

HIGH DESERT YOGA



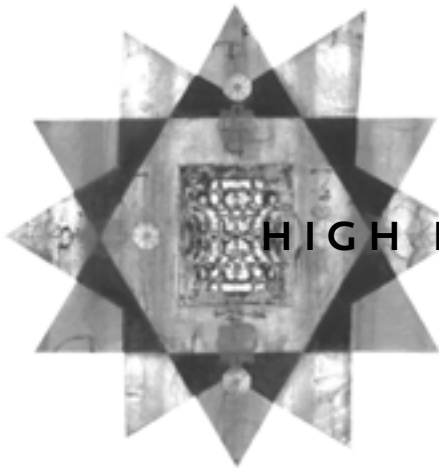
YOGA TEACHER TRAINING

COMPREHENSIVE 500-HOUR TEACHER TRAINING PROGRAM

NEXT 200 HOUR PROGRAM
MAY 17–OCTOBER 27, 2019

NEXT 300 HOUR PROGRAM
MAY 17–DECEMBER 25, 2019





HIGH DESERT YOGA

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TEACHER TRAINING PROGRAM

For more than 20 years, we at High Desert Yoga have been offering and expanding our school of yoga. Our teacher training programs are inspiring, transformational, and some of the most comprehensive in the country, featuring an integrated curriculum taught by teachers with decades of experience. Our high-quality programs include experiential sessions, highly structured student teaching, an overview of yoga therapeutics, and training in many specialty areas to deepen and diversify your education.

Many optional specialty trainings are available to supplement our 200- and 300-hour programs, such as trauma-informed yoga trainings; prenatal yoga teacher training; senior yoga teacher training; family, kids, teen & tween yoga trainings; and pranayama (breathwork) training. In addition, we host trainings and workshops regularly with world-renowned master teachers such as François Raoult, Angela Farmer, Donna Farhi, Rama Joyti Vernon, Elise Browning Miller, and Laura Antelmi.

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 decision to join the program marks the first time they accept a more rigorous schedule of study and a more comprehensive definition and experience of the practice. By experiencing the system of yoga as a whole, students have the opportunity to discover more subtle dimensions of themselves inside and out. Students will be given a classical yogic framework with which to re-evaluate habits and patterns in mind and body. With these insights, the practitioner may more easily examine the relevance of these habits in the present. This course is highly beneficial for anyone wishing a deeper understanding of the system of yoga, even if teaching is not a goal.



