



# Moksha Yoga Center

## Yoga Teacher Training

### 200hr Foundation

### 500hr Advanced

*Yoga Alliance*

Registered Yoga School & YACEP



Moksha Yoga Center presents a distinctive and inspired curriculum in the form of both Foundation 200hr & Advanced 500hr Teacher Trainings, guiding participants on a passionate exploration of the classical and authentic roots of yoga. Our firm belief in the transformative power of knowledge compels us to seamlessly integrate the principles of theory and practice throughout these comprehensive 9-month programs. Throughout the course, we embark on a profound journey into yoga's ancient origins, addressing various questions surrounding the art and science of this time-honored system. Covering aspects from asana to pranayama to philosophy, our programs are designed to be inclusive, ensuring accessibility for students at all levels who seek to deepen their personal practice and teaching journey.

At the heart of our program is the fusion of traditional and contemporary theory, reflecting a broad perspective of yoga as a holistic discipline. Guided by a strong belief in the synergy of ancient and modern wisdom, participants are challenged as both educators and practitioners. The program encompasses a wide array of topics, yogic styles, techniques, as well as diverse worldviews and perspectives. By integrating traditional and modern approaches, we aspire to transform and invigorate the lives and teaching practices of our students. We hope that all who join the training program will experience a profound shift, leading to a more enriched and enlightened path in yoga.

#### **Testimonial**

*"It has already been an incredible journey for me. You have taught me so much and I have gained a much deeper appreciation, love and understanding of yoga. You have somehow managed to take an incredible amount of information and made it simple to understand and easy to 'digest' - thank you. The decision to leave my corporate job and enroll in this training is one of the best decisions I've ever made." ~Cheri M.*



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# About Moksha Yoga

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Every Moksha Yoga instructor and staff member is committed to assisting you in discovering harmony and balance among your mind, body, and spirit. Our space is designed to delight the senses and extend a warm welcome to all those seeking rejuvenation and inspiration. Whether your visit is for a yoga session or a day dedicated to various healing practices, you'll depart from Moksha Yoga feeling more refreshed than when you first arrived. For additional details on any of our services, feel free to call us or visit during our regular business hours.

## ***Mission Statement***

We are committed to sharing the wisdom of yoga in a safe and nurturing atmosphere in order to bring greater health, happiness and well-being into the lives of those in our community. We strive to impart this knowledge in the spirit of healing, transformation, and service. We share a vision of higher states of consciousness and embrace the path of self-realization. Om Shanti

## ***School Facility & Location***

Moksha is located on the southern border of Logan Square and west of Bucktown at 2528 West Armitage Avenue, just 2 blocks west of Western Avenue. We have a 3200 ft<sup>2</sup> facility with 2 studio spaces and a lobby with boutique items, changing room and waiting lounge.

2528 West Armitage Avenue, Suite 202  
Chicago, IL 60647  
773-235-9642  
mokshayogachi@gmail.com

## ***Faculty***

Daren Friesen, the visionary behind Moksha Yoga Center in Chicago, stands as the director and founder of this independent and authentic hub for yoga classes, workshops, and teacher training. As both an avid student and dedicated teacher, Daren infuses his vinyasa flow style with a challenging essence that encompasses the complete spectrum of Tantric techniques – from asana and pranayama to mudras, bandhas, and kriyas.

With over 25 years of teaching experience in Chicago and the surrounding suburbs, Daren has left an indelible mark on the yoga community, having trained hundreds of teachers, with over 20 establishing and managing studios across the Midwest. Each winter, he embarks on a transformative journey to South India, delving into Vedic studies and practices under the guidance of his teacher, Acharya Shankaranarayana, in Mysore. Additionally, Daren seeks Ayurvedic treatments and knowledge through studies with Dr. Unni at Agastya Heritage Ayurvedic Retreat in Kovalam, Kerala, South India. In his classes, he imparts provocative insights and opportunities for personal growth through a unique fusion of classical and innovative approaches to practice.

# Curriculum

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## ***Yoga History & Philosophy***

### ***~ Understanding Union, Relationships & Opposites ~***

Revealing a timeless system of holistic health and well-being, this ancient wisdom beckons us on a journey to unlock and enhance our fullest potential in body, mind, and spirit. Delving into foundational sources like Vedic history and ancient manuscripts such as the yoga sutras and select texts from the Upanishads, we explore the historical classification of yoga. We examine the evolution of yoga over millennia and consider its relevance and applicability in today's modern life. Additionally, we immerse ourselves in the study of Patanjali's Astanga yoga, the eight-fold path that stands as the cornerstone of classical yoga.

