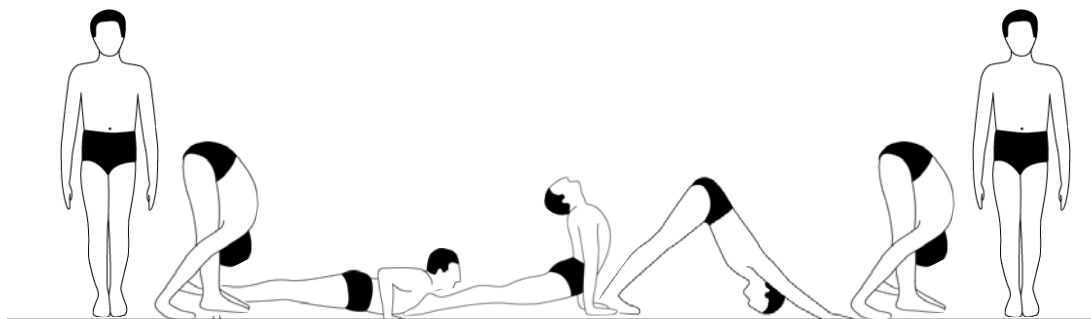


# Yoga Nook

## Hatha Teacher Training Program

Registered Yoga School With Yoga Alliance  
Educating Yoga Teachers To RYT 200 Standards

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& Primary Teacher  
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# Yoga Nook Hatha Teacher Training Program—Work Book.

With each capsule the student teacher is supplied with a folder of comprehensive notes relevant to the topics covered in the capsule. Anatomical diagrams, photos and illustrations reinforce the teachings and gradually build into a valuable volume of information that can be used as a reference for many years to come.

## Who attends teacher trainings?

The students in YNHTTP range from those who are in the program to gain more yoga knowledge with no intention to teach, to those who are already in the teaching field but would like to add to their skills and those who have some experience at yoga and may want a career change or are ready to add teaching to other skills.

Teaching yoga is a solitary occupation. Sharing our thoughts, ideas and concerns in a comfortable group setting is important and valuable. If a caring environment for learning can be created by the yoga teacher then the information students gain will become self knowledge. That's why Yoga Nook has added a Teachers Retreat to the program.

YNHTTP is the only teacher training program in Ventura county that includes a retreat as part of its syllabus. Two nights and three days of Yoga, great food, laughter and even a little relaxation will get you in touch with the teacher within. A brochure about the retreat is included with this syllabus.

## Graduate Requirements

In order to graduate from the Yoga Nook Hatha Teacher Training School YNHTTS. The student must complete each of the 7 capsules in the program accumulating 236 hours of yoga education. The student must then pass a final test which will include a written exam with an 75% correct passing standard and a practical test which will be assessed by the director of the program before they receive a certificate of completion.

If the student has not reached a competent level of practical teaching, gets a score below 75% on their final test or has not completed all 7 capsules of the program they will not graduate or receive a certificate of completion but will be given options for further study. (Note; Missed capsules can be made up in the next teacher training group)

## Enrollment

Proficiency in asana is preferred but not required, bring an open mind and heart

### Contact

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In order to qualify as a teacher training school with Yoga Alliance certain criteria must be met and to meet those criteria Yoga Alliance has created its own terms and jargon. In order to simplify our work and familiarize the students in the program with the Alliance terms a short glossary is provided here which will help the student to understand the following pages.

### **Hours required for RYT 200 registration.**

Yoga Alliance require that each teacher in training complete a minimum total of 180 hours of what they term “**Contact**” hours. These are hours that the teacher in training spends with a primary teacher who is already an E-RYT 200 Or E-RYT 500. These 180 hours are divided between several general themes and must meet a minimum requirement in each.

#### Technique. ‘**T**’

These hours represented by a bold upper case **T** in the following pages refer to hours spent in the study of asana (posture) technique. This includes but is not limited to adjustments, assists for the student and alignment techniques in the poses.

