

Yoga Pura Teacher Training & Life Mastery Program



yoga  pura

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Yoga Pura Teacher Training & Life Mastery



ORGANIZATION

Yoga Pura's Teacher Training & Life Mastery program complies with the National Yoga Alliance Standards for certification at the 200-hour level. Once a student completes all program requirements, a certificate of graduation will be presented which entitles the recipient to apply to become Yoga Alliance Registered Yoga Teacher. Yoga Alliance registers yoga teachers who demonstrate qualifications that meet minimum teaching standards established by the organization. Yoga Alliance also registers yoga schools whose teacher training programs meet those standards; assuring graduates are well-qualified to teach the practicing public. For more information about Yoga Alliance and certification requirements, please contact Yoga Alliance, 122 W. Lancaster Ave., Suite 204, Reading, PA 19607-1874 or visit their website at: www.yogaalliance.org.

EQUAL OPPORTUNITY

It is the policy of Yoga Pura to provide equal opportunity in educational programs and activities. In the administration of educational policies or any other program of activity, Yoga Pura does not discriminate on the basis of race, color, religion, national origin, citizenship, gender, sexual orientation, age, disability, or veteran status.

Yoga Pura created this catalog to provide applicants, students, and the general public with information about the studio program, policies and procedures. This catalog does not constitute a contract. Information in this catalog is subject to change at the discretion of Yoga Pura.

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Statement of Purpose

The purpose of Yoga Pura's Teacher Training & Life Mastery Program is to provide a safe, nurturing atmosphere and an in-depth course of study of the ancient science of yoga to enable students to deepen their personal practices, and become skilled yoga teachers.

Educational Objectives

At graduation, Yoga Pura students shall be:

- knowledgeable of the history and philosophy of yoga;
- well-established in their personal practice of the science and have personally experienced its deeply transformative benefits;
- able to effectively teach yoga to persons from a vast range of skills, abilities, and experiences.

The primary intent of the program is to imbue students with a deep and powerful experience of yoga and to provide a comprehensive understanding of the science of yoga. While graduates will be well qualified to work as yoga teachers, the program is not primarily intended as a vocational training program.

Program

Yoga Pura offers a 200-hour Yoga Alliance-certified teaching certification. The 15-week program is taught into two sections: Deepening the Practice focuses on the aspects and philosophy that lead you into deeper experiences of yoga. Teaching as Transformation concentrates on techniques for sharing your knowledge and experience, enabling you to lead others on their path. Coursework for the year includes lecture, experiential exercise, and practical application.

Classes are held on Friday evenings from 6-9pm in addition to an average of one weekend session (either Saturday only or Saturday and Sunday) a month.

The studio will be closed for the following holidays: New Year's Day, Easter, Memorial Day, Independence Day, Labor Day, Thanksgiving, and Christmas. No classes will be held on these days.

Admissions & Tuition

Registration officially opens two months prior to the enrolling session, but applications can be submitted at any time. Early registration is highly recommended due to limited class size.

To apply for admission:

1. Submit the Yoga Pura Teacher Training Application form with refundable \$500 deposit
2. Schedule an interview with Yoga Pura Teacher Training administrator
3. Attend a class with course director, Yogacharya Eric Walrabenstein

Upon completion of the application process, each student will be notified of the status of his/her acceptance to the program.

The tuition for the program is \$2,950 and does not include books, regular weekly classes and workshop fees. Costs of required books for the program are approximately \$110 and are available at a discount at Yoga Pura. Prices of workshops may vary each year depending on the workshop length, content and/or instructor.

Once accepted, a deposit of \$500 (\$100 of which is non-refundable) is required to secure your place in the

program. Payment plans are available.

There are no technology or competency requirements for the program. There is no requirement to purchase any equipment although many students do have or purchase their own yoga mats. Studio mats and props (blankets, blocks, straps and chairs) are available for student use during classes at no extra charge.

Program Completion Requirements

Students must meet the following minimum graduation requirements:

- Satisfactory completion of all required classes and coursework.
- Satisfactory completion of four hours of approved workshop credits.
- Attendance of 32 Yoga Pura regularly-scheduled yoga classes.
- Assisting in 14 Yoga Pura regularly-scheduled yoga classes.
- Attendance of 4 hours of approved, elective yoga workshops.
- Maintenance of a regular home yoga practice for the duration of the program (minimum 3 days per week).
- 14 hours of student teaching experience.

All requirements must be completed within one year of your start date in the program.

Missed classes may be made up by additional homework at the teacher's discretion. All classes are recorded and available for purchase for \$15 per 90-minute session.

