



# मोक़्श्या

YOGA CENTER

## TEACHER TRAINING

*certification & intensive*

**At Namaste Wellness Studio - Peoria: Aug - June  
2010**

*Moksha Yoga Center provides a foundational teacher training for those who want to experience all the elements of yoga and teaching. You will study the theory and practice of yoga, asana, pranayama, and teaching.*

*Experiential learning gives you practical experience in the art and science of yoga in a variety of situations. These situations start in the classroom and expand into your teaching and your life!*

*Please visit [mokshayoga.com](http://mokshayoga.com) for a complete description of the Moksha Teacher Training certification requirements, guidelines, coursework and schedule.*

### PRICING

**\$2600** Regular Registration  
*(if paid in full by June 20, 2010)*

**\$2800** Regular Registration  
*(if paid in full by July 20, 2010)*

**\$3000** After July 20, 2010

### LOCATION

**Namaste Wellnes Studio** - Molly Waller, Director  
5901 N. Prospect Suite 6B, Peoria, IL 61614  
(309) 704 - 2076 • [namastewellnessstudio.com](http://namastewellnessstudio.com)

**CONTACT** [matthew@mokshayoga.com](mailto:matthew@mokshayoga.com)

### INSTRUCTOR

**Daren Friesen** is the director of Moksha Yoga Center in Chicago. He has been a student of yoga for 20 years and a teacher for 15 years, and has studied with a variety of internationally recognized yoga masters in the U.S. and India. Daren has completed several teacher-training programs in yoga styles ranging from Astanga to Vinyasa and Forrest to Universal. His interests include ayurveda, travel and Eastern philosophy.

### AREAS OF STUDY

#### **Yoga History & Philosophy** *Understanding Union, Relationships & Opposites*

What is yoga? This ancient system of health and well-being reveals a path to develop and expand our fullest potential in body, mind, and spirit. We will look at sources such as Indian culture, vedic history, and ancient manuscripts such as the Yoga Sutras and the Hatha Yoga Pradipika which reveal the ancient classification of yoga. We will also study Patanjali's eight-fold path known as ashtanga yoga.

- Yama *relationship with others*
- Niyama *relationship with ourselves*
- Asana *postures*
- Pranayama *breath control*
- Pratyahara *turning the mind inward*
- Dharana *concentration*
- Dhyana *meditation*
- Samadhi *ecstasy*

#### **Theory & Practice of Asana** *Taking a Position of Steadiness & Comfort*

The yoga sutras refer to asana as the integration of sthira (steadiness) and sukha (comfort). This important sutra will guide us as we look into the deeper aspects of asana, including alignment, adjustments, and variations. We will explore energetic techniques such as bandhas, dristi, kriyas, mudras, and chakras in order to expand our awareness and understanding of the subtle movement of prana through asana. Arranging our study of asana groups is in itself a unique sequence or vinyasa: sun salutations (surya namaskara), standing and balancing poses, abdominal strengtheners (hara), forward folds (paschimo) and backbends (purvo), twists (parivritta), inversions (viparita), and savasana.

#### **Theory & Practice of Pranayama** *Regulating The Current of Life-Force Energy*

Conscious breathing requires sensitivity to properly direct life energy (prana), which makes all physical, mental, and spiritual life possible. It is the subtle thread that connects us with universal consciousness. Pranayama is a way of using the breath to receive, generate, distribute, and store this vital energy. We will explore ujjayi (victory breath), nadi shodhanam (alternating nostril), kappalabhati (breath of fire), sitali (cooling breath), and viloma (against the grain).

#### **Theory & Practice of Teaching** *Conveying the Essence of Yoga*

The art of teaching is a yoga in itself, requiring sensitivity, compassion, and practice. A teacher must encourage and inspire, being sensitive to the needs of both the individual and the group.

- How to properly adjust using visual (body language), verbal (voice), and kinesthetic (touch) tools
- Sequencing, counterposes, and routines
- Integrate themes, rhythm, focus, direction
- Psychology ethics of the student/teacher relationship

#### **Experiential Learning** *Finding Wisdom & Understanding Within*

Understanding from within requires the student to not only expand inner awareness and trust of intuition, but also to gain practical experience in the art and science of yoga in a variety of situations and venues.

