

# YOGA TEACHER TRAINING AND ADVANCED STUDIES

9-weekend intensive

Sept. 30, 2011 – April 1, 2012

## YOGA CENTER OF CARMEL

Teaching Yoga since 1989 Training Teachers since 1998



**Kathleen Keatinge Karachale, Owner/Director**  
**Mae Woodward, Director of Teacher Training**  
**Sunset Cultural Center, Cottage #18**  
**10th between San Carlos & Mission, Carmel**  
**831-624-4949 [yogacarmel@aol.com](mailto:yogacarmel@aol.com)**  
**[www.yogacentercarmel.org](http://www.yogacentercarmel.org)**

### COURSE REQUIREMENTS

9 WEEKEND INTENSIVE WORKSHOPS

#### Program dates:

September 30-October 2, 2011	January 27-29, 2012
October 21-23, 2011	February 17-19, 2012
November 11-13, 2011	March 9-11, 2012
December 2-4, 2011	March 30-April 1, 2012
January 6-8, 2012	

Fridays 6:30-9:00pm  
Saturdays 12:30-5:30pm  
Sundays 12:00-5:00pm

#### 60 Additional Yoga Class hours or workshops

These classes must be taken with any instructor on the Teacher Training faculty or approved Yoga Instructor.

#### 32 Hours of Take-Home Assignments

#### Final Take-Home Examination

### TUITION

**\$1950:** \$500 deposit, final payment due September 15, 2011

**\$2025:** if paid after September 15, 2011

**\$2075:** if using Installment Plan:

(\$650 with application; then

November 1 \$475; January 1 \$475, March 1 \$475)

### TUITION INCLUDES

**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**

**Living Your Yoga** by Judith Lasater

**Anatomy Coloring Book** by Kapit & Elson

### CANCELLATION POLICY

If you cancel before September 1, 2011, your fee will be refunded, less a \$50 processing charge. If you cancel after September 1, 2011, your fee will be non-refundable (unless your space is filled). A minimum 15 student enrollment is required by September 15, 2011. 100% refund will be provided if the minimum is not met.

### IS THIS COURSE FOR YOU?

This course is open to dedicated yoga practitioners with a minimum of one year of experience, who wish to teach or to immerse themselves in their own personal yoga practice.

### WHAT YOU WILL LEARN

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 explore, trust, and use their own inner resources, and to develop their own teaching style.

**Yoga Philosophy:** history and traditions that shaped yoga, types of yoga, yoga sutras, 8 limbs of yoga, etc.

**Pranayama/Meditation:** breath and subtle body awareness.

**Asana Practice:** alignments, adjustments, flows, and sequences.

**Anatomy/Kinesiology:** physical anatomy and energy anatomy (chakras and nadis).

**Yoga Styles:** introduce various styles: Anusara, Ashtanga, Iyengar, Kundalini, Sivananda, and more.

**Teaching Techniques:** practice teaching, class sequencing and theme, appropriate student-teacher relationship, ethics.

**Professional Aspects of Yoga:** business aspects of teaching yoga, professional standards, insurance.

### UPON COMPLETION

Upon completion of this course, you will be eligible to become a 200 hour Registered Yoga Teacher (RYT200) in the Yoga Alliance's National Yoga Teacher Registry.

For details, Email: [yogacarmel@aol.com](mailto:yogacarmel@aol.com)  
or call Mae Woodward 831-594-9348



Registered Yoga School

## CURRICULUM OVERVIEW

### FRIDAYS

6:30-9:00pm Course Overview (Sept. 30) Kathleen, Mae  
Yoga Philosophy, Pranayama & Meditation  
Katie Milano

