

HIGH DESERT YOGA



500 HOUR

COMPREHENSIVE TEACHER TRAINING PROGRAM

200 HOUR STARTS APRIL 13th 2012

High Desert Yoga

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www.highdesertyoga.com

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TEACHER TRAINING PROGRAM

200 HOUR : SELF-STUDY AND DEEPENING THE PRACTICE

Students in the 200 hour Teacher Training Program embark on a journey deeper into their practice and themselves. For many, the agreement to join the program marks the first time the student accepts a more rigorous schedule of study and a more comprehensive definition of the practice. From this new challenge, students have the opportunity to discover more subtle, interior layers of themselves. Students will be given a classical yogic framework with which to reevaluate habits and patterns in mind and body as to their relevance in the present. This course is relevant to anyone wishing a deeper understanding of the system of yoga, even if teaching is not a goal.

The 200 and the 300 hour segments are comprised of:

- alternate (and some successive) weekends with sessions as follows: Fridays 6–8 PM, Saturdays 11:15–5:45 PM and Sundays 11:15-5:45 PM
- a specific number of yoga classes assigned with HDY staff
- approximately one Sunday intensive per month
- bi-weekly 1 hour study groups
- homework assignments: readings and written responses
- books (required)

Cover Image:
Conception, © Deborah Gavel

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and Richard Stocker



Zoreh supports a student's heart opening in Trikonasana

Successful completion of the Program will allow the participant to apply for the 200 Hour Registered Yoga Teacher Certificate with the nationally recognized certification organization, the Yoga Alliance.

