

Teacher Training

2012

yogaview

MARCH 3—MAY 27, 2012



> meditation
> pranayama

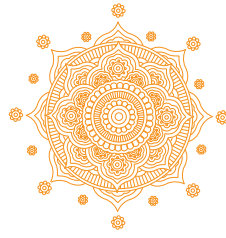
> alignment
> philosophy

> sequencing
> anatomy

The teacher training at yogaview is about more than just teaching. While the success rate of motivated students becoming teachers through this course is exceptionally high, many take the training mainly to deepen the experience of yoga in their lives. The capacity to be a good teacher has a lot to do with understanding how to be a good listener and learner, as well as understanding the nature of yoga. The content of this course encourages open mindedness not only because of its focus on meditation, but because the traditional approaches to yoga asana and philosophy are not just presented, but investigated. One of the advantages of the training being led by multiple instructors is the exposure to various experiences and perspectives. Exploring the rich history of yoga in a realistic way and modern approaches to traditional ideas gives participants the opportunity to creatively uncover and sharpen their own ideas, which can then serve as a real foundation for sharing ones love of yoga with others.

A recent graduate describes his teacher training experience at yogaview:

“From time to time in human history, there is a confluence, a gathering of like-minded people in a geographical area who possess intelligence, creativity, purpose, and have a passion for some endeavor. These individuals immerse themselves in their field, see what has gone before, communicate with their peers, and in an explosive, synergistic surge create something new, something better, something worthwhile that enriches humankind. Over the years, I’ve taken classes in studios all over America - I can state definitively that most yoga studios do not operate at the lofty, Himalayan level of yogaview. Very few even get to the foothills.”



Teacher Training

FACULTY

QUINN KEARNEY
CLAIRE MARK
TOM QUINN
GERI BLEIER

VISITING TEACHERS

RAY LONG
NATASHA RIZOPOULOS
SIANNA SHERMAN

yogaview

REQUIRED READING

- Tao Te Ching
Stephen Mitchell
- Yoga Beyond Belief
Ganga White
- Bhagavad Gita: The Song of God
Swami Prabhavananda
- The Wisdom of No Escape
Pema Chodren
- The Yoga - Sutra of Pantanjali
Commentary by Chip Hartranft
- Light on Yoga
B.K.S. Iyengar
- Freedom from the Known
J. Krishnamurti
- Scientific Keys Volume 1
Ray Long

THE COMPONENTS OF YOGAVIEW'S TEACHER TRAINING COURSE INCLUDE:

- > Principals of alignment and sequencing
- > Anatomy
- > Pranayama and bandhas
- > Meditation—practice and exploration of the nature of mind
- > Teaching Yoga
 - The use of hands-on and verbal adjustments
 - Class organization
 - Finding your own voice
 - Teaching practice
 - An introduction to restorative practice, pre-natal yoga, and freedom style yoga
 - How to teach privates
 - Utilizing music and silence during class and practice
 - The pitfalls and possibilities of making money in the modern yoga world
 - Questioning the movement to organize yoga—is the yoga alliance good for the future of yoga?
- > Philosophy
 - Investigate Patanjali's yoga sutras, the Bhagavad Gita, Advaita Vedanta, Tantric philosophy, Buddhist teachings and those of modern illuminaries
- > An introduction to Sanskrit words and chanting
- > Weekend workshops with Ray Long, Natasha Rizopoulos, and Sianna Sherman.

Class times

- > Saturdays 12:00 pm-5:30 pm
- > Sundays 12:00 pm-5:30 pm

We will meet each weekend between March 3 and May 27 except for the weekend of April 7-8. In addition to weekend class times, participants are required to attend a minimum of 2 classes a week at yogaview, and practice at least once a week on their own. Participants are also required to meditate by themselves or with the group for at least 1/2 hour a day, observe 3 classes during the course, and complete all required reading to receive the yogaview teacher training certificate.

Cost

\$3,250

A \$500 deposit holds your place in the training and is non-refundable unless your application is not accepted. Full payment must be received one week before the beginning of the course, and no refunds will be given after that time. The cost of the course includes unlimited classes and the workshops with Ray Long, Sianna Sherman, and Natasha Rizopoulos, but does not include books. To pay with a credit card, please include a 3% service charge. Payment plans may be available upon request.

Requirements and Application

2 years of consistent yoga practice is required to enroll in the training. To apply, please send us a letter (one page or less) stating your intention for participation, and tell us how long and with whom you have been practicing yoga. Please also include a photograph of yourself with your deposit.