

Yoga Nook

Hatha Teacher Training Program Class of 2020

Registered Yoga School With Yoga Alliance
Educating Yoga Teachers To RYT 200 Standards

Program Director

Jeni Winterburn E-RYT 500 HSE

Co-Teachers

Jessica Nilson E-RYT 200 E-RYT 500

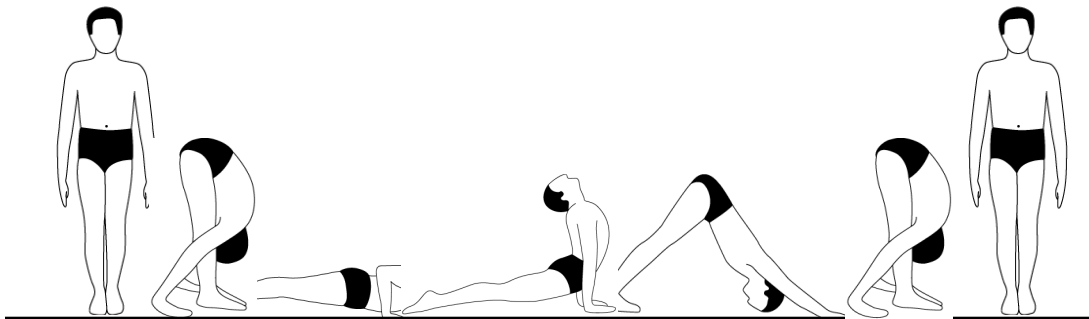
Pat Van Buskirk MFT

Di Hickman E-RYT 200 E-RYT 500

Kim Galbrath E-RYT 200 RYT 500

Teachers Assistant

Nicki Lewin E- RYT 200—RYT 500



Yoga Nook Hatha Teacher Training Program—Work Book.

With each capsule the student teacher is supplied with a folder of comprehensive notes relevant to the topics covered in the capsule. Anatomical diagrams, photos and illustrations reinforce the teachings and gradually build into a valuable volume of information that can be used as a reference for many years to come.

Who attends teacher trainings?

The students in YNHTTP range from those who are in the program to gain more yoga knowledge with no intention to teach, to those who are already in the teaching field but would like to add to their skills and those who have some experience at yoga and may want a career change or are ready to add teaching to other skills.

Teaching yoga is a solitary occupation. Sharing our thoughts, ideas and concerns in a comfortable group setting is important and valuable. If a caring environment for learning can be created by the yoga teacher then the information students gain will become self knowledge.

Graduate Requirements

In order to graduate from the Yoga Nook Hatha Teacher Training School YNHTTS. The student must complete each of the 8 capsules in the program accumulating 236 hours of yoga education. The student must then pass a final test which will include a written exam with an 75% correct passing standard and a practical test which will be assessed by the director and faculty before they receive a certificate of completion.

If the student has not reached a competent level of practical teaching, gets a score below 75% on their final test or has not completed all 7 capsules of the program they will not graduate or receive a certificate of completion but will be given options for further study. (Note; Missed capsules can be made up with workshops and some on line work)

Enrollment

Proficiency in asana is preferred but not required, bring an open mind and heart.

Contact

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In order to qualify as a teacher training school with Yoga Alliance certain criteria must be met and to meet those criteria Yoga Alliance has created its own terms and jargon. In order to simplify our work and familiarize the students in the program with the Alliance terms a short glossary is provided here which will help the student to understand the following pages.

Hours required for RYT 200 registration.

Yoga Alliance require that each teacher in training complete a minimum total of 180 hours of what they term “**Contact**” hours. These are hours that the teacher in training spends with a primary teacher who is already an E-RYT 200 Or E-RYT 500. These 180 hours are divided between several general themes and must meet a minimum requirement in each.

Technique.

Refers to hours spent in the study of asana (posture) technique. This includes but is not limited to adjustments, assists for the student and alignment techniques in the poses.

Method or Methodology

The hours in this category are less physical asana but rather a consideration of the method of teaching and the skills that are required for that task. Communication skills, class structure, information on physical limitations like scoliosis or pregnancy.

