

teacher training

200-Hour Hatha Yoga Teacher Training - in the style Purna Yoga

May 2 – August 26, 2015 . Nirvana Hot Yoga

This course is not just for aspiring yoga teachers – it is for those who want to deepen their understanding of themselves through yoga. This is the ideal course to take your yoga beyond “practice” and into life. Break through blockages and old habits that have kept you stuck. Discover the joy of living from the heart and opening the body, mind and spirit to the beauty of who you truly are.

In this comprehensive 200-hour training you will gain the knowledge, confidence and awareness that is essential for becoming an alignment-based yoga teacher. The course covers the foundational curriculum of Purna Yoga, which includes alignment-based asana and pranayama, meditation, applied yogic philosophy, nutrition, yogic lifestyle and more.

You will emerge with the ability to teach a variety of classes; the confidence, caring, and compassion that keeps your students safe and growing; and the inspiration that makes yoga a powerful tool for transformation. Be prepared to fall in love with your own personal yoga and meditation practice as well, since Purna Yoga awakens the joy of living from the heart.

In addition to the foundational curriculum, you will learn:

- How to see and understand bodies, and give hands-on adjustments
- The benefits and contraindications of asana, and the use of props
- Anatomy and physiology of asana and pranayama
- How to deal with students' injuries and health conditions
- How to center your mind and awaken your intuition
- Delivery, presentation and class control, especially in teaching beginners
- How nutrition and a yogic lifestyle affect your students, your teaching, and your life
- Ethics, business, and the professional and energetic boundaries of teaching
- How to apply timeless yogic philosophy to your classes and daily life

Prerequisites

Applicants must have an established asana practice (at least one year of 2-3 sessions a week in alignment-based yoga) prior to beginning the program. It is more important that you have an awareness of what the poses feel like in your body than how deep you can go in a pose. If your previous experience is not in Purna Yoga, it is highly recommended that you attend a class or workshop with Cassie before the training begins.

Schedule

May 2 – August 26 2015
Wednesday Evenings & Alternate Weekends
See Website to Download Schedule

Location

Nirvana Hot Yoga . West Edmonton Mall . Entrance 8 . www.nirvanahotyoga.com
(Suite 1764 . 8882 170 St)

Cost

\$2,900 + tax (\$14.50 / hour)

Tuition does not include lodging, food, books or travel expenses.

How to Apply

Contact Monica at nirvanahotyoga@gmail.com or 780.756.5676

FAQs

What certificate will I receive?

With your successful completion of the program requirements (course hours and homework) you will earn the 200-Hour Certificate of Completion from the College of Purna Yoga. This Certificate enables you to register with Yoga Alliance at the 200-hour level.

What is Yoga Alliance?

Yoga Alliance was created to establish national standards for yoga teachers. Over the years, it has grown to become the nationally recognized body of yoga teacher training standards. Yoga Alliance does not certify teachers; instead it provides a list of teachers who have fulfilled certain yoga teacher training minimum standards. Those standards make up the 200-hour level and the 500-hour level of most teacher training programs today. Most studios and yoga teaching venues require that teachers be registered with Yoga Alliance or the Yoga Association of Alberta in order to teach yoga.

When can I register with Yoga Alliance?

With your successful completion of the program requirements (course hours and homework) you will earn the 200-Hour Level Course Completion Certificate from the College of Purna Yoga. This certificate is all the documentation that you need to complete your application to become a Registered Yoga Teacher at the 200-hour level, becoming a "RYT-200."

Why does the schedule only list 180 hours?

Each 200-hour teacher training is required to have at least 180 "contact hours" – meaning time in class with an actual teacher. The remaining "non-contact" hours are the time you will spend doing independent study such as your reading and written homework. The Purna Yoga teacher trainings do not count lunch breaks in the 180 hours (which is permitted by Yoga Alliance), so you can be certain that you will receive the full 180 hours in class.

What books will I need?

- Fire of Love, For Students of Life, for Teachers of Yoga, by Aadil Palkhivala
- The Sunlit Path, by The Mother, Pondicherry, India
- Trail Guide to the Body, 4th Edition, by Andrew Biel
- Trail Guide to the Body, Student Workbook, 4th Edition, by Andrew Biel

All of the books you need are available from Cassie. You are welcome to find any of the books

from alternative sources such as www.amazon.ca if you prefer. You will receive the 200 Hour Manual Teaching Purna Yoga, by Aadil Palkhivala, on the first day of your course!

What if I miss a section?

To receive your Course Completion Certificate and be eligible for Yoga Alliance registration, you must complete 100% of the classes and requirements. In addition, you must attend the first 5 modules of the course. However, we understand that you may not be able to foresee every conflict, so we have devised the following procedures if you must miss a class.

If you miss more than 30 minutes of a module (4 hour session), either by arriving late or leaving early, you will not receive credit for that module, and the entire module will have to be made-up.

Any missed modules may be made up in the following ways:

- If you miss 1-3 modules (up to 12 hours): If you miss up to three modules, you may still complete the program by making up missed classes by taking private lessons with a teacher training instructor. One module (4 hours) = 1.5 hours of private instruction, at a cost of \$120 per 1.5 hour session. Private lesson make-ups must be completed within 30 days of the completion of your course.
- If you miss more than 3 modules: You may continue in the course, but you will not be eligible for a Course Completion Certificate. If you wish to receive a Course Completion Certificate, you will have to retake the course.

Who will be my instructor?

The 200-hour course is taught by Certified Purna Yoga Instructor Cassie McColl.

Cassie McColl (Lead Instructor) - Cassie McColl is a Certified Purna Yoga Instructor at the 2,000-hour level from The College of Purna Yoga at Yoga Centers in Bellevue, Washington. Cassie loved the depth and intensity of this 2-year course, which included study in anatomy, asana, pranayama, meditation, nutrition, philosophy and yogic lifestyle. She continues to study with Aadil Palkhivala and Savitri, the founders of Purna Yoga, and is an Experienced Registered Yoga Teacher with Yoga Alliance (E-RYT 200). Cassie has been having fun bringing the techniques and wisdom of Purna Yoga to Edmonton, teaching a variety of classes, workshops and retreats throughout the city. She holds a Bachelor of Science degree in Honours Physiology from the University of Alberta.

How many people will be in class?

Your class will have a minimum of 6 students and a maximum of 16 students.

Will I have homework?

Yes, during the 200-hour course you will read two books, write two short self-reflection essays, and complete simple anatomy worksheets. Expect about 20 hours of homework.

How much should I expect to pay for books and materials?

Your books cost around \$150-200. Contact Cassie at info@thejoyofyoga.ca or 780.909.8422 and/or search online.

After I graduate, where will I be able to teach?

Upon completion, you will be able to apply to teach alignment-based yoga at a variety of venues, such as studios, gyms, park departments, and schools. While there are no legal requirements for teaching yoga, most studios require their teachers to be registered with Yoga Alliance. The 200-hour level of training will equip you to teach basic classes; your teaching repertoire will grow as you increase your level of training.