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

## ***Theory & Practice of Asana***

### ***~ Taking a Position of Steadiness and Comfort ~***

The yoga sutras define asana as the integration of sthira (steadiness) and sukha (comfort), providing a contemporary blueprint for approaching yoga practice. This crucial sutra serves as our guide as we delve into the deeper facets of asana, encompassing alignment, actions, adjustments, modifications, and variations for each pose. Our exploration extends to energetic techniques such as bandhas, dristi, kriyas, mudras, and chakras, enhancing our awareness and comprehension of the subtle movement of prana through asana. Organizing our study of asana involves a distinctive sequence or vinyasa, comprising opening poses and warm-ups (pratapana), sun salutations (surya namaskara), standing and balancing poses (sthanas), abdominal strengtheners (hara), and cleansing techniques (kriyas). Further elements include forward folds (paschimo) and backbends (purvo), side stretches, hip openers, shoulder stretches, and twists (parivritta), along with arm balances, inversions (viparita), and final relaxation (savasana and yoga nidra).

## ***Theory & Practice of Bandhas & Pranayama***

### ***~ Channeling the Current of Life-Force Energy ~***

Mindful breathing demands a heightened sensitivity to skillfully channel life energy (prana), the force underlying all aspects of physical, mental, and spiritual existence. It serves as the delicate thread linking us to universal consciousness. Pranayama, the art of utilizing the breath, becomes a means to receive, generate, distribute, and store this essential energy. Our exploration encompasses various breathing practices and techniques, along with the integration of bandhas, mudras, kriyas, and tools for relaxing the nervous system. Specific breathing techniques include the 5 prana-nigrahas such as nasanapana, ujjayi, samavritti/visamavritti, nirantara, and uddiyana. We will also study the deeper and more subtle pranayama practices such as kumbhaka, pratiloma, viloma, surya and chandra bhedana, and nadi shodhana.

## ***Theory & Practice of Meditation***

### **~ Creating Stillness and Silence in the Inner Being ~**

Embark on a transformative odyssey through the realms of ancient wisdom in our Meditation studies. Exploring the profound depths of meditation, utilizing time-honored tools such as mantra, dharana, and eka-grata to catalyze energetic and spiritual development. Discover the potency of meditation through the use of transformative tools such as mantra, concentration (dharana), and the practice of one-pointed focus (eka-grata). These tools serve as gateways to profound inner experiences, guiding you towards a heightened state of consciousness. Delve into the art of directing prana, the life force energy, and experience the profound impact of achieving stillness of the mind. Learn how these fundamental principles are integral to meditation practices, fostering a harmonious balance between the physical, mental, and spiritual dimensions. Drawing inspiration from classical meditation methods outlined in the Sutras of Patanjali (nivritti) and Classical Tantra techniques (pravritti) rooted in the VBT - Vijnana Bhairava Tantra, our course offers a rich exploration of diverse meditative paths. Immerse yourself in the wisdom of these ancient texts to deepen your understanding and practice unlocking the potential for profound inner transformation and heightened spiritual awareness.

## ***Introduction to Ayurveda***

### **~ Discovering Ancient and Holistic Nutrition & Lifestyle Principles ~**

Uncover the fundamental principles of Ayurveda and learn how to integrate into your contemporary lifestyle. Ayurveda understands that each person is unique, and so should be their approach to well-being. Explore personalized nutrition and lifestyle recommendations tailored to your individual constitution—known as doshas. Understand the interconnectedness of mind and body and how lifestyle choices impact overall health. Beyond theory, this course provides practical tools and techniques to implement Ayurvedic principles in your daily life. From mindful eating practices to rejuvenating self-care routines, you'll gain actionable insights that lead to sustained well-being. Ayurveda is more than a system of healing; it is a roadmap to a life lived in balance. Whether you seek to enhance your vitality, manage stress, or simply achieve a greater sense of harmony, Ayurveda offers timeless guidance that resonates across cultures and ages. Join us on this illuminating journey, where the ancient wisdom of Ayurveda becomes a compass, guiding us toward a healthier, more vibrant, and harmonious existence. Let's unlock the keys to nutrition and lifestyle embedded in the heart of Ayurvedic teachings and embark on a path to holistic well-being together.