Anatomy & Physiology

Energy anatomy as in charkras and Prana is included in this category as well as the more formal anatomy of muscles, nerve pathways and movement science.

Philosophy

Yoga History, luminaries and exploration of the many venues in and around LA that are of particular Yoga interest are included in this category.

Practicum

Practical application of the tools that the teacher in training has learned in a class setting. Teaching skills will be reviewed on a regular basis in this category.

Non Contact Hours

Non Contact hours are made up of assignments, reading, writing or watching DVD's, reviewing and teaching classes. Hours spend in Non contact vary but will not be less than 8 hours per capsule.

Yoga Academy

A regular class called Yoga Academy is added to the schedule during the 10 month program. This class is for your use to practice teaching. It's supported by Yoga Nook members and guests and is a valuable asset. You are expected to make yourself available to teach at least once during this time slot. The more time you invest in this useful tool the better the teacher you become, feedback is provided by faculty who will be attending your class. It's hoped that you also support each other by attending several of the classes taught at this time.

This Teacher training program meets & exceeds the requirements set down by Yoga Alliance.

Syllabus Guide.

As you look through this syllabus you will notice that there is a great deal of information set out for each weekend that we meet. These are the topics that we cover as we move through our day, some topics happen simultaneously like anatomy, physiology and asana as they are all interrelated. The self study section in each capsule is often a review of information that we have covered in detail during a weekend and or day release so you will not be asked to cover material that you are not familiar with.

Field Trips.

4 out of the 8 capsules have an accompanying field trip. This is primarily time together out of Simi where the group explores off site locations of special Yogic interest in the LA and Ventura area or invites specialist teachers to the Nook. Generally the day will begin at Yoga Nook with some asana practice then the rest of the day will be spent off site.

Payment schedule

The cost of the 10 month program is **\$2800** which includes guest teachers, field trips, the teacher training manual and unlimited access to yoga classes at the Yoga Nook for 10 months. This cost does not include the cost of books, videos or DVD's on the required reading list (some of which you may already have.)

Payment plans.

Pay the full amount with a certified check.

Pay a good will deposit of \$200 now then... Make 2 payments of \$1300 with 2 certified checks one at the beginning of the program and one in May 2020

Pay a good will deposit of \$200 now then... Pay \$1000 on January 1st 2020 and then pay \$180 a month for 10 months automatically deducted from your bank account.

Pay a good will deposit of \$200 now then... Pay \$260 for 10 months automatically deducted from your bank account.

College Units.

Yoga Alliance has compared the 10 month YNHTTP with 12 college units. Although we are not affiliated with any university or college campus, letters of petition are supplied on request.

For those of you in the fitness field letters of petition have also been accepted by NASM and AFAA and continuing education credit has been awarded for attending the Yoga Nook Hatha Teacher Training Program.

Next Program Begins January 23rd 2020

Times of meeting.

Thursday Evenings	6.00 pm to 9 pm
Friday Evenings	6.00 pm to 9pm
Saturday Day	8 am to 4.30 pm
Sunday Day	8 am to 4.30pm

All meetings take place at Yoga Nook Cochran

Please note that this is an overview and topics may change depending on the availability of Faculty staff.

Capsule 1. **January Weekend Intensive**

Thursday 23rd Jan

Program Orientation & distribution of materials
Body stories how to observe the physical form
Yoga History timeline and Lineage

Friday 24th Jan

Technique Asana Overview
Intro to yoga philosophy

Saturday 25th Jan

Teaching skills. Intro to deconstruction
Methodology. Communication skills
Anatomy. Applied Physiology

Sunday 26th Jan

Practicum Practice teaching
Anatomy. Major muscles and Skeletal system

Sunday Feb 2nd Field Trip (Part of this day is Off Site)

Technique. Sun salutations /asana
Technique. Pranayama
Visit to Yogananda's Kriya Yoga Temple in LA

Capsule 2.

February Weekend Intensive

Thursday Feb 27th

Philosophy Ayurvedic Principles
Discovering your Dosha

Friday Feb 28th

Class Structure & Observation

Saturday Feb 29th

Technique Alignment & Guided Practice
Technique. Alignment & Self Practice with assistance
Ayurveda Applied teaching to Doshas

Sunday March 1st

Self Practice with assistance
Teaching skills, Developing a class.
Special needs students

Capsule 3.

