



108 Yoga Presents:
**A 300 Hour Yoga Teacher Training Program and Advanced
Studies**
For
Health and Wellness Practitioners
2010 – 2011

Yoga Teacher Training and Advanced Studies Information Packet

By

108 Yoga

Halifax, Nova Scotia

108 Yoga
1496 Lower Water Street Suite 411
Halifax, Nova Scotia B3J 1R9
www.108Yoga.ca
Phone (902) 449-0108



Yoga for Health

Many of us have different ideas of what Yoga is. Is it a spiritual practice? A super hard, sweaty workout? A gentle, relaxing, stretching and breathing class? Is it just for the young and bendy?

The practice of Yoga is taking on many forms. Some new, some more traditional. But in its essence and when practised and applied at its best, Yoga is an extremely intelligent, practical system for enhancing physical and mental health for us ALL.

Not just based on our physical capacities, Yoga practices take into consideration the entire context of our being; our bodies, minds, unique personalities, culture, gender, age, our day to day activities and the environments we live and work in. Yoga can be adapted to fit our needs and lifestyles and practising Yoga can also be a very enjoyable part our lives.

Yoga is much more than postures. Tools can include working with breath, sound, meditation, visualization, diet and lifestyle. Practices incorporate attitudes of kindness, consideration and acceptance. Yoga teaches self knowledge, self awareness and increased self confidence. The teachings of Yoga offer an excellent guide to help us navigate life's more difficult challenges and to live happier, more fulfilled lives .

Yoga can also be a complimentary system for healing. Working in conjunction with other health modalities, the therapeutic application of Yoga is a highly effective and practical support for a variety of health related conditions, whether they are physical, mental or emotionally based. Although practised in India between teacher and student for thousands of years, Yoga for therapy is just starting to emerge as a valuable addition to our healthcare strategy.

To be effective, Yoga for healing is much more tailored to the individual or in small group settings. It utilizes a spectrum of tools, approaches and posture variations, not usually seen in a general group Yoga class. Therapeutic Yoga can help with many conditions such as anxiety/depression, diabetes, arthritis, hypertension, back-pain, PMS and stress reduction.

“As someone who has been an MD for over twenty years, I can tell you that Yoga is quite simply the most powerful system of overall health and well being I have ever seen.”

Dr. Timothy McCall author of “Yoga As Medicine”

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Program Overview

- Yoga as a system for health, healing and personal development.
- Yoga history and philosophy.
- Theory, functions and techniques of asana (postures), pranayama (breath practices) and dhyana (meditation).
- Supporting Yoga practices such as ahara (diet), vihara (lifestyle), sound, mental attitudes, etc.
- Techniques of observation, practical application and teaching methods.
- Adapting and tailoring Yoga to the needs of the individual and within specific health fields.

Who is this training for?

Yoga is being practised and applied, not just in Yoga Studios, but in hospitals, the workplace, psychologists offices, schools, community based organizations and cancer support groups - to name just a few.

This training is for those interested in Yoga as it applies to health, wellness, healing, personal development and how all of these are integral to each other.

Yoga Teachers

For those already teaching Yoga, this training will deepen your theoretical knowledge of Yoga for health and healing. It will help expand your knowledge of the breadth of Yoga tools available and how to apply them to individuals for a more tailored approach.

Health Care Practitioners

Combined with your professional field of expertise, Yoga can offer more tools and fresh approaches to support and compliment the work you already do, helping to further benefit your clients/patients.

Health Care Promotion Policy Makers

Yoga presents an entire theoretical framework for what it means to be healthy and can be adapted to fit the needs and goals of people of various populations. Practising Yoga does not just result in obvious health benefits; it can also create senses of community and belonging. An

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adaptable, portable, context-sensitive system, Yoga is one of the smartest and most cost effective approaches for health and disease prevention there is.

“People want a cure for the health care system and Yoga is an important possible cure.....it would be the biggest bang for the buck in terms of making an impact on the world.”

- Harvard University Neuroscientist Sat Bir Khalsa

Faculty

Nancy Hunter

With a background in social justice, community development and health promotion, Nancy comes to the field of Yoga with the broadest sense of health and wellness. She is the Senior Yoga Teacher at 108Yoga and also teaches in schools, workplaces and has a private practice as a Yoga Therapist. She has advanced Yoga Teacher training in asana (postures), pranayama (breath techniques), dhyana (meditation) and Yoga theory. Nancy is a member of the first group of Yoga teachers in the world to be trained outside of India in Yoga Therapy by the prestigious Krishnamacharya Healing and Yoga Foundation (KHYF).

Guest Teacher: Dolphi Wertebaker, MD

Dolphi is a graduate of Columbia University (cum Laude) and Cornell University Medical College (1978). She has been student of TKV Desikachar since 1970, with a dream of combining Yoga and Medicine. She has been teaching Yoga since 1985, with an emphasis on individual therapeutic work. She is a KHYF-certified Yoga Teacher Trainer and teaches in Yoga Teacher Training Programs in New York, San Francisco and Chicago.

