

Find Your Voice Teacher Training Preview Session

~ May 2011 ~

Find Your Voice Yoga Teacher Training: I named it this because I truly believe that you will be the best teacher you can be when you learn not just how to teach postures and classes, but also learn to express yourself through your teaching.

Some people like strong classes, some prefer slower classes. It goes beyond that though. Regardless of the physical 'intensity' of your classes, you as a teacher express how you interpret yoga and it's benefits to your students. You communicate with them how yoga affects you, how it opens you to the experience. That's how you pass on what yoga is about. Yes, you as a teacher need to know how to help people physically in the postures, how to verbally cue them, how to adjust, how to help people with specific needs, BUT in with all that is your unique expression in teaching a class.

What is the point otherwise? Why let it be just one more thing you do based on how others tell you to do it? Your delivery and style are what draws people to your classes and that is what lets you continue expressing and teaching and growing. You find your own flow and then it starts to permeate other parts of you.

SO- how to do that? Well, truthfully, it will take longer than the 7 months we're together. What I want to provide to you in this training are some tools to begin the journey.

Yoga Alliance has certain criteria that all registered programs need to cover. As they put the requirements together, they determined some basics that programs should cover. We will cover all those requirements. Their program also allows for 'electives' and that's where each training program is allowed to express it's own voice. That's where my emphasis is on finding your own voice.



WEEKEND STRUCTURE:

Fridays: 6-9pm

- 6-730pm: Movement/Practice/Journal. Sometimes strong, sometimes slow. Followed by journaling.
- 730p-9pm: Housekeeping. Questions from last session, etc. An overview of the weekend.

Saturday: 9am-5pm

- 9-10am and 1015-1115a: Yoga and Tai Chi. On Saturdays, there is a Hatha class at the studio followed by a Tai Chi class. Some of us will observe, some of us will participate.
- 1130am-5pm: Journal/Lunch. Weekend Session main topic, posture details. (Over the course of the training, there will be 50-60 poses you'll write about and each weekend we'll cover a number of those poses, verbal cues, modifications, contraindications, etc.

Sunday: 11am-5pm

- 11am-5pm: Practice (Restorative/Pranayama), Journal. Worksheets/In-Class Homework, Case

Studies, Remaining Topic and Posture work.



TOPICS by WEEKEND:

As needed, we'll adjust this schedule if we need more time on a certain topic.

- Module 1 (June 24-26): Introduction, History, Philosophy & Lifestyle
 - History and Heritage
 - Practice and Classical Forms
 - Limbs and Branches
 - Yogic Life, Part 1
- Module 2 (July 22-24): Teaching Methodologies
 - Practice and Tools of the Trade (verbal cues, etc)
 - Vinyasa Krama
 - Adjusting, Assisting and Learn to Observe, Part 1
- Module 3 (August 19-21): Elements of a Class, Techniques
 - Practice and Pranyama
 - Standing Postures
 - Mudras and Mantras
 - Meditation and Guided Imagery
 - Assisting, Adjusting and Learn to Observe, Part 2
- Module 4 (Sept 16-18): Anatomy: Physical and Energy
 - Practice and Sun Salutation Break-down
 - Body Systems: Skeleton, Muscles, etc.
 - Chakra Central, Intro into Energy
 - Seated Postures
- Module 5 (Oct 14-16): Methodologies Part 2
 - More Tools of the Trade
 - Prone and Supine postures
- Module 6 (Nov 11-13): Inversions and Review
 - Practice
 - Inversions
 - Review
- Module 7 (Dec 9-11): Integration and Tests



Required Books: (\$65 Total New)

“Find Your Voice” Workbook (provided to you)

The Heart of Yoga by TKV Desikachar

Teaching Yoga by Mark Stephens

Chakras for Beginners by David Pond
The Key Muscles of Hatha Yoga by Ray Long



To register with Yoga Alliance as an RYT 200, these requirements must be completed:

- Attend all training sessions
- Observe 2 classes at Apollo Beach Yoga
- Assist in 2 classes at Apollo Beach Yoga
- Practice 4 classes per month at ABY (or with RYT)
- Complete all homework assignments
- Complete 10 hours of teaching
- Demonstrate mastery of concepts through final written exam
- Instruct a class among peers



Pricing:

- \$150 Non-Refundable Deposit (due upon Registration) & \$240/Month for 7 Months (\$1830 Total).
- 10% Discount if Paid in Full before Classes Start.
- Discounts on classes taken at Apollo Beach Yoga during training.
- Required Reading Books are additional (approx \$65 new).

I look forward to helping you start your journey!

Namaste-
Julie Chavanu
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