



# मोक़्शह

YOGA CENTER

## TEACHER TRAINING

*certification & intensive*

**Moksha Yoga Center, Chicago**

**Apr - Nov 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](http://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 Jan 15, 2009)

**\$3200** Early Bird Registration  
(if paid in full by Feb 15, 2010)

**\$3400** Regular Registration  
(if paid in full by Mar 15, 2010)

**\$3600** After Mar 15, 2010  
(payment plans available)

### LOCATION

Moksha Yoga Center (Logan Square)  
2528 W Armitage, Chicago, IL 60622

773-410-1369 • [mokshayoga.com](http://mokshayoga.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.

### 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: Spring 2010

*Foundational Coursework*

#### Thursday, April 1

Opening circle and orientation, 6-9pm

#### Tue & Thu, April 1 - Aug 5

Tuesday 5:30-8:15pm (sutras and practice class)

Thursdays 5:30-9:30pm (training class)

#### Anatomy

\*\*Anatomy for Yogis with Shanna Linn

Date/Time: TBD, Tuition: \$250

### Part 2: Fall 2010

*Teaching Skills & Video Review*

#### Opening Weekend Schedule

TBD

#### Saturdays, Sept 18 - Nov 6

#### Teaching Skills and Video Review

TBD

#### Anatomy

\*\*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: Winter 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](http://yogaalliance.org) for more information.

## 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 Sylvia Gonzalez, coordinator, at (312) 942-9642 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.*