Guest Teacher: Chase Bossart

Chase Bossart, M.A., E-RYT, is a long time student of Mr. TKV Desikachar and a KHY Yoga Teacher Trainer (www.khyf.net). He has an M.A. in Religious Studies from UC Santa Barbara, wrote his thesis on Patanjali's Yogasutra, and has lived in Chennai, India studying at the KYM for a total of 4 years. He is also an adjunct faculty member on the Loyal Marymount University Yoga Therapy Program, the Director of Therapy and Education at the not-for-profit Healing Yoga Foundation (www.HealingYoga.org) in San Francisco.

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Training Curriculum

Module Title	Module Contents	Hours
Definitions of Health and Wellness	Mind/Body Health. Yoga frameworks and models of health.	10
History & Philosophy	Definitions of Yoga. Historical role and current context of Yoga. Introduction to Patanjali's Yoga Sutra's chapter 1&2 and Sutras related to health and healing	40
Asana Theory	Theoretical framework, functions and classifications of postures.	10
Asana Techniques	Forms, variations, modifications and counter postures.	40
Sequencing	How to plan and structure a practice.	30
Observing	How to observe and assess students.	20
Pranayama theory and techniques	Role of breath in health; and effects.	20
Meditation theory and techniques	Role of the mind in health; meditative practices and techniques .	20
Other Yoga tools	Diet, lifestyle, mantras, sounds, visualizations etc..	10
Anatomy and Physiology	Basic overview. Pathology of common ailments.	20
Teaching Methodology	Ethics, messaging and how to observe students.	10
Applied Practice	Applications for specific individuals and groups	10
Non contact	Observing senior teachers in group and/or private classes.	30
	Practice teaching and/or a project specific to your professional field.	20
	Contact with Senior Teacher(s) in individual sessions and/or in small sub- groups of common health related fields.	10
Total Training Hours		300

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Training Schedule

Schedule: Friday 6-9 pm, Saturday 9 am to 6 pm, Sundays 9 am to 6 pm

1. September 24-26, 2010
2. October 15-17, 2010
3. November 12-14, 2010
4. December 3-5, 2010
5. January 28-30, 2011
6. February 25-27, 2011
7. March 18-20, 2011
8. April 16-18, 2011
9. May 20-22, 2011
10. June 17-19, 2011
11. July 5-10, 2011

Required Reading List

1. Yoga for Body, Breath and Mind. A.G. Mohan
2. Yoga Therapy: A guide to the Therapeutic Use of Yoga and Ayurveda for Health & Fitness. A. G. Mohan
3. The Heart of Yoga. TKV Desikachar

Suggested Reading List:

1. Health, Healing and Beyond. TKV Desikachar

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Teacher/Student Relationship and Ethics

The relationship between the Teacher and the Student is at the heart of the Yoga process. Experiencing the practices of Yoga is essential to understanding Yoga . The serious Yoga Teacher /Student must be committed to their own personal growth and development. It is expected that the student will, under the guidance and mentorship of the Senior Teacher(s), maintain a personal Yoga practice. Yoga requires a consistent motivation and desire for change for the better.

The Teachers and Students alike will maintain a relationship that is consistent with the ethical values of the yamas and niyamas as laid out in the Yoga Sutras of Patanjali.

Student Evaluation Process

During the course of the training, students will be evaluated and their progress assessed in the following contexts;

1. Quality of relationship with the Senior Teacher(s): Regular meetings, the development of a personal practice and its evolution over time. The student must practice regularly.
2. Personal Evolution: These words capture the main goal of Yoga and Students will naturally develop and change as a result of their Yoga practice.
3. Continuing Assessment of Studies: The Teacher(s) will evaluate each Student's progress throughout the course of the program. Evaluations will take the form of written tests, oral presentations and participation, teaching observations, etc. When evaluating a Student, the Teacher(s) will also take into account the Student's levels of aptitude, comprehension and ability to communicate effectively and compassionately.

The Teacher(s) will also maintain a file for each student in the program. This file will include the Student's personal practice/directions, reports on performances, and other pertinent details.



Prerequisites for Application

- Applicants must be mentally and emotionally stable and mature.
- Applicants must be able to demonstrate clear communication skills.
- Applicants must show a commitment to learning through the suggested training procedure and be committed to their own personal development, health and well-being.
- Applicants must supply two letters of recommendation from people who are not relatives and who have known the applicant for at least two years. Letters should include the writer's opinion about the applicant's character, communication skills and general strengths and weaknesses.

Tuition

The tuition for the Teacher Training and Advanced Studies Program for Health and Wellness professionals is \$4000 (plus HST). This includes 240 hours of classroom instruction, 10 hours of private and/or small group instruction with the Senior Training Teacher(s) and unlimited access to Yoga classes at 108 Yoga for the duration of the training.

Payment

Once you have been accepted into the Teacher Training Program, a non-refundable application deposit of \$800 is to be made to secure your place in the training. Participants will receive a discount if payment is received in full before June 30, 2010. A financing program is available for students upon request. The following payment schedule does not include taxes:

Payment	Details
\$800	Non-refundable confirmation deposit to hold your space in the training. Due after receiving your acceptance letter.
\$2950 (early payment discount before June 30, 2010)	Remainder of \$3750 tuition due (discount of \$250) after the \$800 deposit.

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\$3200

Remainder of \$4000 tuition due after
the \$800 deposit

Note: Payments already made are non-refundable. If a participant decides to drop out of the training early, payment will not be refunded.

Payments by cheque should be made payable to: 108 Yoga and should be sent to:

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