

Yoga Mendocino presents:

Studies in Yoga/Teacher Training

BASICS 240 --- 2007!

March 26th – December 15th Q & A night March 12th 7:15pm

Do you want to investigate yoga more deeply, finally establish your home practice, & be able to share yoga's wisdom with your clients, community, colleagues, family & friends?

Join Yoga Mendocino's core staff* and extraordinary visiting teachers for an exciting, inspiring program of yoga technique, methodology, anatomy in action, yoga and Buddhist philosophy, meditation, teaching/business issues and more. This 240 hour program is designed to meet the national certification standards set by Yoga Alliance.

What is this course?

Basics 240 is designed for intermediate practitioners who want to delve deeper into yoga's rich tapestry, and professionals who would like to use yoga to compliment their existing practices.

The desire to teach is optional.

Training? Or untraining? How is a practitioner, or a teacher created? Is it possible to actually "train" someone in this tradition? Our philosophy has evolved out of the latin roots of the word "education": e (out of) and ducare (to lead). In this program we more accurately and realistically guide students with patience, skilled dedication and heart, out into their own radiance. As with all our teacher training programs at Yomo, we are unearthing the inner guru in the teacher and the student.

Curriculum

Yoga asana, pranayama, philosophy, anatomy and physiology, teaching techniques and methodology, business and ethical considerations, history of yoga, and more.

Special topics

Back care, stress reduction, yoga in the workplace, modifications in asana, therapeutic yoga, observing the internal/energetic body, silent retreat guidance, community resources, developing and maintaining home practice, non-violent communication, and Ayurveda.

Location and class size

All classes are held at Yoga Mendocino 206A Mason Street in Ukiah, CA
The course will allow for a min of 15 and max of 20 core students to allow for personal attention.

Schedule

Core curriculum begins March 26, 2007 and runs through December 2007
(For those not seeking teaching certification, there is an option to end October 2007)

Core Curriculum of 110 hours consists of:

- 23 weeknights (Mondays 3/26-4/23, 9/17-9/24, 10/8-11/5; 11/26-12/3
(Tuesdays 5/15-6/5, 8/21-9/11; 11/13)
- 10 Saturdays 3/31, 4/28, 5/19, 6/2, 8/25, 9/8, 9/29, 10/27, 11/10, 12/15
- 1 Sunday 4/1
- 20 hours of How to Teach Beginners, August 6-9th 2007
- 16 hours of anatomy with Baxter Bell M.D.

Additional requirements outside Core Curriculum (to be paid separately at time of registration):

- 30 weekly class hours with Mary Paffard, Maggie Norton or Traci Joy Burleigh*
to be completed between 1/07 and 6/08 (to be paid separately at time of registration)
- 40 hours of workshops with core faculty (to be paid separately at time of registration)
- homework, interviews, practicum and special focus work
- 8/4 Workshop with Rama Jyoti Vernon (optional)



\$2100 or \$2200 if paid in installments. Payment plan available.

Covers core curriculum only.

Workshops & weekly classes paid separately at registration.

Some scholarships available.

Please call Yoga Mendocino at (707) 462-2580

or Traci Joy Burleigh at (415) 515-0052 for more information.

For those with 1 year experience & a strong enthusiasm for practice.

Visit www.yogamendocino.org to download an application.

Completion of the program qualifies you to apply for the 200 hour certification with Yoga Alliance, the national yoga certification organization. Students may also go on to study more in-depth in our Foundations in Yoga Program 2008, to qualify for higher level certification and the Yoga Mendocino Teaching Certificate.

Yoga Mendocino was founded in 2001 as a non-profit organization
dedicated to the health and well-being of our communities, local and abroad.

Our teachers have the highest standards of education, safety and skill. We look forward to serving you!