



# Teacher Training and Certification Program Fall-Winter 2008

## Program Description

The YogAsylum Teacher Training program exceeds the minimum standards described by Yoga Alliance to become a Registered Yoga Teacher (RYT) at the 200 hour level. The standards set by Yoga Alliance include 180 contact (class room) hours and 20 non-contact hours. Our program includes 190 hours of contact study and 40 hours of non-contact hours of homework and self-study.

## School Facilities and Location

The YogAsylum Teacher Training School utilizes the facilities of YogAsylum at 3815 North Brookfield Road, Suite 101 in Brookfield, Wisconsin. We are located in the Sendik's Shopping Center at the intersection of Brookfield Road and Capitol Drive.

## Certification

The YogAsylum Teacher Training School is a Registered School with Yoga Alliance and approved by the Wisconsin Educational Approval Board (WEAB). Upon completion of the program students will receive a Certificate of Completion and can apply for registration with Yoga Alliance as a Registered Yoga Teacher at the 200-hour level (RYT 200).

## 2008 Fall-Winter Calendar

Class sessions are designated Fridays 6:00 to 9:00 PM, Saturdays and Sundays 8:00AM to 12:00 PM and 1:00 – 5:00 PM.

Weekend 1 – August 29-31, 2008  
Weekend 2 – September 12-14, 2008  
Weekend 3 – September 26-28, 2008  
Weekend 4 – October 10-12, 2008  
Weekend 5 – October 24-26, 2008  
Weekend 6 – November 7-9, 2008  
Weekend 7 – November 21-23, 2008  
Weekend 8 – December 5-7, 2008  
Weekend 9 – December 19-21, 2008  
Weekend 10 – January 2-4, 2009

## Required Textbooks

*The Heart of Yoga* by T.K.V. Desikachar  
*Light on Yoga* by B.K.S. Iyengar  
*The Royal Path – Practical Lessons on Yoga* by Swami Rama  
*Yoga: The Spirit and Practice of Moving into Stillness* by Erich Schiffmann  
*Yoga & Ayurveda* by David Frawley  
*The Bhagavad Gita* by Eknath Easwaran  
*The Anatomy Coloring Book* by Kapit and Elson

## Non-Discrimination Policy

The YogAsylum Teacher Training School does not discriminate on the basis of age, gender, marital status, national or ethnic origin, sexual orientation, color, race or religion.

## Program Curriculum

The YogAsylum Teacher Training Program consists of five areas of class work.

1. Techniques Training and Practice (T) consists of learning how to teach and practicing traditional yoga techniques including asana, pranayama, kriya, mantra, meditation, bandha, and mudra. This training will consist of 90 contact hours and include analytical training in how to teach and practice the techniques and guided practice of the techniques themselves.

2. Teaching Methodology (TM) includes principles of demonstration, observation, assisting, correcting, instruction, teaching styles, qualities of a teacher, the student's process of learning, and business aspects of teaching yoga. This training will consist of 25 contact hours.

3. Anatomy and Physiology (A&P) includes both human physical anatomy and physiology (bodily systems, organs, etc.) and energy anatomy and physiology (chakras, nadis, etc.) This training will consist of 20 contact hours and 10 non-contact hours. It includes both the study of the subject and application of its principles to yoga practice (benefits, contraindications, healthy movement patterns, etc.).

4. Yoga Philosophy/Lifestyle and Ethics for Yoga Teachers (PLE) includes the study of yoga philosophies, yoga lifestyle, and ethics for yoga teachers. This training will consist of 35 contact hours and 30 non-contact hours. The philosophy portion of the training will include the reading and discussion of ancient yoga texts. Text commentaries are discussed in a group setting to distill the core yogic philosophies and their application to everyday life. Students are encouraged to explore their own connection to the teachings and examine the integration of yogic philosophy into their classes.