#### Method or Methodology ‘**TM**’

The hours in this category are less physical asana but rather a consideration of the method of teaching and the skills that are required for that task. Communication skills, class structure, information on physical limitations like scoliosis or pregnancy.

#### Anatomy & Physiology ‘**A&P**’

Energy anatomy as in charkas and Prana is included in this category as well as the more formal anatomy of muscles, nerve pathways and movement science.

#### Philosophy ‘**PLE**’

Yoga History, luminaries and exploration of the many venues in and around LA that are of particular Yoga interest are included in this category.

#### Practicum ‘**P**’

Practical application of the tools that the teacher in training has learned in a class setting. Teaching skills will be reviewed on a regular basis in this category.

### **Non Contact Hours**

Non Contact hours are made up of assignments, reading, writing or watching DVD’s, reviewing and teaching classes outside the teacher training program. The required non contact hours are divided into the same categories as the contact hours and the same abbreviations have been used.

This Teacher training program meets the requirements set down by Yoga Alliance. If you complete all 7 Capsules and graduate from the program you will have met Yoga Alliance standards for RYT 200. No need to count hours or worry about requirements.

## **Syllabus Guide.**

As you look through this syllabus you will notice that there is a great deal of information set out for each weekend that we meet. These are the topics that we cover as we move through our day, some topics happen simultaneously like anatomy, physiology and asana as they are all interrelated. The self study section in each capsule is often a review of information that we have covered in detail during a weekend and or day release so you will not be asked to cover material that you are not familiar with.

## **Day Release.**

4 out of the 7 capsules have an accompanying day release. This is primarily time together out of Simi where the group explores off site locations of special Yogic interest in the LA and Ventura area or invites specialist teachers to the Nook. Generally most of the day will be spent off site with a return to the studio for Pranayama or meditation and a review of the days activities.

## **Payment schedule**

The cost of the 11 month program is \$2600 which includes guest teachers, field trips, the teacher training manual and unlimited access to yoga classes at the Yoga Nook for 12 months. This cost does not include the cost of books, videos or DVD's on the required reading list (some of which you may already have.) Nor does it cover the cost of the accommodation for the teachers retreat which is estimated at \$250. If you are currently an annual member of the Yoga Nook we deduct your membership payment from the total.

## **Payment plans.**

Pay the full amount with a certified check.

Make 2 payments of \$1300 with 2 certified checks one at the beginning of the program and one in January 2013

Pay \$1000 now and then pay \$133.00 a month for 12 months automatically deducted from your bank account.

Pay \$385 on the first day of each capsule. With this option the total cost for all 7 capsules will be \$2695

## **College Units.**

Yoga Alliance has compared the 11 month YNHTTP with 12 college units. Although we are not affiliated with any university or college campus, letters of petition are supplied on request.

For those of you in the fitness field letters of petition have also been accepted by NASM and AFAA and continuing education credit has been awarded for attending the Yoga Nook Hatha Teacher Training Program.

## Program Overview.

The **YNHTTP** is divided into 7 capsules. Each capsule considers a range of topics within a general theme. Each contact capsule is accompanied by a non contact self study requirement. Self study is an important part of your certification and helps you to reach the requirements of RYT 200. These non contact hours must be complete by the graduation date in order to receive a certificate of completion.

The YNHTTP works on a continuous loop You may join the program at any point between Capsule 1 and capsule 5 . At this point new students would be joining us in August 2012 for capsule 1.