## ***Introduction to Anatomy***

### **~ The Morphology of the Human Body ~**

Anatomy is more than a study of bones and muscles—it's a gateway to understanding the extraordinary mechanisms that power our every action. From the beating heart to the intricate dance of joints and muscles, our exploration will transcend textbooks, inviting you to witness the living, breathing masterpiece that is the human body. Move beyond conventional anatomical study as we navigate the body's structure and function with a focus on practical applications in yoga. Witness how anatomy comes to life in real-world scenarios, from yoga postures to everyday movements. Recognize the interconnectedness of anatomy with other aspects of health and well-being connecting the dots between anatomy, movement, and overall wellness, providing a holistic perspective on the human form.

## ***Theory & Practice of Teaching Skills***

**~ Conveying the Essence of Yoga ~**

Teaching is an art that embodies the essence of yoga, demanding a blend of sensitivity, compassion, and dedicated practice. A true teacher not only imparts knowledge but also serves as an encourager and inspirer, recognizing and responding to the unique needs of each individual and the collective dynamics of the group. In the realm of teaching, fostering a supportive and inclusive environment is paramount, allowing students to embark on their own transformative journey. Explore the paramount importance of fostering a supportive and inclusive teaching environment. Learn how to cultivate a space that encourages students to embark on their transformative journey, fostering connection, understanding, and personal growth. Master the art of adjustment using visual (body language), verbal (voice), and kinesthetic (touch) tools. Understand how to create a safe and comfortable space for students while enhancing their practice through precise adjustments. Dive into the intricacies of sequencing, counter poses, and routines. Gain insights into crafting classes that flow seamlessly, offering a holistic and balanced experience for your students. Elevate your teaching by integrating themes that resonate with your students. Learn how to infuse rhythm, focus, and direction into your classes, creating a harmonious and engaging learning experience. Psychology of the Student/Teacher Relationship: Uncover the psychological nuances inherent in the student-teacher relationship. Explore effective communication strategies, empathetic listening, and the art of providing constructive feedback to cultivate a positive and supportive learning environment.

## ***Experiential Learning***

**~ Finding Wisdom & Understanding Within ~**

Understanding from within requires one 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. Our experiential learning environment redefines the yoga educational landscape, providing you with a transformative education that extends beyond textbooks and lectures. Immerse yourself in the community of teachers and students, develop practical skills, and graduate ready to make an immediate impact in the community of yoga teachers.

- Apprenticeship in class.
- Develop individualized private lessons.
- Teach a set of community classes to our students.
- Present an extended length workshop on a topic that you are passionate about.

## **About the Course**

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### ***Schedule***

The schedule is designed with our busy lives in mind. The extended length of the program over 9 months gives everyone a chance to balance class time with their own life's purpose. Please note everyone has work, medical and family issues to attend. So please schedule a make-up as we proceed through the course to keep up with the work.

## ***Textbooks - 200hr***

1. Yoga for Wellness, Gary Kraftsow, Penguin Publishers, 2005
2. The Anatomy Coloring Book, by Wynn Kapit, Benjamin Cummings, 4<sup>th</sup> Edition, 2002

## ***Textbooks - 500hr***

1. The Sacred Tradition of Yoga, Dr. Shankaranarayana Jois, Shambhala Publications

## ***Certification***

Students who successfully complete the requirements of the training program, classes and hours, assignments, quizzes, exams (min. 80%), presentations, and practicum will receive a Certificate of Completion, approved by Yoga Alliance. Moksha's 200 hour and 500 hour programs are approved and registered with Yoga Alliance and exceed the standards for the 200 hour and 500 hour registries.

## ***Prerequisites***

- A desire to grow
- A willingness to change
- Receptivity to appropriate and truthful feedback
- Consistent effort
- Patience (time)

## ***How to Apply***

Please submit the application attached stating your intention for participating in the program including how long and with whom you have been practicing yoga. Please include a short history and background information about yourself. Please also include a photograph.

# Tuition

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## **Application Fee**

- A \$100 application fee holds your place in the training and is non-refundable/non-transferable. This fee is credited to your tuition amount. Those not accepted into the program will be given a full refund.

## **Payment Options**

- *Early Bird Discount*                      \$3,200 if paid in full 60 days before classes begin.
- *Special Discount*                        \$3,400 if paid in full 30 days before classes begin.
- *Regular*                                        \$3,600 if paid in full less than 30 days before classes begin.

## **Payment Plan**

- \$3,600 if paid in partial or full *less than* 30 days before classes begin.
- Deposit of \$1000 due 15 days before the first training class. 9 payments of \$290 per month.
- Balance of payments due monthly along with a signed promissory note.

## **Tuition Refund Policy**

- 100% refund if canceled in writing prior to a 3-business day period before the session begins.
- All refunds minus the non-refundable \$100 application fee.
- No refunds for any reason once the first class of the program begins.