5. Practicum (PR) includes practice teaching, receiving feedback, observing others teaching and hearing/giving feedback. This training will consist of 20 contact hours.



Registered Yoga School



### Admissions and Entrance Requirements

Applicants should be 18 years of age. (Exceptions will be considered upon submission of additional application materials.)

Applicants should have a regular yoga practice for at least six months. Applicants should be able to physically perform techniques they will teach.

Applicants must sign the Agreement & Liability Release form, the Yoga Teacher Code of Ethics form, and the Catalog Release form.

### How to Apply

Submit a completed application form along with \$100 application fee to the school.

Upon receipt of above an admissions interview will be scheduled.

Applicants should think of questions prior to the interview and bring those to the interview.

Applicants are encouraged to submit applications early, as spaces in the program are limited and filled as qualified applications are approved.

Applicants will be notified of acceptance in writing or by e-mail.

Applications should be received at least two weeks prior to the start of a Teacher Training Program.

### Tuition and Fees

Tuition for the entire course is \$3,400. (Check, Cash, Visa and MasterCard accepted for payment.) The entire tuition is due prior to the first session. The \$100 application fee will be applied to the tuition payment. Upon acceptance into the school a \$200 deposit must be submitted within seven days to hold a place in the class for the student. The remaining \$3,100 is due prior to the first session.

### Faculty

Pamela Bliss, Director of Teacher Training

Bernard Rosen, Senior Instructor

Jim Bennett, Instructor

Daren Friesen, Instructor

Guest teachers may also be utilized to teach morning asana practices, anatomy & physiology, or yoga philosophy and lifestyle classes.

### YOGASYLUM TEACHER TRAINING SCHOOL APPLICATION FOR ADMISSION

Name: \_\_\_\_\_ Sex: \_\_\_\_\_ Date of Birth: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone(s): \_\_\_\_\_ Fax: \_\_\_\_\_  
Email: \_\_\_\_\_  
Current Occupation: \_\_\_\_\_

Please respond to the following questions. Include the original question with your response. **Please include a color photo of yourself with the application (via e-mail use jpg or tif).**

To enroll in the YogAsylum Teacher Training School Teacher Training Program, please submit the Application for Admission, reference letter, resume and the \$100 deposit.

**Resume** – Using an outline form, summarize your educational and employment history.

**Letters of Recommendation** – You may obtain a letter of recommendation from your yoga teacher(s) or another colleague, friend or teacher supporting your application.

**Acceptance and Notification** – You will be contacted upon receipt of your application and an admissions interview will be scheduled. In-person interviews are preferred.

**Deposit** – The deposit will be refunded in full in the event you are not admitted to the program. Once your acceptance letter has been mailed, the deposit is non-refundable.

Application materials should be sent to or dropped off:

Pamela Bliss, Director  
YogAsylum Teacher Training School  
3815 N. Brookfield Road, Suite 101  
Brookfield, WI 53045  
(262) 781-8102  
www.yogasylum.com

Essay Questions:

1. Do you currently teach yoga? If so, where have you been trained and what style(s) do you teach? Describe your current teaching.
2. If you do not currently teach yoga, why do you want to teach yoga?
3. Why do you want to take this program? What are your expectations for the training? What do you hope to gain, learn, or improve?
4. How long have you been practicing yoga? Do you have a daily practice? If so, please describe it briefly.
5. What teachers have influenced you the most? Give a detailed overview of your yoga background including all workshops and trainings you have attended.
6. Please describe two influential events in your life, one that has challenged you and a second that has been life-affirming.
7. Describe some of your other interests and hobbies.
8. Describe your physical health (major illnesses, injuries, surgeries, physical conditions).
9. List all injuries and illnesses, past and present.
10. Have you ever been injured from your yoga practice? If so, please describe in detail.
11. Have you studied other Eastern systems or philosophies?
12. How would you compare self-practice to studying in a class with a teacher?
13. Who can we call in case of an emergency?

