

yoga mendocino presents

THE FARAWAY PROGRAM

675 hour ADVANCED STUDIES AND TEACHER- TRAINING program
designed for serious, self-motivated practitioners with impossible schedules or who live faraway!

This program combines the best of live class experience, personal contact with experienced & inspiring teachers, and a comprehensive home study program.

We emphasize a deep respect for the tradition of Hatha Yoga , the principles of alignment, and the importance to well-being of a healthy relationship between the student & the whole community.

We also see Yoga as a profoundly spiritual path and all our teachers seek to unearth the inner guru in themselves and their students; we emphasize the meditative aspect of the practice in our long-standing connection to the Vipassana tradition, which is complimentary to our work with the inner body and the willingness to be present in each moment.

The Faraway Program consists of:

- 1.) **3 SUMMER INTENSIVES** - These 100 hour intensives, taught by Mary Paffard and guest teachers, are held annually at the beginning of August and include experiential and energetic anatomy, philosophy, a 5 day teaching methodology course, and a 5 day advanced practice session. Intensives need to be taken consecutively. Faraway participants need to arrive a day early for a 6+ hour day on the preceding Thursday.
- 2.) **2 YEAR HOME STUDY COURSE** - Every month for 10 months in each of the 2 years, the participant will be sent a practice guide and home study requirements to be completed and emailed to us. The core faculty will respond each month to the homework and any questions arising regarding practice and teaching. There will be 3 interview sessions on the phone and monthly conference calls
- 3.) ***20 WEEKLY CLASS HOURS** - with an **approved** senior teacher in your area (alternative workshop arrangements can be made where no suitable teacher is available)
- 4.) ***75 WORKSHOP HOURS** with the core faculty Mary Paffard, Maggie Norton, or Traci Burleigh
- 5.) **15 HOURS OF ASSISTING/OBSERVING** - These can be arranged through Yomo if no suitable mentor teacher is available. 15 hours of Teaching practice will occur at the Summer Intensive.
- 6.) **The homework and practicum** component include beginner class evaluations, a video community class project, completion of CPR, and a final anatomy review.
- 7.) **Final evaluations** of 2 classes after a minimum of 100 hours of teaching.
- 8.) ***Attendance at a silent meditation retreat** of 5-10 days in the vipassana tradition is required.

FEE: Tuition is \$6500 if paid in full. \$6800 if paid in either 2 or 3 installments over the 2 year period.

*The requirements, e.g. 20 hours of weekly classes, 75 workshop hours and silent retreat, will need to be paid as they arise and are not included in the main tuition fee. These costs will vary.

INTERESTED? Contact Traci Burleigh at 415 515 0052, or email breathofire@earthlink.net or call Yomo at 707 462 2580. Please see our web site at www.yogamendocino.org or Mary's website www.maryyoga.com for information.

PREPARATION: Applicants need 5 years of yoga experience and to be highly self-motivated. One hour a day minimum daily practice (ideally 1.5 - 2 hours) is required and 6 hours+ a week of study.

We will only be accepting a small number of applicants each year so please make your inquiries early.

"Being part of this program was by far the best thing I have ever done for myself as a being and thereby for the Universe." -Theresa Doumitt, 2004-6 participant