COMPONENTS OF THE PROGRAM

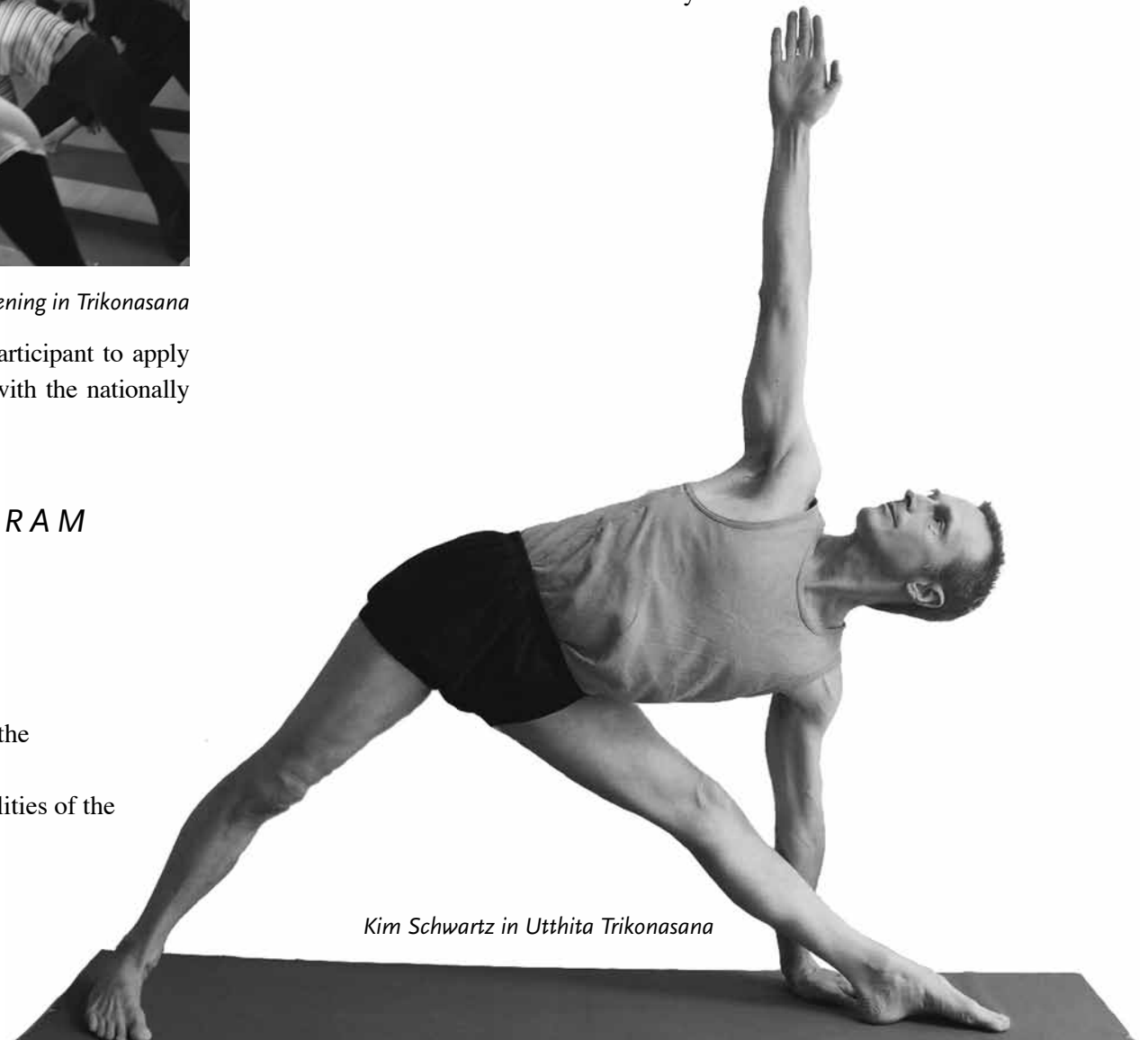
200 HOUR : AREAS OF STUDY

YOGA PRACTICE

- The purpose and function of primary asanas in the system of yoga
- Creating a context for understanding commonalities of the asanas and reasons for their differences
- Deconstructing the asanas into their component parts
- Asanas and their relationship to gravity
- Introduction to breath awareness

ANATOMY AND PHYSIOLOGY

- Functional anatomy and physiology of neuro-musculo-skeletal and cardio-pulmonary systems
- Relationships of anatomical systems and how asanas affect and are affected by these connections
- Understanding the various in muscular actions as they relate to movement and stability



Kim Schwartz in Utthita Trikonasana



Patti Lentz adjusts a Yoga for Scoliosis student

PHILOSOPHY

- Yamas and niyamas (guidelines for a life of integrity, tranquility, contentment, and harmony with other people and the environment at large)
- Theory of karma and dharma (balanced living)
- Vrittis and kleshas (modes of perceiving the world and obstacles to meditation and practice)

TEACHING SKILLS

- Bringing awareness and learning ways to perform effective demonstrations through your own body
- Introduction to verbal skills
- Introduction to visual evaluation skills
- Making poses accessible to all students through use of props, modifications, or alternatives
- Learn basic Sanskrit alphabet and chanting seed (bija) syllables

- Learning Sanskrit asana names and their correct pronunciation
- Consideration of the qualities of an effective yoga teacher

PRACTICUM

- Participate in classes
- Observing sequences in classes taught by others
- How to use touch in partner work and assists
- Attending weekly study group

MEDITATION

- Study and practice of essential meditative techniques centering on concentration and awareness skills
- Methods to release the mind from fixated thinking, to balance what is reactive, to open our hearts, and work with difficult emotions
- The practice of Maitri, or friendliness, to ourselves and all beings



TEACHER TRAINING SPECIAL WORKSHOPS

1. **Overview:** The System of Hatha Yoga, Theory and Practice
2. **Breathing:** Awareness of the Breath
3. **Life Style:** Ayurveda
4. **Sanskrit:** Asana Names and Sanskrit Pronunciation
5. **Practicum:** Home Practice & Restorative/Study of Chakras
6. **Overview of course**

200 HOUR SCHEDULE AND FEES:

SCHEDULE

A mandatory orientation meeting is set for the first hour of the Friday evening session, April 13th, 2012, at 6 pm.

FEES

Deposit of \$895 due on acceptance. Monthly installments arranged as necessary. Total fee of \$2,895 includes tax.



