200-Hour Yoga Teacher Training & Advanced Studies Certification Course

Yoga Alliance 200-Hour Registry Course

Presented by

Yoga Center of Carmel

Teaching Yoga in Carmel-by-the-Sea since 1989
Training and Certifying Yoga Teachers since 1998

January 13, 2017 - May 21, 2017

10 weekend intensives

Teacher Training Class of 2016

"Awaken the Teacher Within"

A 5-month Journey into the Heart of Yoga through the Layers of Your Own Consciousness

Welcoming Dedicated Yoga Students

This Course welcomes all dedicated Yoga students whether you are learning to teach Yoga, immersing yourself in your own personal Yoga practice, or advancing your understanding of Yoga.

Course Philosophy

This Course blends contemporary science with classic Yoga philosophy, history and ethics. You will discover how to incorporate this powerful knowledge into every aspect of your life and your teaching. This knowledge will broaden your understanding of Yoga and open you to a transformational experience for your body, mind, and spirit. You will explore the principles of Yoga as a living inquiry.

This Course provides a basic and solid foundation that gives our graduates the knowledge, skills, and confidence to begin teaching safely and mindfully. You will learn to teach Yoga by expanding your own personal practice and your relationship with Yoga. We encourage students to "Awaken the Teacher Within," to explore, trust, and use their own inner resources, to develop their own teaching style and connection to Yoga.

Course Curriculum

Topics covered in the 200 Hour Course meet or exceed all the required standards set forth by Yoga Alliance in the areas of:

Yoga Philosophy: history and traditions that shape Yoga, a study of the ancient texts and principles of Yoga
Asana Practice: alignments, adjustments, flows, themes and sequencing
Anatomy/Physiology/Kinesiology: human physical anatomy and physiology
Creating and Injury-free Yoga Practice:
Pranayama/Meditation: meditation techniques, breath and subtle body awareness
Subtle Energy Anatomy and Physiology: chakras, nadis, doshas, gunas, koshas, bandhas, etc.
Teaching Methodology: principles of demonstration/instruction, observation, communication, assisting/correcting, teaching styles, qualities of a teacher, language of teaching, planning a class
From Teacher to Student
Finding Your Authentic Voice
Practicum: practice teaching, giving and receiving feedback and observing others teaching
Introduction: Restorative Yoga, Yin Yoga, Ayurveda
Yoga as a Living Inquiry
Professional Aspects of Yoga: appropriate student-teacher relationship, business aspects of teaching Yoga, professional standards, ethics of Yoga teaching, insurance
Video recording/reviewing: of your practice teaching

Course Requirements

Orientation Evening, Friday, January 13, 7:00-9:00

10 Weekend Intensives

January	14-15 and 28-29
February	11-12 and 25-26
March	11-12 and 25-26
April	8-9 and 22-23
May	6-7 and 20-21

Weekend Intensive Hours

Saturdays 12:30-6:30pm
Sundays 12:00-5:00pm

60 Additional Yoga Class Hours or Workshops:
These Classes and Workshops must be taken with instructors at Yoga Center of Carmel or the Teacher Training faculty, or approved Certified Yoga Instructors in other venues.
30 Hours of Take-Home Assignments
Final Take-Home Examination

Tuition

$1975: $500 deposit, final payment due January 1, 2017
$2050 if paid after January 1, 2017
$2100 if using Installment Plan; $675 with application;
Installment payments of $475 due February 1; March 1; April 1

Tuition Includes

Orientation Evening
10 Weekend Intensives
Discount on all Yoga Center of Carmel classes and Workshops for duration of Course
Certificate of Completion of 200 hours upon satisfactory completion of course requirements.
Eligibility to become a 200 hour Registered Yoga Teacher (RYT200)
in the Yoga Alliance's National Yoga Teacher Registry.
Course Workbook/Manual
Textbooks

Course Faculty

This Journey into the Heart of Yoga will be led by a team of experienced, passionate, collaborative Yoga Instructors.

Julia Alexander

Thomas Fortel

Johanna Holloman

Kathleen Karachale

dunja lingwood

Katie Milano

Hannah Muse

Jackie Pelosi

Ana Poirier

Karen Quinn

Katherine Stoddard

Julia Alexander, MFA, CYT invites you to access your inner body. Cultivating spaciousness, we find its subtle, graceful expression through movement. By undertaking this journey inward, we come alive in the world.

Thomas Fortel, Master Yoga Instructor, Astrologer, Artist, RN, leads workshops and retreats around the world. He is a unique and gifted teacher who blends his medical background, years of Yoga practice and teaching with his spiritual path. He enjoys teaching the mind-body connection.

Johanna Holloman, ERYT-500, Clinical Psychologist and Diamond Approach Teacher, created the in-house Yoga Teacher Training at Esalen Institute. She focuses on the universal principles of alignment and opening the heart.

