

THE HEALTH ADVANTAGE YOGA CENTER

1041 Sterling Road, Suite 202
Herndon, VA 20170
703-435-1571



RETURN SERVICE REQUESTED



The Health Advantage Yoga Center's **TEACHER TRAINING PROGRAM** For Beginning Yoga

September 2010 - September 2011

With **Doug Keller**
and **Susan Van Nuys**



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THE PROGRAM

The teacher training program is for experienced students who are interested in learning to teach yoga. This course prepares prospective instructors to teach over 50 basic yoga poses.

Participants are trained in the following areas:

- Alignment and action in the poses including the Anusara® loops and spirals
- Basic anatomy and therapeutic principles as they relate to the poses
- Use of props
- Working with pregnant students and students with injuries
- Teaching relaxation and restorative poses
- Introduction to yoga philosophy
- Pranayama
- Meditation
- Sequencing
- Effective communication

Each participant receives the HAYC Teacher Training Manual containing detailed instructions for each pose. The manual is an invaluable teaching resource which includes illustrations, preparations, variations, benefits and areas of misalignment for each pose, suggestions for teaching progressions and ample space for notes.

The following texts are required:

- *The Key Muscles of Hatha Yoga* by Ray Long, MD FRCSC
- *The Heart of the Yogi* by Doug Keller, special teachers' edition.

SCHEDULE AND LOGISTICS

The course meets on the following dates

2010

September 18-19
October 15-17
November 12-14

2011

January 14-16
February 4-6
March 11-13
April 8-10
May 13-15
June 10-12
July 15-17
August 12-14
September 17-18

Friday evening sessions meet from 6:00 to 8:00 p.m., Saturday sessions are 12:30 to 5:30 p.m., and Sunday sessions are 9:00 to 1:00 p.m. and 2:00 to 4:00 p.m. We will meet on Friday, Saturday and Sunday all weekends except the first and last when we will only meet on Saturday and Sunday. The final class, on September 18, 2011 will end at 1:00 p.m.

Teacher training classes are held at The Health Advantage Yoga Center in Herndon. Attendance at a minimum of 30 of the 34 weekend sessions is required. Hours missed must be made up through homework assignments and workshops.

In addition to class meetings, students are required to observe and assist HAYC instructors in 20 classes over the course of the program. These classes will

be scheduled individually with each participant. In order to gain a broader experience of various approaches to yoga instruction, participants are required to attend beginning classes at other yoga centers three times during the year.

Students who successfully fulfill the requirements of the yoga teacher training program will receive a certificate of completion. HAYC is a registered school with the Yoga Alliance at the 200 hour level. Upon successful completion of the requirements, participants may contact the Yoga Alliance for registry.

Doug and Susan will discuss the teacher training program and answer your questions at an information meeting on Sunday, June 20 at 1:00 p.m. Please call HAYC if you plan to attend.

REQUIREMENTS FOR PARTICIPATION

- Continuous study in an alignment-based yoga style for two years
- Regular yoga practice of one hour four times per week
- Completion of at least two Yoga 2 courses
- Enrollment in a Yoga 2 class or higher for the duration of the program
- Desire to help students grow and develop through yoga

COST

The cost of the teacher training program is \$3,500. An \$800 deposit is required to reserve your space in the course. **Final tuition payment is due on or before August 20, 2010.** No refunds are given after August 20, 2010. Checks preferred.

REGISTRATION

To register for the teacher training program, complete an application and an HAYC registration form, both of which are available online or at the front desk. Send them in with the deposit. **Applicants will be notified beginning July 19, 2010.** The deposit will be returned to anyone not accepted into the program.

THE INSTRUCTORS

Doug Keller (E-RYT 500) received training in the Iyengar and Ashtanga Vinyasa Yoga systems and became one of the first certified Anusara Yoga® teachers, producing three books on yoga therapy, pranayama and yoga philosophy. He lived at the Siddha Meditation Ashram in India for seven years, and spent a total of 14 years doing service, practicing, training in and teaching yoga in Siddha Meditation Ashrams worldwide. Doug holds a BS in Foreign Service from Georgetown University and a master's degree in philosophy from Fordham University. He has been a regular columnist for *Yoga+ Magazine* and is a member of the International Association of Yoga Therapists. When not teaching at HAYC, he travels worldwide, giving yoga workshops and teacher trainings.

Susan Van Nuys (E-RYT 500) is the director of The Health Advantage Yoga Center. She has been a yoga practitioner since 1989 and began teaching in 1997. A former Anusara certified instructor, Susan has studied with many world-class Anusara and Iyengar teachers. She is also a member of the International Association of Yoga Therapists. Susan received a BS degree in computer science and linguistics from the College of William and Mary and she particularly enjoys applying the logic she learned while programming computers to the progressive teaching of yoga poses.