Supriti in Urdhva Mukha Svanasana



Zoreh adjusts a student in Bhujangasana

300 HOUR : THE DECISION TO TEACH

Students of the 300 Hour Teacher Training Program refine their practice of asanas while beginning the process of becoming teachers. More subtle movement and energy concepts are presented and digested, and new skills are introduced as the students begin to practice teaching. The course will apply the information from the 200 Hour or equivalent course specifically to teaching skills for various applications and levels of students. This course will also expand on communication skills, class sequences, adjustments, therapeutic applications and philosophy.

Together with the 200 Hour Registered Yoga Teacher Certificate, the student who successfully completes the 300 Hour Program will be able to apply for the 500 Hour Registered Yoga Teacher Certificate with the nationally recognized certification organization, the Yoga Alliance. Students who have completed an equivalent qualifying 200 Hour Certification program at another school can join complete their 500 Hour Certification with us by completing the 300 Hour program.



Andrew Fearnside in Ardha Pasasana

300 HOUR : AREAS OF STUDY

YOGA PRACTICE

- integrating the 200 hour lessons into practice
- yoga for special needs: Therapeutic, Restorative
- how asana, pranyama, and awareness affect and are affected by the psychology and physiology of the practitioner

ANATOMY AND PHYSIOLOGY

- further exploration of how asanas affect the organs and how the organs affect the asana
- yoga as a diagnostic and therapeutic medium
- subtle anatomy: chakras, nadis, bandhas, and prana
- primary pranayama

PHILOSOPHY

- in-depth study of topics covered in the 200 Hour session
- discussion of assigned readings: excerpts from the Upanishads, Tantra, and Bhagavad Gita

TEACHING SKILLS

- learn criteria to assess a student's practice
- cultivate and apply verbal skills in instruction
- further development of hands-on skills and assisting students
- theory and practice of class structure for various levels of students, and for various effects—energizing, cleansing, meditative, calming
- further refinement of Sanskrit pronunciation
- effective use of the voice
- deeper exploration into the path of becoming a successful yoga teacher

PRACTICUM

- continue class participation
- observation/critique of various classes
- theory and practice in sequencing
- practice of adjustments, assists, and corrections
- student teaching

MEDITATION

- deepening of the meditative skills of concentration and awareness
- Further study of methods to: release the mind from fixated thinking, balance what is reactive, open our hearts, and work with difficult emotions
- six week course on using pranayama to cultivate a meditative state

TEACHER TRAINING SPECIAL WORKSHOPS

1. **Philosophy:** Yoga Sutras
2. **Practicum:** Pranayama and Dhyana
3. **Practicum:** Restorative Yoga and Exploration of the Chakras
4. **Practicum:** Teaching Through Adjustments and Assists
5. **Ethics:** Partner Work
The Business of Yoga
6. **Ayurveda**
7. **Anatomy:** Therapeutics
8. **Subtle Anatomy:** Asana, Chakras, Nadis and Bandhas

300 HOUR SCHEDULE AND FEES:

SCHEDULE

A mandatory orientation meeting is set for the first hour of the Friday evening session at 6 pm.

FEES

Deposit of \$895 due NOW with application form. Monthly installments arranged as necessary. Total fee of \$3,895 includes tax.

500 HOUR CERTIFICATION

High Desert Yoga's Teacher Training programs are registered with Yoga Alliance. Yoga Alliance's 500 Hour Registered Yoga Teacher (RYT) Certification is currently the most widely honored certification for teaching yoga in the United States. Students of a teacher with the 500 Hour RYT certification know that after a year of intensive study, their teacher has truly made a lifetime commitment to the practice. Students who have completed both a 200 and a 300 Hour Registered Yoga Certification program will be eligible for registry with the Yoga Alliance. High Desert will assist graduates in applying for the status.

