



Moksha

YOGA CENTER

TEACHER TRAINING

certification & intensive

Moksha Yoga Center, Chicago

Sept - 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.

Please visit mokshayoga.com for a complete description of the Moksha Teacher Training certification requirements, guidelines, coursework and schedule.

PRICING

\$3000 Special Registration
(if paid in full by June 2, 2010)

\$3200 Early Bird Registration
(if paid in full by July 2, 2010)

\$3400 Regular Registration
(if paid in full by Aug 2, 2010)

\$3600 After Aug 2, 2010
(payment plans available)

LOCATION

Moksha Yoga Center (Riverwest)
2528 W. Armitage Suite 202 Chicago, IL 60647

(773) 235 - 9642 • mokshayoga.com

CONTACT 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.

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 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 (paschim) and backbends (purvo), twists (parivrita), 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)

SCHEDULE

Part 1: Fall 2010

Foundational Coursework

Thursday, Sept 3

Opening circle and orientation, 6-9pm

Sundays, Sept 5 - Nov 21

Practice class, 9:30 am–11:30 pm

Lunch break, 11:30–12:30 pm

Training class, 12:30–4:30pm

Part 2: Spring 2010

Teaching Skills & Video Review

Opening Weekend Schedule

Thu, Sept 9, 6-9pm- 1st Day of Semester

Thursdays, April 7 - 21

Techniques

Training Class 1:30 pm - 5 pm

Saturdays, Sept 18 - Nov 6

Teaching Skills and Video Review

Intro to yoga class, 1:30–3:30 pm

Video review/critique, 3:30–8:30 pm

Anatomy

**Anatomy for Yogis with Shanna Linn

Date/Time: TBD, Tuition: \$250

**Yoga Anatomy with Tias Little

Nov 30 - Dec 3, 2010, 9:30am-5pm, Tuition \$500

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

Part 3: Summer 2011

Additional Coursework Required for Certification

Community Classes (8 classes)

Practice teach various sequences to the Moksha Community

Karma Yoga (1 class)

Teach to a disadvantaged group

Private Sessions (3 classes)

Learn how to teach one on one

Apprenticeship

Assist/adjust - 10 classes for 2 semesters

Seva (monthly offering of service)

Seva may be waived for an additional fee of \$200

Master Teacher Roundtables

Select sessions with master teachers exclusively for trainees

Special events, workshops, & intensives

Select sessions with experienced and master teachers

Kirtans & concerts (2 events)

Chanting is an important part of the Yoga path

Thesis Presentations (1 session)

Present the results of your in depth study project

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 program fee are all classes related to this program, free MYC regularly scheduled classes, a 10% discount for all items in our retail boutique including books & apparel, a 20% discount on workshops and special events an online course training manual. The course fee does not include the anatomy requirements which are requires for certification (additional cost) or the required reading list books.

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 for more information.



Registered Yoga School

REQUIRED READING

1. Light on Yoga, BKS Iyengar, Schocken Books, 1966
2. Yoga for Wellness, Gary Kraftsow, Penquin, 1999
3. The Breathing Book, Donna Fahri, Henry Holt and Company, 1996
4. Teaching Yoga, Donna Farhi, Rodmell Press, 2006
5. Fire of Love, Aadil Palkhivala, The Innerworks Company, 2008
6. Autobiography of a Yogi, Self Realization Fellowship, 1946
7. Anatomy Coloring Book, 3rd Edition, Wynn Kapit Addison-Wesley 1996
8. A Manual of Anatomy for Yogis, Shanna Linn
9. Yogabody, Judith Lasater, Rodmell Press, 2009

APPLICATION & REGISTRATION

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

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

