



Become a Registered Yoga Teacher

Yoga Alliance 240-Hour Yoga Teacher Training Course

Classes begin September 2009

Kanyakumari's Yoga Teacher Training Program incorporates classic Hatha Yoga instruction, including Asana (postures), Pranayama (breathwork) and meditation. It also includes strong emphasis on the relationship between Yoga & Ayurveda. Kanyakumari's teacher training program provides instruction in both physical and energetic anatomy and how these relate to the practice of yoga, making it a truly unique Yoga school.

Ayurveda is the oldest health care perspective available to human beings. It originated in the holistic vision of Vedic teachers in India and has been the traditional natural medicine of India for five thousand years. Ayurveda's realization of the unique nature of each individual focuses on body, mind, and spirit in dynamic interaction. It emphasizes life style balance and self-knowledge as the foundation of health.

YOGA PROGRAM FACULTY

Sarah Filzen, eRYT, MA, CAE/Yoga Director: Sarah is an Experienced Registered Yoga Teacher listed with Yoga Alliance, the national registry for Certified Yoga Teachers. Her training was at the Temple of Kriya Yoga where she studied asana, pranayama and the philosophy of yoga. She is influenced by the precise alignment of Iyengar yoga, the breath and strength of Patabi Jois' Ashtanga yoga, and the flow and grace of Vinyasa yoga. A certified Pilates instructor. Sarah incorporates much of the "core" strengthening techniques into her yoga practice. Sarah is also a Certified Ayurveda Educator (Kanyakumari).

Cheryl Silberman, CAS, HTP/Center Director, Faculty & Clinical Supervisor: Cheryl has practiced Ayurveda in private practice as a Certified Ayurvedic Specialist graduating from the California College of Ayurveda, specializing in Clinical Ayurveda, Panchakarma, Marma Chikitsa, Healing Touch therapy, Ayurvedic Herbology & Ayurvedic Nutrition. She has completed multiple internships with Ayurvedic Vaidyas in India and the U.S., including advanced training in the above areas as well as Siddha Vaidya medicine and Kaya Rejuvenative therapies. Cheryl currently mentors all Year Two and Intern students while she continues to see patients in consultation and lead Panchakarma services.

Dr. Dale Buegel, MD, PhD: Dr. Dale Buegel has practiced and taught hatha yoga and meditation for 30 years in seminars and in his practice of complementary medicine. As a contributing author to Yoga International and Himalayan Path magazines, he has illuminated such topics as breath mastery and sacred connections of the heart. His expertise in the fine points of yoga techniques and in the use of simple, sequential steps for mastering advanced yoga practices have earned him the respect and appreciation of students in the U.S. and abroad.

Jerry Becker, CHTP: Jerry is a Certified Healing Touch Practitioner (CHTP) 2002. He has 12 years of healing experience using Chi Kung healing methods, 6 yrs experience using crystal healing techniques and 4 yrs. energetic readings. He teaches Healing Touch methods and Tai Chi for Health and Relaxation, Chi Kung, Chi Kung Healing, Push Hands, Self-Defense, Awareness Training, Meditation and Flow drill training. He has more than 25 years experience in the Martial Arts, holding ranks of 4th Dan - Ao Denkou Jitsu, 2nd Dan - Shinwa Uechi Budo Karate, 2nd Dan - Uechi Ryu Karate Do., Senior Instructor Yafu Kobudo, 12 years studying Eskrima, 13 yrs studying Tai.

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Syllabus Overview & Class Dates

MONTH 1

Read the *Hatha Yoga Pradipika* and *Light on Yoga* by B.K.S. Iyengar; Overview and history of yoga.

Asana: Warm-Ups, Standing Poses, Restoratives; Pranayama and Meditation, Basic Anatomy;

Homework: Anatomy Reports

MONTH 2

Asana: Standing poses, Forward Bends; Pranayama and Meditation, Anatomy Reports; Assists and Corrects; **Philosophy:** Eight Limbs of Pantanjali; **Homework:** attend two classes and analyze, anatomy reports

MONTH 3

Asana: Twists, Backbends; **Philosophy:** Eight Limbs of Pantanjali; **Anatomy:** Bandhas; Assists and Corrects, Sequencing, Anatomy and Class Reports; **Homework:** read *Perfect Health*

MONTH 4

Asana: Inversions, Arm Balances, Assists and Corrects; Ayurveda philosophy; **Anatomy:** Yoga and Pregnancy; **Homework:** Analyze three people for Ayurvedic Doshas

MONTH 5

Asana: Vinyasa, Sequencing, Yoga and Ayurveda; Astral Anatomy: the Chakras, Yoga to Balance the Chakras, **Homework:** read *Yoga for Your Type*, design yoga practice for doshas analyzed

MONTH 6

Asana: Use of props, Sequencing; Demonstration of practices designed; **Philosophy:** Paths of Yoga; Teaching Techniques; **Anatomy:** Injuries and Disease and Asana; **Homework:** develop, teach and record a beginner level class

MONTH 7

Asana: Sequencing; Practice Teaching; Assists and Corrects; Reports on classes attended; **Homework:** attend two classes and analyze

MONTH 8

Asana: Vinyasa; Practice teaching; Teaching philosophy, meditation and pranayama; **Homework:** develop, teach and record an intermediate level class

MONTH 9

Practice teaching; Assists and Corrects; Teaching to a multi-level class; Ethics and the Business of Yoga; **Homework:** prepare a class to teach for final exam

MONTH 10

Written and Practical Exams; Graduation

2009-2010 Class Dates

September 11-13, 2009

October 9-11, 2009

November 20-22, 2009

December 11-13, 2009

January 8-10, 2010

February 12-14, 2010

March 12-14, 2010

April 9-11, 2010

May 21-23, 2010

June 11-13, 2010

The tuition for the Yoga Teacher Training course is \$3200. Sallie Mae student loans are available. A \$100 non-refundable registration fee and \$200 deposit must be paid in order to reserve a student's enrollment space. Classes meet one weekend per month, Friday from 8am-4pm, Saturday & Sunday 8am-4pm. Students are expected to spend approximately 4 hours per week on homework and studying outside of class. There are routine quizzes and exams to assure that graduates have a good grasp of all material covered before being certified.