## Capsule 1. Content. August/September 2012

### Sunday 19th August 2012 Capsule 1

Program Orientation & distribution of materials  
Yoga History timeline. Intro to Sutras & Patanjali  
Technique Intro to deconstruction  
Anatomy. Major muscles and Skeletal system

**Total Contact Hours 8 T2 , PLE 3, A&P 3**

### September 7,8,9,th Weekend Intensive Capsule 1.

Methodology. Communication skills  
Technique. Pranayama, Meditation Intro  
Technique. Asana Overview  
Practicum Practice teaching skills  
Anatomy. Applied Physiology  
Methodology Intro to adjusts  
Visit to Yogananda's Kriya Yoga Temple in LA  
Technique. Sun salutations /asana  
Practicum Practice teaching

**Total Contact Hours. 21 T 9, TM 3, A&P 2, PLE 3, PR 4.**

### Non Contact Assignments Capsule 1

Write 300 word essay titled The relevance of Yama, Niyama.  
Prepare presentation of 1 deconstructed posture  
Complete Questionnaires  
Teach or review one yoga class outside the YNHTT

**Total Non Contact Hours Capsule 1. 9 Hours TM2, A&P 4, PLE 2, PR 1**

## Capsule 2. Content 2012

### October 5,6,7th 2012 Retreat Intensive Santa Barbara Capsule 2

Aryurveda principles  
 Technique Meditation & Pranayama  
 Method Class structure  
 Technique. Alignment & guided practice  
 Technique. Pairs  
 Aryurveda Applied teaching to Doshas  
 Anatomy. Nervous system  
 Technique. Special needs students  
 Methodology. Assists/Correcting

**Please note the program begins on Oct 5th  
 at Noon & finishes at Noon on 7th Oct**

**Total Contact Hours 21**

**T 14, TM 2, A&P 2, PLE 3**

**There is no Day release with this capsule.**

### Non Contact Assignments Capsule 2

Record Ayurvedic application in your lifestyle.  
 Prepare a Yoga class for a special needs group  
 300 Word Essay. Nerve pathways that affect muscle  
 Study Opening to Meditation By D Lang & practice with the CD  
 Teach or review one class outside YNHTT

**Total Non Contact hours Capsule 2. 11 Hours**  
**PR 1**

**T 3, TM 2, A&P 2, PLE 3,**

## Capsule 3. Content 2012

### November 2,3,4th Weekend Intensive Capsule 3

Philosophy Vrittis & Kleshas  
 Practicum. Practice teaching & adjusting  
 Technique. Guided Practice  
 Practicum . Practice teaching & assists  
 Technique Back bends & Forward folds  
 Anatomy Flexion and extension  
 Technique Meditation & Pranayama

**Total Contact Hours 20**

**T9, TM 2, A&P 2, PLE 3, PR4**

**December 2nd Day Release Capsule 3**

Philosophy Ojai trip to Krishnamurtys education center.  
Technique. Meditation  
Technique Mudra/pranayama

**Total Contact Hours. 8****T4, TM 1, PLE3****Non Contact Assignments Capsule 3**

Record your thoughts about your visit to Ojai & Krishnamurty in a 300 word Essay  
Design a back care workshop for review  
Review & practice Video Yoga for scoliosis  
Teach one class outside YNHTT

**Total Non Contact hours Capsule 3. 9 Hours****T 2, TM 2, PLE 4, PR 1**

## **2013 Capsule 4. Content**

**January 25,26, 27th Weekend Intensive Capsule 4**

Energy Anatomy Chakras  
Practicum. Practice teaching and adjusting  
Technique. Pranic Models  
Methodology . Communication & adjusts  
Practicum Practice teaching and adjusting  
Technique Asana for chakras  
Methodology. How students learn  
Anatomy Subtle body's

**Total Contact Hours. 20****T9, TM 2, A&P 5, PR 4****There is no Day Release with this capsule****Non Contact Assignments Capsule 4**

Write 300 word essay. The movement of Prana.  
Take 1 outside Yoga class evaluate and report  
Teach one class outside YNHTT

**Total Non Contact hours Capsule 4. 5 Hours**

## Capsule 5 Content 2013

### **February 22, 23,24th Weekend Intensive      Capsule 5**

Philosophy Study of Bagavad Gita  
Practicum Practice Teaching  
Techniques Hips and Shoulders  
Methodology assists for hyper mobility (movement science)  
Anatomy & Physiology . Scoliosis  
Methodology. Scoliosis & students      (Movement science)  
Practicum Practice teaching  
Anatomy Joints and muscles that create their actions  
Techniques Mudra, Kriya & Meditating  
Methodology Instruction  
Philosophy Deity's.