### SATURDAYS

12:30-12:45pm Meditation Kim Fujii

12:45-2:15pm Anatomy/Kinesiology Kim Fujii

2:15-2:30pm Break

#### 2:30-5:30pm **Asana in Depth**

Oct 1 Standing Poses Marvin Goldstein

Oct 22 Forward Bends John Hayden

Nov 12 Back Bends John Hayden

Dec 3 Balance Poses Johanna Holloman

Jan 7 Sequencing a Class Kim Fujii

Twists Johanna Holloman

Jan 28 Inversions John Hayden

Feb 18 Supported Poses John Hayden

Mar 10 Business of Yoga Melina Meza

Mar 31 Anatomy film/Ethics Kim Fujii

Yin/Yang Yoga Ana Poirier

### SUNDAYS

12:00-12:15pm Meditation Marvin Goldstein

12:15-1:00pm Yoga Philosophy Marvin Goldstein

1:00-1:45pm Student Demos Marvin Goldstein

1:45-2:00pm Break

#### 2:00-5:00pm **Yoga Styles/Philosophy**

Oct 2 Seated Postures Johanna Holloman

Oct 23 Ashtanga Yoga Heidi/Michelle

Nov 13 Sequencing a Class Mark Stephens

Dec 4 Ayurveda Gilda Shobhana

Jan 8 Manual Adjustments Thomas Fortel

Jan 29 Kundalini Yoga Awtar Kaur Khalsa

Feb 19 Ashtanga Yoga Katchie Ananda

Mar 11 Sequencing/Teaching Practice Melina Meza

Apr 1 Closure Kathleen/Mae/Marvin

Final Exam Instruction

Photo Ron Barton

Check Course Workbook for changes in schedule details.

**Practicum:** Marvin Goldstein will supervise Practice

Teaching time which will be available on Thursdays,

Jan 12-March 29, 7:30-8:30pm at Yoga Center of Carmel.

Sign-ups will be available during course.

## COURSE FACULTY

The Yoga Center of Carmel Teacher Training Course has brought together a wide variety of teachers from rich backgrounds of teaching styles and experience.

**Katchie Ananda** certified in Anusara, Jivamukti, and Integral Yoga and is co-founder of Yoga Kula Studio in SF will teach Anusara principles.

**Michelle Compton/Heidi Marsolais** have studied the Ashtanga system of Yoga under Pattabhi Jois. They co-founded Ashtanga Monterey. They will introduce Ashtanga Yoga.

**Thomas Fortel**, RN, Iyengar trained, Ashtanga and Anusara influenced, leading Yoga workshops and retreats around the world, will teach manual adjustments.

**Kim Fujii**, MFT, MPC faculty, Iyengar Certified, will teach anatomy.

**Marvin Goldstein**, DC, Licensed Chiropractor, Iyengar trained, will teach philosophy, standing poses and observe students practice teaching.

**John Hayden**, Iyengar certified instructor, will teach forward bends, backbends, inversions, and supported poses.

**Johanna Holloman**, RYT, created the in-house Yoga Teacher Training at Esalen Institute, teaches internationally, will teach seated and balanced poses and twists.

**Kathleen Keatinge Karachale**, RYT, Owner/Director of Yoga Center of Carmel since 1989.

**Awtar Kaur Khalsa**, founder of "I Do Yoga", a Kundalini yoga studio in San Francisco, will introduce Kundalini Yoga.

**Melina Meza**, Nutritionist, Vinyasa style Yoga instructor, will teach the business of Yoga, and sequencing a Vinyasa class.

**Katie Milano**, DPT, RYT, an elite gymnast with a doctorate in physical therapy, will teach Yoga Philosophy, Pranayama and Meditation.

**Ana Poirier**, CMT, Certified Health Counselor, Yoga Instructor, will present Yin/Yang Yoga.

**Gilda Shobhana**, MA, CHT, is a healing arts practitioner, and teacher of Ayurveda, Jyotisha, and Transpersonal Psychology, teaching Ayurveda.

**Mark Stephens** conducts a 500 hour teacher training in Santa Cruz, will teach "Sequencing a Vinyasa Class".

**Mae Woodward**, RYT, Director of Teacher Training, Yoga Center of Carmel.

**We are excited about presenting this Teacher Training Course.  
To enroll, please print, complete and mail the registration form below.**

**Yoga Center of Carmel**  
**Yoga Teacher Training and Advanced Studies 200 Hour Certification Course**  
**Registration Form**  
**September 30, 2011 – April 1, 2012**

Please complete registration information below and provide a brief description (200 words or less)  
of your Yoga background and goals as a Yoga teacher or practitioner.

Name \_\_\_\_\_

Address \_\_\_\_\_ City/State/Zip \_\_\_\_\_

E-mail \_\_\_\_\_ Birth date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Work Phone: (\_\_\_\_) \_\_\_\_\_ Ext. \_\_\_\_\_

Home Phone: (\_\_\_\_) \_\_\_\_\_ Cell Phone: (\_\_\_\_) \_\_\_\_\_

Emergency Contact

Name: \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_ Relationship: \_\_\_\_\_

**Tuition Plans:**

\_\_\_ \$1950: \$500 deposit, final payment due September 15, 2011

\_\_\_ \$2025 if paid after September 15, 2011

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**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:

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