

Daily Format

Each morning there is a physical asana practice followed by a short break. The remainder of the day is broken up with experiential learning, teaching opportunities and sit down work such as yoga philosophy and anatomy to name a few. There is a main meal break in the middle of the day for lunch and tea and snack breaks throughout the day as needed.

Assessment & Certification

Certification for the completion of the 200 -hour Level One, Two and Three combination course will be presented at the end of the sessions. Gaiatri's Yoga Teacher Training program follows the criteria and standards of the internationally recognized Yoga Alliance 200-hour yoga teacher certification. Upon completion of all modules, students are eligible for certification and official registration with Yoga Alliance.

Reading List

Level One

Barron's Essential Atlas of Anatomy (or another alternative)
Hatha Yoga Illustrated - Martin Kirk
The Key Muscles of Yoga - Ray Long

Level Two

Wheels of Life - Anodea Judith
The Breathing Book - Donna Farhi

Level Three

The Wisdom of Yoga - Stephen Cope
Ayurveda The Science of Self Healing - Dr. Vasant Lad

Students receive their Gaiatri Yoga Teacher Training manual on the first day of the first session. Other required texts are to be purchased prior to the course start date. A list of the required texts will be sent to you following your registration.

Yoga Teacher Training 2012

instructors | important dates | prices | curriculum | book list

Gaiatri Owner & Teacher
Training facilitator:
Ally Bogard



*"It is the supreme art of the teacher to awaken joy in creative expression and knowledge."
Albert Einstein*

yogalifestudios.ca/teacher-training | gaiatri.com

Your Instructors

Ally Bogard



As owner and primary facilitator of Gaiatri Yoga, a Yoga Alliance recognized teacher-training program, Ally Bogard has been guiding both aspiring and established teachers and students for the past seven years. Ally's expression of yoga uses the boundaries within discipline in order to open up a playful and authentic sense of self-expression. Ally has a way of instilling a deep reverence for ancient wisdom while honouring the teachings that are always flowing and evolving through us all. Ally's unwavering commitment to a joyfully open heart, have fueled her group-style trainings, retreats, workshops and advanced intensives throughout the world.

Prices

Tuition

\$3000 + GST

Deposit of \$500.00 is due before June 1, 2012.

Payment Plans: \$900 per payment, Total of 3 payments.

First payment due before July 1, 2012

Second payment due before August 1, 2012

Third payment due before November 1, 2012.

Jana Derges

As a former student of Gaiatri's Yoga Immersion and Teacher Training, Jana has become a strong proponent of Anusara's Universal Principles of Alignment (UPA's). Through mindful practice of the UPA's, Jana was able to recover from a broken back, sustained during a snowboarding accident. Jana rediscovered her passion for teaching while studying under Ally Bogard, Trevor Yelich, and Anusara founder, John Friend. Working towards being an Anusara Inspired Teacher, Jana, in her own words, wants to "share my heart with you through this beautifully diverse practice of yoga."



Important Dates and Class Hours

Two week immersion: August 1 - 15

8:30AM - 5:30PM

Three weekends: September 21-23, September 28-30, October 5-7

Friday evenings: 5PM - 9PM

Saturday and Sunday: 8:30AM to 5:30PM

Two week immersion will have every 6th day off

Class Topics

Techniques - including asana (physical postures), pranayama (breathing practices), kriyas (cleansing practices), mantra (vocal practices) and meditation (contemplative practices).

Anatomy – an introduction to physical anatomy and health concerns relating to yoga.

Level One focuses primarily on the human skeletal system. Additional studies in physiology in Level Two and Level Three focuses in on human physiological system. Discussion will include various topics such as illness, injury, related health benefits and health benefits of yogic practices.

Teaching methodology – including principles of demonstration, assisting, modifying and correcting, qualities of a great teacher, and important factors and issues of being a yoga instructor.

Voice and Language Awareness - studies in language choice and voice quality in the classroom, effective communication and instruction, and voice projection and modulation, learning how to teach to students rather than teaching at them and on-going coaching and feedback.

Philosophy/Ethics - Yoga Sutras, koshas, ethical issues, the yogic lifestyle (including gunas), diet and nutrition. In Level Two we develop a broader understanding of the service of teaching yoga: its responsibilities, gifts and possibilities.

Leadership & The Business of Yoga - numerous opportunities will be presented to

expand and develop your personal leadership style. By looking into incorporating yogic principles within teaching, relationship, and business, students are offered the opportunity to explore these principles in their own lives. Discussions on leadership within the context of the yoga teacher role, and the various aspects of setting up and managing your classroom.

Practicum - includes students both observing and teaching throughout the week, culminating in teaching a public class. Students demonstrate their knowledge of observing and teaching, classroom composition, classroom management, sequencing, voice quality, word choice, adjustments and enhancements.

Energy Anatomy - including nadis, vayus, chakras, and how yogic practices relate to these aspects of subtle energy anatomy.

Ayurveda – a deeper look into the yogic lifestyle through the study of Ayurveda, yoga's sister science. We will look at the doshas, gunas, dinacharya, diet, cooking and nutrition.

Philosophy/Ethics - including a comparison of dual (the Yoga of Patanjali) versus non-dual philosophies (such as Advaita Vedanta and Tantra), the nature of mind, koshas, and the tattvas.