Kathleen Karachale, ERYT-500, has been the owner/director of Yoga Center of Carmel since 1989. She teaches Yoga as a spiritual practice that opens one to their own divine beauty.

dunja lingwood, teaching Yoga since 1975, studied in India under Krishnamurti, BKS Iyengar and Sri Pattabhi Jois. She integrates posture, breath, and stillness with jewels from the Wisdom Traditions.

Katie Milano, DPT, ERYT-500, with a doctorate in physical therapy, has been studying Hatha Yoga and Meditation since 1992. She merges Western Science and Eastern understanding of Yoga philosophy.

Hannah Muse, E-RYT and RPYT, teaches classes, workshops, festivals, and retreats in Santa Cruz and internationally, and teaches at Divinetree's and Mt. Madonna Center's Yoga Teacher Training.

Jackie Pelosi, RYT, CVT, Reiki Master, shares her knowledge and experience of multiple disciplines of Yoga with the intent of being a guide for the students to open to their own experience of their essential nature.

Ana Poirier, Certified Yoga Instructor, Nutritional Health Counselor, Massage Therapist. Ana enjoys sharing an integrative approach to health and well-being. She teaches yoga as a transformative tool to be applied to all aspects of life.

Karen Quinn, RYT-500, Certified Yoga Therapist and Ayurvedic Practitioner, has studied extensively with a variety of teachers. She emphasizes creating an injury-free Yoga practice and discovering the tools available to find balance and healing.

Katherine Stoddard, RYT**,** uses yoga as a way to explore the meditation of movement in a gentle environment. She feels that the kindest gift you can give yourself is the practice of yoga.

Yoga Alliance Certification

Upon completion of this Course you will be eligible to become a
200-Hour Registered Yoga Teacher (RYT 200) in the Yoga Alliance national Yoga Registry.

Course Location

Yoga Center of Carmel, located at Sunset Cultural Center, Cottage #18 On 10th Ave
between San Carlos and Mission, Carmel-by-the-Sea, CA.
We have parking available for our students.

If you have questions, please contact Kathleen
To register, send in the Application Form below

Kathleen Barton Karachale, Director, Yoga Center of Carmel
yogacarmel@aol.com, 831-624-4949, www.yogacentercarmel.org

Yoga Teacher Training & Advanced Studies Course Application Form

200 Hour Yoga Alliance Certification Course

"**Awaken the Teacher Within**"

A 5-month Journey into the Heart of Yoga through the Layers of Your Own Consciousness

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To register, please complete the information below and provide a brief description (200 words or less) of your Yoga background and goals as a Yoga Instructor and what you enjoy doing outside of Yoga.

Name_____

Address_____ City/State/Zip_____

E-mail_____ Birth date: _____/_____/_____

Work Phone: (_____)_____ Ext. _____

Home Phone: (_____)_____ Cell Phone: (_____)_____

Emergency Contact

Name:_____ Phone (____)_____Relationship: _____

Tuition Plans:

____$1975: $500 deposit, final payment due January 1, 2017

____$2050 if paid after January 1, 2017

____$2100 if using Installment Plan; $675 with application; February 1 $475; March 1 $475; April 1 $475

Cancellation Policy: *If you cancel before January 1, 2017, your fee will be refunded, less a $50 processing charge. If you cancel after January 1, 2017 your fee will be non-refundable (unless your space is filled). A minimum 15 student enrollment is required by January 1, 2017. 100% refund will be provided if the minimum is not met.*

Release of Liability:

NOTICE: This is a legal document releasing our liability. Please read.

By signing this document you state that: (1) You assume all risk of injuries from participating in this 200 HOUR TEACHER TRAINING CERTIFICATION COURSE. (2) You release YOGA CENTER OF CARMEL, and their DESIGNATED INSTRUCTORS from all liability arising out of your participation in these classes.

1. RELEASE OF LIABILITY: In consideration for the opportunity to participate in this activity and the services provided by YOGA CENTER OF CARMEL, and their DESIGNATED INSTRUCTORS, I (on behalf of myself, my family, heirs, assigns, and legal representatives) release YOGA CENTER OF CARMEL, and their DESIGNATED INSTRUCTORS from any liability whatsoever arising out of my participation in or presence in the 200 HOUR TEACHER TRAINING CERTIFICATION COURSE.
2. MEDICAL RESTRICTIONS: To the best of my knowledge, I have no physical or medical restrictions, which would prevent me from participating in the 200 HOUR TEACHER TRAINING CERTIFICATION COURSE.

Participant_____ **Date**_____

Please mail Tuition Plan amount, completed release of liability form, and your registration information to:

Yoga Center of Carmel Teacher Training PO Box 1413 Carmel, CA 93921