Absence of classes in excess two Friday evening sessions AND one Saturday OR Sunday session may be grounds for dismissal from the program at the teacher's discretion. Students are responsible for tracking their own attendance and seeking guidance/make-up work for any classes missed.

Faculty

Eric Walrabenstein, founder of Yoga Pura, is the director and primary teacher of the program. A student of yoga and eastern philosophies for over thirty years, Eric originally trained in the Iyengar tradition. Drawing elements from a broad range of traditional teachings, he has created his own unique style with a keen focus on making the authentic practice of yoga practical and relevant for modern life, his teaching style incorporates an ease and sense of humor that makes even the most complex subjects both understandable and enjoyable.

Eric is an experienced registered master-level teacher with the Yoga Alliance at the 500-hour level with credentials in a wide range of yoga traditions. He is the architect of Yoga Pura's advanced trainings, the creator of BOOTSTRAP, a yoga-based program to help troops and veterans heal from post traumatic stress, and in 2012, he was awarded the title of Yogacharya in the lineage of Swami Sri Kripalvananda.

COURSE LISTING AND DESCRIPTIONS

Techniques

Foundations of Asana - This course will explore the relationship of the practice of asana to the true goal of yoga—liberation. Topics will include asana’s function as a part of practice; how and why asana can move us toward liberation; and how to skillfully use asana as an effective part of our practice without striving toward the perfection of the outer form. In addition, the class will investigate the ten fundamental principles of the asana and how they relate to different poses.

Practice of Asana - This is a series of four classes that will explore the practice of asana. This class will delve into the specifics of alignment, energetics, and effects of the postures in the four major categories: Standing Postures, Forward-bending and Twisting Postures, Back-bending Postures, and Inverted Postures.

Science of Pranayama - As one of Patanjali’s eight limbs of yoga, pranayama is a key component of yoga practice. In this course we will introduce and practice various preparatory and traditional pranayama techniques and we’ll discuss breath as the primary vehicle of prana and the relationship of breath to mind and body.

Yogic Meditation - Meditation is a foundational practice in the journey of the evolution of consciousness. This experiential class will investigate intersection between mind and consciousness and will reveal techniques to evoke the meditative state.

Teaching of Asana - This is a series of four classes that will explore the teaching of specific asanas. This class will delve into the specifics of alignment, energetics, common problems, modifications, and use of props in postures in the four major categories: Standing Postures, Forward-bending and Twisting Postures, Back-bending Postures, and Inverted Postures.

Gentle and Restorative Yoga - Gentle and restorative yoga carries enormous benefits for seniors, people with illness and injuries, as well as able-bodied practitioners. In this course we will look at specific techniques and postures for teaching this meditative and rejuvenating style of yoga.

Building a Class - Weaving all of the elements of a yoga class into a seamless, self-supporting whole is an art form. This class will explore the different elements of a yoga class including creating an environment, developing a theme, and the art of asana sequencing.

Weekly Asana Classes - Ongoing practice is the cornerstone of yoga. With this in mind, students will be required to attend twice weekly asana classes with teacher training staff.

Home Practice Requirement - Students will be required to maintain a home practice, practicing a minimum of three hours per week.

The Language of Teaching - The ability to effectively communicate is a key component in our capacity to teach. This course will explore the different ways in which people learn and outline techniques for tailoring our style to most effectively communicate our message.

Working with Beginners - Working with beginning students is arguably one of the most important and challenging aspects of teaching yoga. Common beginner issues, teaching strategies, and preparatory postures will all be covered in this course.

Yoga for Special Needs - In this course will explore how best to work with students having conditions requiring special attention or modification.

Integrative Teaching - A coherent and inspiring class includes many elements, all of which must be successfully woven together into a seamless whole. We will investigate teaching techniques that bridge the physical, mental, and spiritual realms to create classes in which all elements reinforce and support all others.

Anatomy and Physiology

General Anatomy - An understanding of the workings of the physical body and its systems provides us with greater insight into our asana practice. This knowledge becomes even more important when we become involved with teaching yoga to others. This course will provide an overview of the major systems of the body as well as a more in-depth investigation of the muscular, skeletal, and nervous systems.

Anatomy of Asana - In this course we will explore the intersection between physical anatomy and the practice of asana. Knowledge gained in General Anatomy will be applied to the functioning of the various bodily systems in asana practice, with special concentration on the workings of the musculoskeletal system.

Energetic Anatomy - While the physical aspects of the practice have far reaching benefits, the real transformative power lies in the more subtle aspects of our beings. In this course we will discuss the relationship between the various bodies (koshas) as well as the various components of the energy system and how they can be used to move us towards liberation.