Bill Ancker in Adho Mukha Svanasana

200 HOUR : AREAS OF STUDY

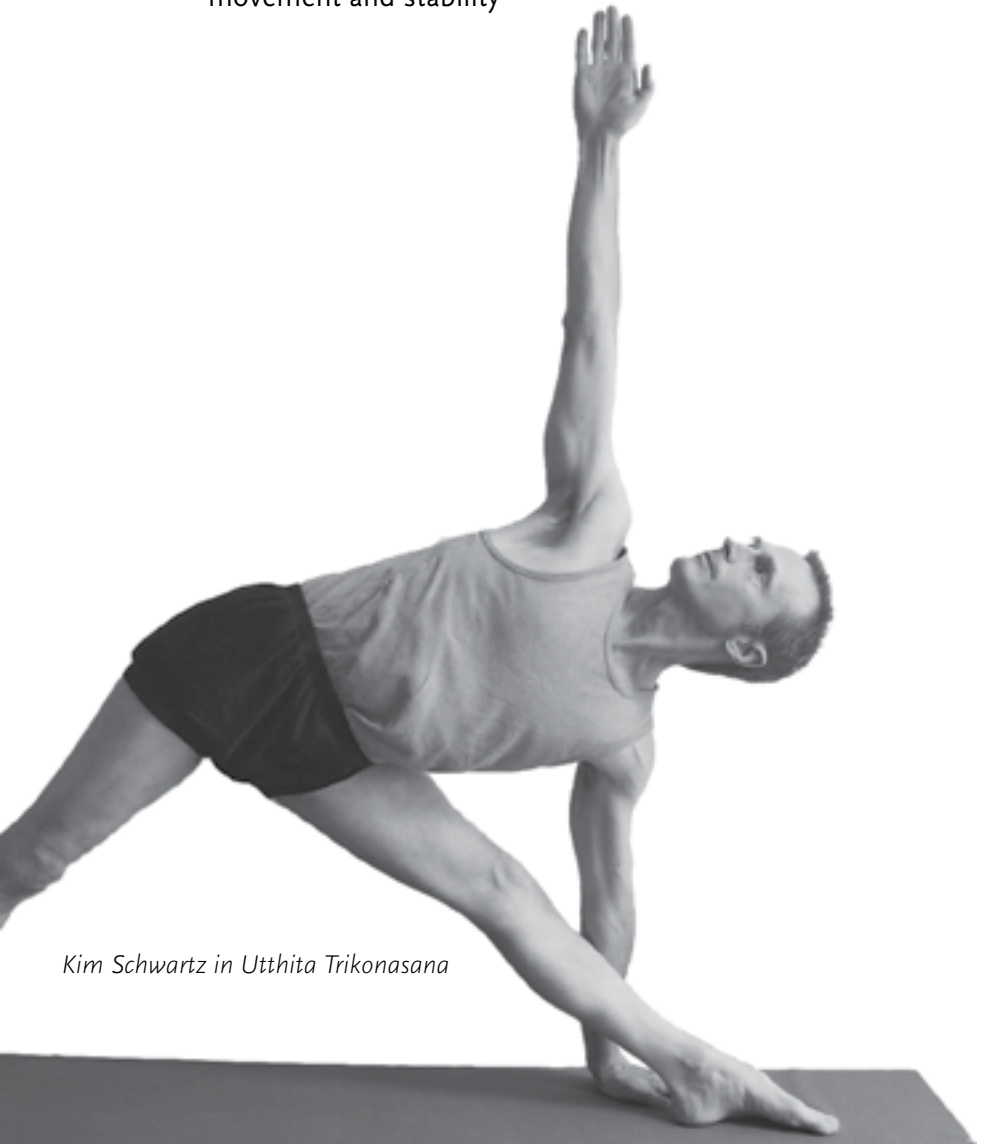
YOGA PRACTICE

- 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
- Breath awareness



A N A T O M Y A N D P H Y S I O L O G Y

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



Kim Schwartz in Utthita Trikonasana



Patti Lentz guides Yoga Therapeutics student's awareness of shoulder girdle.

PHILOSOPHY AND ETHICS

- Yamas and niyamas: guidelines for a life of integrity, tranquility, contentment, and harmony with our internal and external environment
- Theory of karma and dharma: causation and balanced living
- Vrittis and kleshas: modes of perceiving the world and the obstacles to meditation and practice

TEACHING SKILLS

- Learn to demonstrate asana effectively with awareness of your own body
- Introduction to verbal skills
- Introduction to visual evaluation skills
- Learn to make poses accessible to all students through use of props, modifications, or alternatives
- Learn Sanskrit asana names and their correct pronunciation
- Consideration of the qualities of an effective yoga student and teacher

P R A C T I C U M

- Participate in classes
- Observe and practice sequences taught in classes
- Practice using touch and assists in partner work
- Attend biweekly study group

M E D I T A T I O N

- Study and practice essential meditative techniques focusing on concentration and awareness skills
- Methods to release the mind from fixated thinking, to balance what is reactive, to open the heart and mind, and work with one's emotions and rationalizations
- The practice of dhyana and nada yoga: meditation and yoga of sound
- An optional ten-week course on breath and pranayama usually runs concurrently with the 200-hour program



TEACHER TRAINING SPECIAL WORKSHOPS

- Introduction to Ayurveda
- Creating and Sustaining a Home Practice
- The System of Hatha Yoga, Theory and Practice
- Yoga Anatomy and Asana
- Yoga for the Whole Body

200 - HOUR FEES :

Total fee of \$2,995 includes tax. Deposit of \$995 required.

Monthly installments arranged as necessary.



Supriti in Urdhva Mukha Svanasana



Kim guides student's back body awareness in standing twist.

300 HOUR : THE DECISION TO TEACH

Students of the 300-hour teacher training program refine their practice of asana while beginning the process of becoming teachers. More subtle movement and energy concepts are presented and integrated. New skills are introduced that are unique to teaching. The 300-hour training begins with a brief review of the information from the 200-hour course. The 300-hour course also expands on communication skills, class sequencing, adjustments, therapeutic applications, and philosophy.

OPTIONAL SPECIALTY TRAININGS

Our teacher training includes advanced training in many specialty areas in order to deepen and diversify your education. High Desert Yoga also offers several specialty trainings annually in different aspects of yoga. These are taught by advanced teachers and include prenatal, senior, restorative, youth, trauma-informed and therapeutic yoga, pranayama (breathwork), and more.



Zoreh assists student in Supta Padangustasana.

300 HOUR : AREAS OF STUDY

YOGA PRACTICE

- Review and integrate the 200-hour lessons into practice
- Yoga for special needs: therapeutic, restorative
- How asana, pranayama, and awareness affect and are affected by the psychology and physiology of the practitioner

ANATOMY AND PHYSIOLOGY

- Further exploration of the effect of asanas on the organs and of the organs on asana
- Yoga as a diagnostic and therapeutic medium
- Subtle anatomy: chakras, nadis, bandhas, and prana
- Primary pranayama

PHILOSOPHY AND ETHICS

- In-depth study and application of precepts and concepts covered in the 200-hour training
- The ethics and concerns of teaching and running a studio

TEACHING SKILLS

- Learn criteria to assess a student's practice
- Cultivate and apply verbal skills in instruction
- Continue to develop hands-on skills and assists
- Theory and practice of class structure for various levels of students and for various effects, i.e. energizing, cleansing, meditative, calming
- Effective use of the voice
- Deeper exploration into the path of becoming a successful yoga teacher

PRACTICUM

- Continue class participation
- Observe, critique, and analyze various classes
- Theory and practice in sequencing yoga classes
- Practice adjustments, assists, and corrections
- Student teaching
- Attend biweekly study group

MEDITATION

- Deepen meditative skills of concentration and awareness
- Further study of methods to release the mind from fixated thinking, balance what is reactive, open the heart and mind, and work with one's emotions and rationalizations

TEACHER TRAINING SPECIAL WORKSHOPS

- Ayurveda, part II
- Asana, Chakras, Nadis and Bandhas
- Yoga Therapeutics
- Restorative Yoga and the Chakras

300-HOUR FEES

Total fee of \$3,995 includes tax. Deposit of \$995 required.

