vinyasa to Universal. His interests include ayurveda, travel and Eastern philosophy.

Yoga History & Philosophy *Understanding Union, Relationships & Opposites*

What is yoga? This ancient system of health and well-being reveals a path to develop and expand our fullest potential in body, mind, and spirit. We will look at sources such as Indian culture, vedic history, and ancient manuscripts such as the Yoga Sutras and the Hatha Yoga Pradipika which reveal the ancient classification of yoga. We will also study Patanjali's eight-fold path known as ashtanga yoga.

- Yama *relationship with others*
- Niyama *relationship with ourselves*
- Asana *postures*
- Pranayama *breath control*
- Pratyahara *turning the mind inward*
- Dharana *concentration*
- Dhyana *meditation*
- Samadhi *ecstasy*

Theory & Practice of Asana *Taking a Position of Steadiness & Comfort*

The yoga sutras refer to asana as the integration of sthira (steadiness) and sukha (comfort). This important sutra will guide us as we look into the deeper aspects of asana, including alignment, adjustments, and variations. We will explore energetic techniques such as bandhas, dristi, kriyas, mudras, and chakras in order to expand our awareness and understanding of the subtle movement of prana through asana. Arranging our study of asana groups is in itself a unique sequence or vinyasa: sun salutations (surya namaskara), standing and balancing poses, abdominal strengtheners (hara), forward folds (paschimo) and backbends (purvo), twists (parivrita), inversions (viparita), and savasana.

Theory & Practice of Pranayama *Regulating The Current of Life-Force Energy*

Conscious breathing requires sensitivity to properly direct life energy (prana), which makes all physical, mental, and spiritual life possible. It is the subtle thread that connects us with universal consciousness. Pranayama is a way of using the breath to receive, generate, distribute, and store this vital energy. We will explore ujjayi (victory breath), nadi shodhanam (alternating nostril), kappalabhati (breath of fire), sitali (cooling breath), and viloma (against the grain).

Theory & Practice of Teaching *Conveying the Essence of Yoga*

The art of teaching is a yoga in itself, requiring sensitivity, compassion, and practice. A teacher must encourage and inspire, being sensitive to the needs of both the individual and the group.

- How to properly adjust using visual (body language), verbal (voice), and kinesthetic (touch) tools
- Sequencing, counterposes, and routines
- Integrate themes, rhythm, focus, direction
- Psychology ethics of the student/teacher relationship

Experiential Learning *Finding Wisdom & Understanding Within*

Understanding from within requires the student to not only expand inner awareness and trust of intuition, but also to gain practical experience in the art and science of yoga in a variety of situations and venues.

- Meet and interact with renowned master teachers
- Observe, adjust, and assist in class with various teachers
- Develop individualized private lessons
- Teach a community class (basic level 1-2)
- Give selflessly by teaching at a hospital, senior-citizens home or charity fundraiser (karma yoga)

SCHEDULE

Part 1: Spring 2010

Foundational Coursework

Wednesdays, Mar 3 - May 26, 2010

Practice class, 9:30 - 11:00am

Lunch break, 11:00 - 11:30pm

Training class, 11:30 - 3pm

****Anatomy for Yoga Teachers, Shanna Linn**

Dates TBD Tuition \$250

Part 2: Fall 2010

Teaching Skills and Video Review

Wednesdays, Sept 1 - Oct 20, 2010

Practice class, 9:30 - 11:00am

Lunch break, 11:00 - 11:30pm

Teaching Skills Class, 11:30 - 3pm

Wednesdays, Oct 27 - Nov 3, 2010

Practice class, 9:30 - 11:00am

Lunch break, 11:00 - 11:30pm

Video Review, 11:30am - 5pm

****Yoga Anatomy Teacher Training, Tias Little**

Tue-Fri, 9:30am-5 pm, Nov 30- Dec 3, 2010

Tuition: \$500 Registration Due Oct 30, 2010

***Note: Anatomy Tias/Shanna coursework and program requirements are an additional charge and not included in the TT program tuition.*

Part 3: Winter 2011

Additional Coursework Required for Certification

Community Class

Practice teach creative sequencing

Karma Yoga (1 class)

Teach to underserved or disadvantaged group

Private Sessions (3 classes)

Practice teach: individualized classes

Apprenticeship

Assist/adjust - 2 semesters of 10 classes arranged by the trainee.

Master Teacher Roundtable *optional*

Select sessions with master teachers exclusively for trainees.

Seva

Monthly offering of service

Special Events, Workshops, & Intensives

Select sessions with experienced and master teachers

Thesis Presentations

Present the results of your research project

POLICIES

A \$100 deposit holds your place in the training and is non-refundable/non-transferable (deposit will be refunded in full if your application is not accepted).

Included in the program fee are all classes related to this program, 20% off all Moksha regularly scheduled classes, a 20% discount for all items in Sanctuary retail boutique including books & apparel, 10% off retail and books at the Moksha Yoga Center boutique, a 20% discount on workshops and special events at Moksha, and our online course training manual. The course fee does not include the anatomy requirements which are required for certification (additional cost) or the required reading list books.

Please Note: Topics, programs and classes are subject to change.

NO REFUNDS AFTER THE FIRST CLASS

YOGA ALLIANCE & CERTIFICATION

The requirements of this program are designed to conform to Yoga Alliance National Teacher Training Certification Standards. These requirements include over 200 certified contact hours. Moksha Yoga Center has been registered and approved school of Yoga Alliance since 2002. Upon completion of all requirements, you will receive Moksha Yoga Center teacher certification and will be automatically eligible for Yoga Alliance registry. Visit yogaalliance.org for more information.



Registered Yoga School

REQUIRED READING

1. Light on Yoga, BKS Iyengar, Schocken Books, 1966
2. Yoga for Wellness, Gary Kraftsow, Penquin, 1999
3. The Breathing Book, Donna Fahri, Henry Holt and Company, 1996
4. Teaching Yoga, Donna Farhi, Rodmell Press, 2006
5. Fire of Love, Aadil Palkhivala, The Innerworks Company, 2008
6. Autobiography of a Yogi, Self Realization Fellowship, 1946
7. Anatomy Coloring Book, 3rd Edition, Wynn Kapit Addison-Wesley 1996
8. A Manual of Anatomy for Yogis, Shanna Linn
9. Yogabody, Judith Lasater, Rodmell Press 2009.

APPLICATION & REGISTRATION

For more information and to apply, please contact Sylvia Gonzalez, coordinator, at (312) 942-9642 or visit mokshayoga.com.

This program requires a time commitment of up to 20 hours per week. Please consider your availability carefully before registering.

