

Over the course of this training we will learn:

Yoga History & Philosophy

- Basic history, philosophy & evolution of vinyasa yoga
- Pranayama & the use of breath as a transformative tool
- Yogic Diet/Ayurveda
- Bandhas (energy locks) & inward focus
- Chakras and the energy body
- Art of meditation - developing deeper levels of awareness
- Kryias and chants in the tradition of Kundalini yoga
- Numerology

Asana (focus will be on asana's found in the Ashtanga Primary Series

- Gain knowledge and understanding of asanas (postures) primary series
- Basic yogic anatomy & physiology
- Alignment & how to avoid injuries
- Verbal & physical adjustments
- Personal practice and sadhana

The Art of Teaching

- Art of sequencing to create a fluid & balanced class
- Verbal & physical adjustments
- Ability to develop & communicate a themed class that teaches & inspires
- How to read bodies - physically & energetically
- Ethics
- The business of yoga

Tuition includes 180 classroom hours. Students must complete an additional 20 workshop hours, cultivate a daily personal practice, attend a weekly public class and observe or assist a class once a month with a qualified teacher.

Birmingham Yoga Teacher Training Dates 2011

January 15-21	April 30-May 1
Feb 4-6	May 13-15
March 26-27	May 27-29

The Book List

Required Books	Recommended Books
Blank Journal & Yoga TT Manual	Tree of Yoga <i>BKS Iyengar</i>
Heart of Yoga Desikachar	Yoga Anatomy <i>Leslie Karninoff</i>
Ashtanga The Primary Series by <i>David Swenson</i>	Moving into Stillness <i>chiffman</i>
Kundalini Sadhana Manual – <i>Gurucharan Singh</i>	The Path to Holistic Health <i>iyengar</i>
Bhagavadgita <i>Stephen Mitchell</i>	How to Know God
When Things Fall Apart <i>Chodron</i>	The Light on Yoga <i>BKS Iyengar</i>
Ayurveda the Science of Self-Healing <i>Vasant Lad</i>	



**Birmingham Yoga
Teacher Training
Program
2011**



Leading to 200 Hour RYT with Yoga Alliance

Registration: www.birminghamyoga.com

Birmingham Yoga Teacher Training Program

Namaste'

Whether you are interested in deepening your own practice or you feel the call to teach, the Birmingham Yoga Teacher Training program is committed to the personal success of each participant. Students are encouraged to engage in "svadhyaya" — the Sanskrit term for self-inquiry — and use the program as a significant part of their continuing journey on the road to self-knowledge. Students will acquire the confidence to communicate the practice of yoga to others with the highest level of skill while honoring their own unique voice and style. The Birmingham Yoga Teacher Training program will broaden your perspective of yoga – culminating in an experience that is transformational on every level: physical, emotional, mental, and spiritual.

This program is offered in conjunction with Dragon Fly Yoga Studies, a Yoga Alliance Registered School of training yoga teachers since 1999. Successful completion will qualify you as an applicant for RYT 200 status with Yoga Alliance.

We are currently holding our training sessions at Pilates on Highland, Highland Avenue, Birmingham, AL.

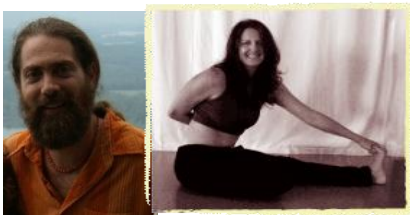
Application Process:

1. Two letters of reference (one yoga related)
2. Completed application form
3. "About you..." questionnaire
4. \$250 non-refundable application fee made out to B'ham Yoga

Each applicant will be evaluated on an individual basis.
Knowledge of poses and average physical stamina are necessary
A minimum of 18 months of regular practice and public study are necessary

Staff:

Akasha Ellis (lead teacher, director of Bham yoga), Laura Tyree (co-teacher, director, Dragonfly Yoga Studies), Terri Sellers (teach/admin,director of Bham Yoga)



Information, Enrollment Forms, Q & A:

www.birminghamyoga.com

Email: contact@birminghamyoga.com

Cost and Enrollment of Program

Please include a non-refundable \$250 deposit with your application. Formal registration will be accepted after Sept 1, 2011. This deposit will be applied to your tuition. The deposit will be waived for tuition paid in full with registration if received before January 1, 2011 (\$2350). We do offer an installment plan. Tuition paid in 3 installments with deposit is \$2600. No penalty for early payment. Installment schedule is on an eight-week rotation as follows:

Installment one	\$825	Due 1 st day of training
Installment two	\$775	Feb 4 training
Installment three	\$750	Mar 26th Training

Tuition: \$2600 (Installment plan-deposit plus 3 installments)
\$2350 (Paid in Full by January 1, 2010)

The reading material cost is not part of tuition. Plan to purchase one (occasionally two) books per month. These are standard yoga texts that you may already own and will serve as reference guides for the training.

YOU MUST ATTEND ALL DATES AND TRAINING

Cancellation and Penalty Fee

Your entrance into the program is received as your commitment to complete the program in full and meet all its financial requirements
Installments: Your tuition must be paid in a timely manner, with respect to the deadlines given. There will be a \$100 weekly penalty for any payment not received on the deadline date, unless prior arrangements have been formally discussed and agreed upon with the Director. Refunds are available, less the \$250 non-refundable deposit, for any cancellation made 30 days prior to the start date.

Requirements for Certification

- 1) Attendance of all dates and trainings
- 2) Attendance of weekly public classes
- 3) Observance or assistance in a public class 1 x month
- 4) Completion of all homework assignments in a timely manner
- 5) Completion of a final evaluation at the end of the program year

Week Jan 15-21 Sat-Fri & May 27-29 Fri-Sun. 6 am-10 am/12-4:30 pm Remaining Weekend Schedule except for first and last Training

15-18 contact hours and will typically commence:

- Fridays from 6 pm-9 pm (3 hours) only when Akasha leads
- Saturdays from 10-6pm (8 hours)
- Sundays at 8:30am-3:30pm (7 hours)

There will be a 30-min. on-site lunch discussion each day. Students are encouraged to bring a lunch.

All trainings will take place in Birmingham, Alabama. This 500 hour course, containing 200 contact hours, is designed to provide a rich foundation for teaching. Integration of the concepts, asana and the experience of teaching takes time.