

The Next Step:

Deep Immersion/Teacher Training

Module 1: Becoming The Student

Winter 2011

Philosophy:

A part of becoming a Teacher is to become a Student first which means to immerse yourself into your own practice and psyche. The program has been developed into 3 parts: Module 1 - Becoming The Student, Module 2 - Fortifying The Vessel, Module 3 - Becoming The Teacher. Yoga postures are just ONE part of the full practice of yoga. This deep immersion/training gives you the tools to affect your own growth and provides the space in which to experiment and practice. Your growth is influenced by how much you involve yourself in the program; the longer the process, the deeper the impact the teachings will have on you.

Therefore the training is laid out in 3 modules of deep immersion and reflection. The first, 10 months, meeting once a month for formal classes and during the month self practice and study, the second, 6 months weekly meetings and asana practice, and the third, 3 months, again weekly meetings and practice. These modules can be done consecutively, as well, module 1 and 2 can be interchanged. Please refer to website for detailed dates, times and content. (Self-asana practice will be initially based on the Ashtanga Vinyasa System.)

For each Module you must attend other classes and sessions besides the formal class set in each Module:

This includes that during the month you must:

Attend self-asana practice classes during the week, complete reading and field assignments, attend one-on-one personal sessions with the head teacher (2 hours per month), and attend each weekend or weekday class(es) required in the program for the specific Module (one weekend a month).

Module 1 – which is what you are applying for with this application:

The weekends will consist of:

Discussion and investigation of principles of practice and postures.

Investigating traditional practices such as: Chanting Sanskrit and Pranayama.

There will be: teacher-feedback and discussion in the group

Developing a Meditation practice

Learning of asana names, yoga philosophy, yoga techniques and being a student.

Philosophy from the Ashtanga System to the Yoga Sutra, Bhagavad-Gita, written/reading assignments.

Anatomy requirement will be held one other weekend: TBA

Module 1 will fulfill these requirements: Anatomy course pending

The 200 hour (CYA) program includes but is not limited to:

100 hours of technique classes (includes self-asana practice classes)

25 hours of instruction on/cultivating being a teacher

20 hours of functional anatomy

30 hours of philosophy and ethics

25 hours of practice teaching, assisting, self investigation, interviews/feedback

The entire Next Step: Deep Immersion/Teacher Training Program (all 3 Modules) is unique course, which takes you into a deeper part of your personal journey with a very qualified teacher and yogini. Even if you do not become a teacher, the discoveries you make will enhance all aspects of your life.

Location: Shama-Bhakti Yoga Centre, 323 Kerr St. #102, Oakville, ON.

Cost and payment schedules:

\$3,710+hst

Full payment due by Orientation day.

Half due by Orientation Day, and monthly installments with post-dated cheques from Jan - Jun.

Minimum number of participants: 10

Includes: - unlimited class-pass from mid January – mid December - Various handouts.
Required Texts will be announced and be the responsibility of the student (extra cost).

Shama-Bhakti Teachers: Christine U

** Please note that this information is still being updated and some details may change.
Please send an email to christineu@tcn.net to receive the most up to date information!*