March Weekend Intensive

Thursday March 26th

Philosophy Vrittis & Kleshas

Friday March 27th

Anatomy Nervous system.

Saturday March 28th

Practicum. Practice teaching & adjusting
Technique. Guided Practice
Anatomy & Physiology

Sunday March 29th

Practice teaching & assists
Technique Back bends & Forward folds
Technique Mudra/pranayama

Sunday April 5th Field trip (part of this day is Off Site)

Self Practice with assistance
Field trip to Ojai Krishnamurti's Education center

Capsule 4. **April Weekend Intensive**

Thursday 23rd April

Energy anatomy Chakras Part 1

Friday 24th April

Energy Anatomy Chakras Part 2

Saturday 25th April

Practicum. Practice teaching and adjusting
Technique. Pranic Models
Methodology. Communication

Sunday 26th April

Practicum Practice teaching and adjusting
Methodology. How students learn & students characters.
Anatomy Subtle body's

Capsule 5 **May Weekend Intensive**

Thursday 28th May

Hips, Shoulders & Joints Part 1
Experiential anatomy

Friday 29th May

Hips, Shoulders & Joints Part 2

Saturday 30th May

Practicum. Asana refinement & Practice teaching.
Methodology assists for Hypermobility

Sunday 31st May

Practicum. Practice teaching
Techniques. Mudra, Kriya & meditation

Capsule 6 **June Weekend Intensive**

Thursday June 25th

Technique Restorative Relaxation & supported poses

Friday June 26th

Hosting a Restorative class

Saturday June 27th

Philosophy Study of Bhagavat Gita
Where and what is Core
Practice Teaching

Sunday June 28th

Guided self practice
Understanding Bhandas
Visit by Sura, Bhagan Band/Chanting (Guest teacher on site)

Capsule 7 **July Weekend Intensive**

Thursday 23rd July

Book study Pema Chodren

Friday 24th July

Mudra & Pranayama

Saturday 25th July

Class design review and refine
Technique. Prenatal yoga & yoga for bigger body
Anatomy

Sunday 26th July Field Trip (part of this day is Off Site).

Self practice with assistance
Meditation
Trip to Vedanta center in Santa Barbara

Capsule 8 **August Weekend Intensive**

Thursday August 20th

Mock Testing 50 Questions and De Brief

Friday August 21st

Graduation class review

Saturday August 22nd

Practicum. Practice teaching
Technique. Seniors, Scoliosis & Therapy Yoga
Anatomy of an older body & Trauma patterns

Sunday August 23rd

Review and consolidation
Topics TBD by group needs

Graduation **September 18,19,20th**

Friday 18th September

Theory testing.

Saturday & Sunday Practicum testing

Times TBA graduates are scheduled on Saturday and Sunday afternoons between 10.30 am and 4.30pm

Plan to attend a minimum of 8 hours over the course of the graduate weekend.
You will be attending and supporting other graduates as they teach their practicum.

Total for whole program Contact. 181 Non contact 55 Hours Total 236



Reading List

These books are a great reference tool and can be purchased used on line or sometimes may be found in the \$5 book stores.

Some self study assignments require these books/DVD.

Capsule 1

We want you to have an anatomy book for reference.

We suggest Netters Atlas of the Human body by F Netter MD published by Barrons. It has a picture of human torso on front with veins and arteries showing. (this is not the giant book but a smaller version). But any good anatomy book with big clear pictures will work.

Or “Pocket Body” app for I phone or I pad.

Or Any good Anatomy book with clear pictures for your reference

DVD Anatomy for Yoga by Paul Grilley
(you must get this video... there are questions associated with it)

Capsule 5

The Bhagavad Gita translation by Eknath Easwaran

Capsule 6

Start where you are. By Pema Chodron

To arrange an interview at Yoga Nook or to ask further questions about the course please contact Jeni Winterburn.

Cell 805 390 8175
Email YogaJenToo@aol.com

We look forward to welcoming you as part of our 2020 class!