### **Tuition includes...**

- Teacher training course.
- Teacher training manual online.
- Practice classes at Moksha during the 200hr course.
- 20% off events and workshops.
- 10% off retail boutique items.

### **Tuition does not include...**

- Practice classes at Moksha for India Intensive or 500hr course.
- Teacher training manual printed (required for class).
- Required elective events and workshops.
- Required props (mat, strap, block, neti pot, notebook, journal).
- Required textbooks.

***\*India Intensive program and 500hr do not include practice classes at Moksha.***

## **Work-Study Scholarship**

Under the Payment Plan tuition structure, participants in Moksha's Work-Study program can avail a 10% discount after completing a minimum of 9 months of service. This involves a commitment to a non-paid work-study position, requiring a weekly shift of 2-3 hours assisting the studio, whether at the front desk or with cleaning tasks. To qualify for the discount, students must commit to participating in the work-study



program for the entire duration of their training. If a trainee discontinues their work-study position before completing the training, they will be obligated to pay the full regular tuition amount. Applicants must undergo an interview, and positions are offered on a space-available basis. For further details, please reach out to us.

## **Other Policies**

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### ***Attendance & Make-up***

Attendance in all sessions is required. Please inform us of any excused absence in advance by email. If an excused absence is needed, meet with the instructor to develop and agree on a plan to cover the required lessons. Set an example for your future students, by you as a student being on time and arrive early to set up your mat and be ready to go at the start time. Make-up sessions will be offered throughout the course. If none of the available days/times work for you, private instruction is available at \$100/hour.

### ***Non-Discrimination***

We do not discriminate on the basis of age, gender, marital status, national or ethnic origin, sexual orientation, color, race or religion.

### ***Student Conduct***

Please be on your best behavior, see others as yourself, and participate in creating a sattvic atmosphere for all. No gum chewing, mobile phone usage or lying down during class.

### ***Catalog Changes***

The instructors reserve the right to make changes or revisions to this brochure, the program, or the schedule at any time. Class topics for specific dates and times may be changed to accommodate teacher and studio scheduling.

## **FAQ's**

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### ***What will I gain from Moksha's YTT Programs?***

- History & Philosophy: A profound insight into the origins and evolution of yoga.
- Fundamentals of Asana: Mastery of alignment, adjustments, modifications, and variations.
- Sanskrit: Acquiring basic terms and definitions for a deeper connection to yogic language.
- Bandhas & Kriyas: Techniques for enhancing energy and purification.
- Pranayama: Learning diverse breathing techniques and their appropriate applications.
- Meditation: Cultivation and deepening of a personal meditation practice.
- Ayurveda: Establishment of holistic Ayurvedic nutrition and lifestyle integration into teaching.
- Art of Sequencing: Development of purposeful classes for self and students.
- Anatomy: Comprehension of both Western and Eastern perspectives on body, breath, and energy.
- Mantras: Exploration of useful mantras and mudras for enhanced practice.

- Business: Insights into the business aspect of yoga and strategies for successful teaching.
- Authenticity: Discovery of a unique voice and teaching style.
- Confidence: Building confidence through consistent practice and group support.
- Self-Awareness: Paving the way to self-awareness and becoming a guide for others on their journey.
- Lifelong Friendships: The opportunity to forge lasting connections and friendships.

***How much experience in yoga do I need to have to participate in this teacher training?***

Rest assured, advanced poses are not a prerequisite. This program focuses on enhancing your understanding at a fundamental level, establishing a strong foundation and depth for both your personal practice and teaching. You do not need to be an advanced practitioner. Most students who register have an average of 2-5 years of practice.

***How long is the program from start to certification?***

9 months for the 200hr course and 12 months for the 500hr course.

***What if I have to miss a session?***

We all are experiencing busy lives. Do your best to attend all classes. Meet with the instructor to plan how to make up missed sessions.

***How likely is it that I will be able to teach after this program?***

The likelihood of being able to teach after completing this program is high. Equipped with teaching skills and a comprehensive knowledge of yoga, you'll be prepared to embark on your teaching journey upon program completion. Your level of comfort in teaching will also be influenced by your dedicated study of the material, the development of your personal practice, and the time invested in honing your teaching voice, cues, and sequencing.

***Is there a dogma or particular belief system I must follow?***

We teach the program from a non-dogmatic perspective. There are many paths to the truth. We are looking for what is the most safe, effective and sattvic approach. We incorporate teachings from a variety of teachers and schools of thought.