- Meet and interact with renowned master teachers
- Observe, adjust, and assist in class with various teachers
- Develop individualized private lessons
- Teach a community class (basic level 1-2)
- Give selflessly by teaching at a hospital, senior-citizens home or charity fundraiser (karma yoga)

## SCHEDULE

### Part 1 & Part 2 Fall 2010\*

*Foundational Coursework, Part 1*

#### Weekends, Aug 20 – June 13

Fridays, 6pm - 9pm  
Saturdays, 9 am - 5 pm  
Occasional Sunday, 10 am - 3pm

For a detailed schedule please visit  
MokshaYoga.com

### Part 3: Winter 2010

*Additional Coursework Required for Certification*

Community class (4 classes)

*Date & Time TBD*

Karma yoga (1 class)

*offsite, arranged by the trainee*

Kirtan and Concerts (2 events)

Private sessions (3 classes)

*offsite, arranged by the trainee*

Apprenticeship

*Assist/adjust - 2 semesters of 10 classes arranged by the trainee*

Seva

*monthly offering of service*

Special events, workshops, & intensives

*select sessions with experienced and master*

*teachers including: Aadil Palkhivala, Tias Little,*

*Gary Kraftsow, Elesa Commerse, Seane Corn and many more!*

### Anatomy for Yoga Teachers\*

Friday Jan 14 6pm - 9pm

Saturday Jan 15 9 am - 5 pm

Friday Feb 18 6pm - 9pm

Saturday Feb 19 9am - 5pm

*\*Note: Anatomy coursework and program requirements are an additional charge and not included in the TT program tuition.*

*All classes will be held at Namaste Wellness Studio*

Moksha Yoga Center  
2514 W. Armitage Suite 202  
Chicago IL 60647  
(773) 235 - 9642  
Matthew@mokshayoga.com

## POLICIES

A \$100 deposit holds your place in the training and is non-refundable/non-transferable (deposit will be refunded in full if your application is not accepted). Included in the price of tuition:

### MYC

Free Classes  
20% Off Retail  
20% Off Workshops  
20% Off Special Events  
Access to The Online Training Manual

### NWS

20% off Classes  
20% Off Retail from The Nook  
20% Off Workshops  
20% Off Special Events

Please Note: Topics, programs and classes are subject to change.

NO REFUNDS AFTER THE FIRST CLASS

## YOGA ALLIANCE & CERTIFICATION

The requirements of this program are designed to conform to Yoga Alliance National Teacher Training Certification Standards. These requirements include over 200 certified contact hours. Moksha Yoga Center has been registered and approved school of Yoga Alliance since 2002. Upon completion of all requirements, you will receive Moksha Yoga Center teacher certification and will be automatically eligible for Yoga Alliance registry. Visit [yogaalliance.org](http://yogaalliance.org) for more information.



Registered Yoga School

## REQUIRED READING (Not included in the price of tuition)

1. Light on Yoga, BKS Iyengar, Schocken Books, 1966
2. Yoga for Wellness: Healing with the Timeless Teachings of Viniyoga, Gary Kraftsow, Penquin, 1999
3. Anatomy Coloring Book, 3rd Edition, Wynn Kapit Addison-Wesley Educational Publishers, 1996
4. The Breathing Book, Donna Fahri, Henry Holt and Company, 1996
5. Teaching Yoga, Donna Farhi, Rodmell Press, 2006
6. Fire of Love, Aadil Palkhivala, The Innerworks Company, 2008 - **READ!!**
7. Autobiography of a Yogi, Self Realization Fellowship, 1946
8. A Manual of Anatomy for Yogis, Shanna Linn

## APPLICATION & REGISTRATION

For more information and to apply, please contact Matthew Goldman, coordinator, at (773) 235-9642 or visit [mokshayoga.com](http://mokshayoga.com).

*This program requires a time commitment of up to 20 hours per week. Please consider your availability carefully before registering.*