Philosophy, Ethics and Lifestyle

Introduction to Yoga - Yoga is a complex and often misunderstood science. In this course we will reveal the scientific principles underlying the practice of yoga including the need for its practice. A number of foundational yogic systems and concepts will be discussed including Patanjali's Ashtanga yoga, tantra, hatha yoga, karma, reincarnation, and spiritual evolution as a driving force in the life of humanity.

Yoga Philosophy - Patanjali's classic text on yoga provides an illumined system for the evolution of consciousness. In this course we will study this seminal work to fully understand the concepts and techniques it presents as well as to learn how we can use the teachings to deepen our own practice. Included in the course will be a comparison of the Yoga Sutras with other important texts such as the Bhagavad Gita and the Hatha Yoga Pradipika.

The Ethics of Teaching Yoga - In this course we will explore what it means to be a yoga teacher and look at the ways in which we can ensure that the teachings and our relationships with students and others remain wholesome and pure.

Deepening the Practice - In this course we will look at ways to keep our practice fresh and

interesting. Working from anatomical landmarks, innovative sequencing, and altering pace and intention will all be explored.

Practicum

Assistant Teaching - While not a formal class, this condition of graduation requires that student teachers assist another approved qualified teacher in an ongoing public class for a period of at least six months.

Student Teaching Practice - This class will provide student teachers with the opportunity to create and present a class to a group of their peers. All participating students will have the opportunity to experience and evaluate classes given by their peers.

Group Teaching Rounds - These sessions are designed to further assist students in developing their live teaching skills through teaching their peers. Students will practice round robin teaching to each other under the supervision of the program director.

Other

Workshops - Various workshops will be held throughout the year: Upcoming topics may include: Sanskrit, Yoga for Children, Contact Yoga

Required Texts - All required texts will be available at Yoga Pura at a 20% discount for program students. Required texts are subject to change.

The Anatomy Coloring Book	Wynn Kapit/Lawrence M. Elson
Untethered Soul	Michael Singer
Yoga the Iyengar Way	Mira Mehta
Patanjali's Yoga Sutras	Sri Swami Satchidananda
The Breathing Book	Donna Farhi

Recommended: Light on Yoga	B.K.S. Iyengar
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Yoga Pura strives to provide an environment conducive to learning, growth, and professionalism. Students are expected to behave courteously and respectfully, to observe Yoga Pura policies, and to devote themselves earnestly to their studies. The following may be grounds for disciplinary action and possible dismissal from the program and/or Yoga Pura premises:

- Verbal or physical abuse of any person or conduct that threatens or endangers the health or safety of any person at Yoga Pura or at Yoga Pura-related functions.
- Theft of Yoga Pura property or the property of any member of the Yoga Pura community at the premises.
- Willful or reckless damage to Yoga Pura property or the property of a member of the Yoga Pura community.
- Obstruction or disruption of teaching or other components of academic process.
- Failure to comply with Yoga Pura policy at any time.
- Possession or use of any weapons on Yoga Pura premises.
- Harassment, sexual or otherwise, or intimidation of any member of Yoga Pura community while on Yoga Pura premises. This includes any behavior that creates a hostile or offensive environment for any student, employee, or guest of Yoga Pura.

WITHDRAWAL & REFUND POLICY:

A student may cancel an enrollment agreement if the student submits a written notice of cancellation within 3 days of signing the agreement. Yoga Pura shall provide a refund of 100% of all student fees and tuition paid for the student less a \$100 administrative fee.

Once the program begins, there are no refunds however credit for attendance in a future class may be issued.

GRIEVANCE POLICY/PROCEDURE:

The student who feels his or her rights have been violated should meet with the person against whom they have the complaint outside of class, and attempt to resolve the conflict. If the grievance is with an instructor, the student must first attempt to resolve the matter with the instructor. If this fails to rectify the problem, the student should bring the incident to the attention of the studio manager.

For any student who wants to express an opinion of dissatisfaction in matters regarding Yoga Pura's policies or programs, may do so by filing a formal complaint in writing to the studio manager within 7 days of the incident. The studio manager will respond in writing within 10 days of receipt of the complaint. If the student feels the response is unsatisfactory, he/she can submit a letter explaining his/her position along with copies of the original complaint and manager response to the program director within 10 days of the dated manager's response letter. The program director will respond in writing to the student within 14 days.

GRADUATE EMPLOYMENT OPPORTUNITIES

With the growing industry, yoga teachers have many opportunities for employment, including but not limited to: Yoga studios, gyms, spas, retreat centers, resorts/hotels, community centers and religious centers. Certified teachers are also able to work independently teaching private lessons or in executive group settings in addition to the possibility of opening his/her own studio. Yoga Pura does not guarantee employment for program graduates.