***Why is this program so long and expensive?***

This training is more in-depth and comprehensive than any other training around. The intention is to prepare you for both a deep knowledge of the practice and a career in yoga. The breadth of knowledge and time to process and implement the teachings is necessary to become an insightful and authentic teacher of yoga.

***Ways to Prepare for the Program***

- Establish a Consistent Practice: Aim for 2-4 yoga sessions per week to build a steady foundation. Attend diverse classes at Moksha to expose yourself to different styles and teaching approaches.
- Strike a Balance between Activity and Rest: Prioritize sufficient sleep—commit to getting 7-8 hours each night to allow for optimal regeneration of the body and mind.

- **Adopt a Healthy Diet:** Embrace a nourishing diet with whole foods like grains, legumes, nuts, seeds, vegetables, and fruits. Consider reducing or eliminating red meat, processed foods, caffeine, and alcohol.
- **Clear Your Schedule:** Dedicate time to the training by clearing your schedule of conflicting activities, commitments, and distractions. The program demands 6-8 hours of class time and 1-2 hours of homework per week.
- **Familiarize Yourself with the Manual:** Read the training manual from cover to cover in advance. This will provide a comprehensive understanding of the topics to be covered and serve as a valuable reference as you progress through the course.

### ***Our Message...***

Yoga embraces you exactly as you are, recognizing the uniqueness of each individual – diverse life experiences, personalities, talents, and challenges converge at the threshold of a new adventure. We eagerly anticipate accompanying you on this transformative journey as you delve into the self-awareness path of yoga. Approach it with an open heart and a curious mind, trusting both the wisdom of the teachings and your innate intuition to be your guiding lights. Embrace the unfolding lessons and remain open to the limitless possibilities that may reveal themselves along the way.

### **Atha Yoga Anushasanam**

Now, after having done prior preparation through life and other practices, the study and practice of yoga begins. ~Yoga Sutra 1.1

# Moksha Yoga Center

## ~ Teacher Training Application ~

**200hr & 500hr**



*Atha Yoga Anushasanam: Now, after having done prior preparation through life and other practices, the study and practice of yoga begins. ~Yoga Sutra 1.1*

### **Personal Information**

Name \_\_\_\_\_ Date \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Referred by \_\_\_\_\_

### **Program Information**

*Which program are you applying for (circle one):*

#### **200hr Programs**

- Tue/Thu 6-9:30pm | Summer 2024 (June-March)
- Sundays 10:30am-5pm | Fall 2024 (Sept-May)
- Intensive in Kerala, South India | January (Jan 1-25, 2025)
- Sundays 10:30am-5pm | Spring 2025 (March-December '25)

#### **500hr Program**

- Wednesdays 10am-2:30pm | Summer 2024 (June '24-May '25)
- Intensive in Kerala, South India | January (Jan 1-25, 2025)

### **How did you learn about the Moksha Yoga Teacher Training program?**

*(please check all that apply)*

- I practice at Moksha
- Internet Search
- My yoga teacher recommended it (please list teacher's name):
- Advertisement (please list source):
- A friend told me about it
- Conference
- Other

## About You

1. How many years have you been practicing yoga? \_\_\_\_\_  
\_\_\_\_\_

2. How many days per week do you practice yoga? \_\_\_\_\_  
\_\_\_\_\_

3. What style of yoga do you usually practice? \_\_\_\_\_  
\_\_\_\_\_

4. At which yoga studios do you currently practice? \_\_\_\_\_  
\_\_\_\_\_

6. Who have been your primary yoga teachers? \_\_\_\_\_  
\_\_\_\_\_

7. Do you practice meditation or pranayama? \_\_\_\_\_  
\_\_\_\_\_

8. Is this your first teacher training or in-depth study? Yes No (circle one)

If no, please list prior trainings: \_\_\_\_\_  
\_\_\_\_\_

9. Are you currently teaching yoga? Yes No (circle one)

If yes, for how many years have you been teaching? \_\_\_\_\_  
\_\_\_\_\_

Where do you teach? \_\_\_\_\_  
\_\_\_\_\_

What style do you teach? \_\_\_\_\_  
\_\_\_\_\_

10. Why are you interested in Moksha Yoga Teacher Training? \_\_\_\_\_  
\_\_\_\_\_

11. What are your expectations for this training? What do you hope to achieve at the completion of the program? \_\_\_\_\_  
\_\_\_\_\_

12. Tell us something interesting about yourself. \_\_\_\_\_  
\_\_\_\_\_

