

# >Teacher Training/Practice Intensive

FACULTY  
TOM QUINN  
GERI BLEIER  
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CLAIRE MARK

- > meditation
- > pranayama
- > alignment
- > philosophy
- > sequencing
- > anatomy

2019

# yogaview

## SEPTEMBER 18--DECEMBER 19

### 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*
- Yoga Sutras of Patanjali  
*as interpreted by Mukunda Stiles*
- Light on Yoga  
*B.K.S. Iyengar*
- This Light in Oneself  
*J. Krishnamurti*
- Scientific Key volume 1  
*Ray Long*
- The Passionate Mind Revisited  
*Joel Kramer and Diana Alsted*

### 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
- > 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 workshop with Joel Karmer and Diana Alsted
- > Weekend workshop with Richard Freeman

### Class times

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

We will meet each weekend between September 18 and December 19 except for the weekends of October 16-17 and November 27-28. 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**  
\$3,100

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 Joel Kramer and Dina Alstad, and Richard Freeman, but does not include books. To pay with a credit card, please include a 3% service charge.

### 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.