TEACHER TRAINING STAFF



Kim Schwartz has studied and taught Hatha Yoga for over three decades. His lifelong passion for mystical truth led him to become ordained as a swami of the Temple of Kriya in Chicago. He was recently elevated to the position of Maha Swami in the Kriya lineage, enabling him to ordain others as swamis. Kim was director of the Temple's Hatha Yoga Teacher Training Program before moving to New Mexico, where he continues to direct High Desert Yoga's Teacher Training Program. He is certified by the Yoga Alliance as a RYT, 500 hours. He is recognized by many well-known yoga instructors both as a "master of his art" in personal practice and as a true "teacher's teacher"; one with the ability to communicate the timeless truths of yoga on many levels to fellow instructors in a way that enables them to pass this wisdom on to their own students.



Zoreh, founder and director of High Desert Yoga in Albuquerque for the past 16 years, is a certified Yoga Therapist as well as a Siddha Yoga meditation teacher. Zoreh's background in Sufism and Yoga creates a bridge to these ancient paths. With her joyous personality, good sense of humor, and passion for making yoga accessible to everyone, Zoreh creates a safe and nurturing environment for students to go deeper in their practice. Zoreh has been hosting yoga retreats in Mexico, Costa Rica, Peru, India and around the country for last 15 years.



Patti Lentz is a physical therapist and yoga teacher. She is passionate about how the body works... and doesn't. In her private practice, she uses yoga awareness to assist clients in achieving a healthier relationship with their bodies. She uses her broad background in manual therapy, sensory integration, anatomy and emotional trauma work to educate her yoga students to deepen their practice.



Supriti is a lifelong devotee of Yoga and has been teaching for over 25 years. In 1978, she traveled to India and took classes with the Iyengar family. She continues to study primarily in the Iyengar tradition with visiting senior instructors. Recognizing that the body/mind needs to move energy to heal itself, she also wanted to deepen her knowledge of anatomy. In 1981, she attended the New Mexico School of Natural Therapeutics. She has been a therapeutic masseuse for 20 yrs. She attributes her longevity as a masseuse, without injury, to her yoga practice. She continues to deepen her understanding of the workings of yoga while teaching and studying with the staff of High Desert Yoga. She is a lover of poetry and inspires her students with readings from the masters of many wisdom cultures. She is currently the Manager of the studio and is thrilled by the explosion of interest in the wonders of Yoga.



Melissa Spamer, E-RYT 500, has been practicing yoga for seventeen years and consistently teaching yoga for twelve years. She has completed extensive yoga studies and trainings in the US, Greece, India and Bali. Her approach to yoga is very intuitive and organic. She weaves together a rich tapestry of inspired teachings from such celebrated teachers as Angela Farmer, Victor Van Kooten, Rama Jyoti Vernon, Shiva Rea, Kali Ray and the students of Desikachar. She invites her students to attune to the natural flow of energy that guides all of life. Melissa is an ayurvedic practitioner, somatic and expressive arts therapist and has directed her own 200 hour RYS.



Heather's lifelong interest in Eastern philosophy and health lead to her to a practice of yoga at an early age, yoga teacher training studies (500 RYT) and becoming a Doctor of Oriental Medicine. She teaches students to delve deeply into unexplored parts of themselves, through an integrated approach. Her classes focus on proper alignment with stability and openness encouraging change in the body through the power of breath and intention. She brings Pilates Mat Training levels 1-5 and a history of athletic training to her teaching. Her specialized athlete's yoga program creates an environment that is challenging yet enhances muscle flexibility, joint stability and alignment, and core strength to increase power, speed recovery and inhibit injury. Trainings and certification in Peri-natal Yoga, Doula labor support and Childbirth Education has added a depth of knowledge to Peri-natal classes and Prenatal Yoga teacher trainings. She offers loving thanks to her many teachers, beautiful family and friends, knowing "that it is in the shelter of each other" that we live.

**HIGH DESERT YOGA
200 HR. 2012 TEACHER'S TRAINING**

Name: _____

Address: _____

City: _____ State: ____ Zip: _____

Phone: _____ Email: _____

What brought you to the Training? _____

Do you have the intention to teach? _____

What do you hope to gain from it? _____

Required deposit: \$895.
Please send deposit and application to:

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