

Teacher Training



The teacher training course is designed for all those interested in teaching yoga or for those simply interested in deepening their yoga practice.

Course Intention:

To give the student *thorough understanding of yoga that can be fully experienced and expressed in their daily life.*

To give the student *all the tools needed to teach with clarity, compassion and confidence.*

To guide and encourage *the student to discover their brilliance and individuality as a teacher in this popular, although ancient, practice.*

Every student who joins the program will have the opportunity to find their voice and style of yoga that expresses their own heart. The student is not only trained to lead an inspiring class but is encouraged to uncover their unique calling as a yoga teacher. For example, a past graduate had a genuine calling to teach children, another graduate was inspired by an Ashtanga practice and focused on empowering young woman to love and respect their bodies, and another graduate used her certification to enhance her profession as a social worker.

The teacher training course has three parts. Part I is the amount of hours of yoga practice you are bringing to the program. It is recommended that you have at least 50 hours of practice. Part II of the curriculum has been designed for those students who wish to dive deeper into the study of yoga and bring this study and practice into their daily life. The third part of the curriculum is for those wishing to continue the journey of becoming a yoga teacher.

Duration: 20 weeks consisting of the following:

- 5 weekend trainings
- 10 weekday trainings
- self-study
- 10 complimentary yoga classes
- weekly homework assignments
- weekly question and answer with teacher and group via Internet connection and forum
- Apprenticeship
- Elective study



Certification: Provides the 200-hour Yoga Alliance requirements along with in-depth studies of the following:

- **Asana** -- how to teach the fundamentals to the advanced.
- **Philosophy** -- Yoga Sutra's, Yamas and Niyama's
- **Anatomy** -- how the inside relates to the outside
- **The Chakras** -- their relationship to your body, your life and the yoga pose
- **Meditation** -- weekly meditations,
- **Chanting** -- connecting to your heart
- **Pranayama** -- the art of breath, aligning with spirit
- **Ayurveda** -- honoring the whole body
- **Assists** -- clear observation, inspire through touch
- **Design a Class** -- creating a well-rounded class through theme and sequencing
- **Art of Effective Teaching** -- focus, voice, intention, attitude and engagement, listening with eyes
- **Yoga props** -- when and how to use them in class
- **Yoga Therapeutics** -- dealing with injury
- **Practice teaching and assisting** -- weekly hands on practice
- **Final Teach**



Class of 2004

*"By learning you
will teach, by
teaching you will
understand."
Latin Proverb*

2009 Weekend times: Saturday 12- 6 p.m. and Sunday 9 – 3 p.m.

- #1 Weekend October 3/4
- #2 Weekend November 7/8
- #3 Weekend December 5/6
- #4 Weekend January 9/10
- #5 Weekend February 6/7

2009 Wednesdays: October 7, 21, November 4, 18, December 2, January 6, 20, February 3, 17

Time: 5:30 PM - 8:00 PM

Final teach – February 22 -26

These times and dates may fluctuate

Part I - Merging into Yoga \$1895.
(prerequisite - 50 hours of yoga practice)
October 3 – December 12

Part II - The Art of Teaching is \$1695.
January 9 – Feb 26

Parts I and II- \$3450 (save \$140)

The cost of the course includes the manual. You will also have the benefit of 10 free yoga classes and 20 % off workshops offered at Shakti Yoga. You are encouraged to take at least 2 public classes a week with a teacher and style of yoga you love.

Payment:

Tuition is \$3100 if paid in full by September 13, 2009. (save \$350 total)

Tuition is \$3450 when paying after September 13, 2009

Pay online

To Apply: Teacher Training Application

Comments and quotes

"The mediocre teacher tells. The good teacher explains. The superior teacher demonstrates. The great teacher inspires." William Arthur Ward

Thanks for being a great teacher - **Class of 2004**

I loved the course—it introduced many new ideas and concepts to me, reinforced beliefs and I really feel like I've grown as a person. I feel confident and comfortable to teach class. Thank you!" **Laura**

"I think this was a spiritual journey and it flowed very natural in that direction."

Ilona

"My experience of the class was that it was challenging, thoughtful and full of information that I would not have gained if it wasn't for your wonderful knowledge and wisdom. I felt that you really put together a comprehensive class, that covered all the essential knowledge that we will need to be warm, caring and knowledgeable teachers." **Patrice**

"I loved having the opportunity to learn more about yoga. I could have done it on my own, but it's just so much more valuable when shared with others." **Jennifer**

If you have any questions or seek more information please contact Debbie at 973-727-6579 or e-mail her at bodyoflightyoga@aol.com. Or Anna at anna@shaktinj.com.