**Total Contact Hours 20    T9, TM2, A&P 1, PLE4, PR 4.**

### **March 22 Capsule 5 evening meeting 6.00 pm to 9.30pm.**

Practicum practice teaching  
Technique teaching restorative Relaxation & supported poses  
Technique Bandas

### **March 24th Capsule 5 10.00 am to 2.30pm**

Visit by temple Bhagan band, Lecture and hands on Indian instrument playing.

**Total contact hours 8.      T8**

### **Non Contact Assignments Capsule 5**

Research and complete Q&A on Shoulders and hips  
Plan a workshop for the beginning student  
Teach one class outside YNHTTP

**Total Non Contact hours capsule 5. 8 hours. T2, TM3, A&P 3, PR1.**

## **Capsule 6 Content 2013**

### **April 19,20,21 Weekend Intensive Capsule 6**

Philosophy study of Hatha Yoga Pradipka  
Practicum. Practice teaching  
Technique. Prenatal yoga & yoga for bigger body  
Methodology. Instruction.  
Anatomy Pre natal anatomy and physiology

Practicum. Practice teaching & assists  
Technique. Designing classes  
Method. Class design

**Total Contact Hours 20.**

**T 9, TM 3, A&P 1, PLE 3, PR 4.**

### **May 5th Day release Capsule 6.**

Trip to Vendanta temple Santa Barbara  
Technique Meditation  
Technique Mudra/Pranayama

**Total contact Hours 8 T4, PLE4.**

### **Non Contact assignments Capsule 6.**

Read relevant chapters Pema Chodren "Start Where you are" and complete Q&A  
Evaluate & report a class from one other teacher in YNHTTP  
Complete Q&A on Prenatal yoga  
Design graduation class & prepare for review  
Teach one class outside YNHTTP.

**Total Non Contact Hours Capsule 6. 9 Hours T4, A&P2, PLE2, PR1.**

## **Capsule 7 Content 2013**

### **June 21, 22, 23 Weekend Intensive                      Capsule 7**

- 22    Philosophy    Overview Vedas
- 23    Practicum. Practice teaching  
      Technique. Seniors & Therapy Yoga  
      Anatomy of an older body
- 24    Practicum. Practice teaching & assists  
      Technique. Graduation class review  
      Methodology. Lecture

**Total Contact Hours 20.**

**T 10, TM 2, A&P 1, PLE 3, PR 4**

### **July 26th Theory exam**

### **July 27/28th Practicum Graduation.**

**Total Contact Hours 8**

**T 2, PR 6**

**There is not a Non Contact requirement for capsule 7**

**Those joining the program after the start of the first capsule will have an opportunity to complete the required hours as the next teacher training group comes through in August 2011. Although you will join the main group for graduation as asana practice your program graduation will take place after you have completed the syllabus.**



# Reading List

**The following books, Videos and DVD's Highlighted in Yellow are a required reading/viewing for the YNHTTP**

The rest are suggested reading that will support the teachings. In an effort to spread the cost of purchase the books they have been arranged into the capsules that they are first required. Their use is not limited to these capsules.

## Capsule 1

- \* Atlas of the Human body by F Netter, MD
- \* Yoga The Iyengar Way by Silva, Mira & Shyam Mehta
- \* DVD Anatomy for Yoga by Paul Grilley

The Breathing book by Donna Farhi  
Autobiography of a Yogi by Paramahansa Yogananda

## Capsule 2

- \* Opening to Meditation Book & CD by Diana Lang

## Capsule 3

- \* Light on Yoga by BKS Iyengar

Back care Basics by Mary Pullig Schatz, MD

## •Capsule 5

- \* The Bhagavad Gita translation by Eknath Easwaran
- Yoga For Scoliosis book and video/DVD by Elise Browning Miller

## Capsule 6

- \* Start where you are. By Pema Chodron

Yoga Body by Judith Lasater