Monthly installments arranged as necessary.

200- & 300-HOUR SCHEDULE DETAILS

The 200- and 300-hour segments are comprised of:

- Alternate (and some successive) weekends with sessions as follows:
 - Fridays 6–8 PM
 - Saturdays and Sundays 1:30–6 PM
- A specific number of yoga classes assigned with HDY staff
- Biweekly one-hour study groups
- Homework assignments: readings and written responses
- Required readings

YOGA ALLIANCE REGISTRATION

High Desert Yoga is a Yoga Alliance Registered Yoga School (RYS 200 and RYS 300). A student who has completed our 200-hour teacher training program is eligible to register with Yoga Alliance as a 200-hour Registered Yoga Teacher (RYT 200). A student who has completed our 200- and 300-hour teacher training programs, in addition to 100 hours of practice teaching, is eligible to register with Yoga Alliance as a 500-hour Registered Yoga Teacher (RYT 500). Students who have completed an equivalent qualifying 200-hour program at another school can fulfill their 500-hour requirement with us by completing our 300-hour program.

TEACHER TRAINING FACULTY



Zoreh is the founder and director of High Desert Yoga. She has a degree in business, and leads retreats locally in New Mexico and around the world. Twenty years ago, Zoreh followed her love and passion for and, with the desire to share this gift of healing, she opened the doors of High Desert Yoga. Soon after, she started the teacher training program with the intention of bringing qualified, well-educated yoga teachers to

teach at the studio. She has helped many students open their own successful yoga studios here in New Mexico and nationally. Today, Zoreh is still inspired to help yoga students find their wings and become great yoga teachers.

Kim Schwartz was introduced to eastern philosophy as a child and began studying yoga at age 18. In 1981 he met his Guru and began more formal studies in the yoga sutras and other aspects of yoga philosophy. Around that time he was also introduced to the Iyengar system of asana practice. He was certified to teach yoga through the Temple of Kriya Yoga in 1985 and was ordained a Swami in the Kriya lineage in 1986. Kim has taught ongoing yoga classes, teacher training programs, and workshops here and abroad since that time. He is registered with Yoga Alliance as an E-RYT 500. Though asana and pranayama have become primary disciplines, the philosophy of yoga is still at the heart of Kim's practice and teaching.



TEACHER TRAINING FACULTY



Patti Lentz has been a physical therapist for almost 50 years and a yoga teacher for 15. She is a life-long learner and creative in the process of integrating her vast studies as a PT and the wisdom of yoga. She brings together experience in manual therapies, trauma resolution, sensory integration, and yoga wisdom in ways that make yoga accessible to everyone... no matter the challenge. In her private practice as a physical therapist, Patti utilizes a depth of understanding and curiosity to assist her clients in becoming more empowered in their bodies. As a yoga teacher, she assists students in becoming more creative and curious in personalizing their yoga practice. She also teaches yoga teachers to be more skillful when working with students with challenges.



Heather Lee Farrell teaches the prenatal and postnatal segment of teacher training. Heather has training and experience in pre- and postnatal yoga, mother/infant yoga, doulaship, childbirth education, and women's healthcare. Her broad education also encompasses Oriental medicine, nutrition, Ayurveda, and functional medicine. Health and healing has been a life-long pursuit; she has been practicing yoga for more than 25 years and teaching for 16.



Melissa Spamer, E-RYT 500, LMT, C.AY, teaches the Ayurvedic segment. She has been practicing yoga for more than 25 years and consistently teaching for 20. Melissa is a graduate of the renowned Ayurvedic Institute in Albuquerque, New Mexico and incorporates the principles of Ayurveda in her teaching of yoga asana, merging the two sister sciences. She maintains a private yoga therapy, Ayurveda, and counseling practice in Santa Fe.

ADDITIONAL TEACHERS



In-class assistance is provided by High Desert Yoga teachers Bill Ancker, Julie Pacheco, and Doreen Siracusano. You may also choose to avail yourself of many optional, supplemental trainings and workshops with High Desert Yoga staff members, such as our Senior Yoga Teacher Training with Nishtha Jane Kappy, and a variety of focused yoga workshops with Avery Kalapa, Zoreh, Kim, and others. Please refer to our current teacher training schedule and website to learn more.

HIGH DESERT YOGA TEACHER TRAINING APPLICATION

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

What brought you to this training? _____

Do you have the intention to teach? _____

What do you hope to gain from this training? _____

Required deposit: \$995

Please send deposit and application to

HIGH DESERT YOGA

4600 Copper NE

Albuquerque, NM 87108

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