

# MOKSHA TEACHER TRAINING

## *certification & intensive* 2007-08

at Niyama Yoga in Wilmette



**Sept. 10, 2007 to  
June 23, 2008**

### Schedule

#### **PART 1: Fall 2007**

##### **Practice & Training Classes**

Sept. 10 - Nov 26 (Mondays),  
11:30am-4pm

*Make-up/Review session (optional) on  
Dec 3 (Mon), 11am-2pm*

#### **PART 2: Spring/Summer 2008**

##### **Practice & Training Classes**

Mar. 24- June 30 (Mondays),  
11:30am-4pm

*Make-up/Review session (optional) TBD*

*Additional classes to be scheduled*

#### **PART 3: Spring 2008 to Fall 2008**

*All classes will be held at:*

**Niyama Yoga**  
742 12th Street  
Wilmette, IL 60091  
847-251-8176

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

*Registration deadline: Aug. 25, 2007*

#### **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 (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 (known as karma yoga)

*Instructor - **Daren Friesen** is the director of Moksha Yoga Center and has studied with a variety of teachers in the U.S. and India.*

*Sponsor - **Mac McHugh** is the owner of Niyama Yoga and has been practicing yoga for 10 years.*

# TEACHER TRAINING 2007

in Wilmette

## POLICIES

A \$150 deposit holds your place in the training and is non-refundable/non-transferable (your deposit will be fully refunded if your application is not accepted). Returned checks subject to a \$25 fee.

Included in the program fee are all classes related to this program, a 20% discount on all MYC classes, workshops, and special events (discount does not apply to other teacher training courses), course training manual, and supplemental reading packet. The course fee does not include the anatomy workshop, which is required for certification (cost \$200-\$400), or the required reading-list books.

Topics, programs, classes subject to change.

NO REFUNDS AFTER THE FIRST CLASS

Registration deadline: Aug. 25, 2007

## Certification / Yoga Alliance

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



Registered Yoga School

## Required Reading List

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. Yoga Sutras of Patanjali, Sri Swami  
Satchidananda, Integral Yoga Publications,  
1978
4. Anatomy Coloring Book, 3rd Edition,  
Wynn Kapit, Addison-Wesley Educational  
Publishers, 1996
5. Anatomy or Movement, Blandine Calais-  
Germain, Eastland Press

# MOKSHA TEACHER TRAINING SEPT 10, 2007 TO JUNE 23, 2008

## REGISTRATION FORM

Name \_\_\_\_\_

Address \_\_\_\_\_

City / State / Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

## Payment information

Amount \_\_\_\_\_

Cash Check Visa MasterCard Amex Discover

Card No. \_\_\_\_\_ Exp Date \_\_\_\_\_

Signature \_\_\_\_\_

## PRICING

**\$3200** Early registration if paid in full by Aug. 25, 2007

**\$3500** After Aug. 25, 2007

*Please bring to the first class: yoga mat, strap, block, neti pot, notebook or journal. These items may be purchased at the Moksha boutique (trainees receive a 10% discount on all purchases, including apparel).*

## APPLICATION

Please respond to the following by email. Include the original question with your response.

1. Name, address, city, state, zip
2. Phone numbers (home, work, mobile, fax), email address
3. Occupation, gender, birthdate
4. Activities, hobbies, interests
5. Who can we call in case of an emergency?
6. Why do you want to take this program? What are your expectations for the training? What do you hope to gain, learn, or improve?
7. List all injuries, past and present.
8. Do you teach yoga now? If so, please describe in detail.
9. Why do you teach yoga or want to teach yoga?
10. Describe your physical health (major illnesses, injuries, surgeries, physical conditions)
11. Tell us about your emotional and mental health
12. Are you currently taking any medications? If so, please describe.
13. Do you smoke? (if you smoke, even occasionally, you will not be accepted)
14. Do your religious beliefs conflict with the presentation and discussion of Eastern religious and philosophical systems such as Vedanta, Buddhism, and Taoism?
15. How long have you been taking yoga classes and/or practicing yoga?
16. How long have you been taking classes at Moksha Yoga Center? Please describe your practice in detail.
17. Have you studied yoga anywhere else? If so, which style, with whom, for how long - describe your experience in detail.
18. Have you ever been injured in your practice? If so, please describe in detail.
19. How would you compare self-practice to that with a class and teacher?
20. List any other interesting thing you think we should know about you.

Please include a color photo of yourself (email jpg or tif please).

**moksha**  
YOGA CENTER