

# yogāsana center

## Advanced Studies/Teacher Training Program

Yogasana Center is committed to helping its students find equilibrium in their lives through a meditative and disciplined physical practice of yoga in the Iyengar tradition. Our Advanced Studies/Teacher Training Program, is a 500+ hour, two-year, comprehensive foundation in yoga. We intend to give future teachers the knowledge and skills necessary to explore and develop this tradition of self-study and transformation.



### FACULTY

Kristen Davis, Witold Fitz-Simon,  
Rachel Lynch-John, and guest  
teachers

yogāsana center for yoga  
118 Third Avenue, 2nd floor  
Brooklyn, New York 11217  
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www.yogasanacenter.com

### YEAR ONE OVERVIEW: DEVELOPING YOUR OWN PRACTICE

#### Weekly Classes

**Mondays, 6pm-8pm**

**Fundamentals of Asana,  
Breathing Coordination, and  
Pranayama**

1st term: April 5 - June 28  
(no class 5/31)

2nd term: September 13 -  
December 20

3rd term: January 3 - March 21

#### Weekend Intensives

**Saturdays and Sundays, 9:30-  
12:30 & 2:30-5:30**

Introduction to Yogic Philosophy  
& Sanskrit (April 17-18)

Anatomy of the Skeletal and  
Ligamentous Systems (June 12-13)

The Art of Sequencing (Septem-  
ber 25-26)

Anatomy of the Organs (Novem-  
ber 6-7)

Philosophy (January 8-9)

Anatomy of the Muscles (March  
19-20)

#### Ongoing Yoga Class

Participants are required to  
attend a weekly Level 2 or 3  
class of their choice at Yogasana  
Center.

#### Home Practice

Year One students are required  
to practice 5 times per week on  
their own—once for 1 hour and  
four times for a half hour. Stu-  
dents will keep a practice journal  
and turn it in weekly to receive  
feedback from the teachers.

#### Art of Breathing Workshop (date TBD)

The cost of this workshop is  
not included in the tuition, but  
it will be discounted for teacher  
trainees.

#### Evaluation

To be eligible for Year Two: The Art  
of Teaching, students must have  
successfully completed all of the  
courses, attended a weekly Level  
2 or 3 class, and maintained a  
consistent home practice.

### YEAR ONE COURSE DESCRIPTIONS

#### Fundamentals of Asana Taught by Kristen Davis and Witold Fitz-Simon Mondays, 6-8pm

This weekly class will system-  
atically work through all of the  
different types of asanas, from  
standing poses to forwardbends,  
backbends, twists, inversions,  
and restoratives. We will break  
down each pose, studying the  
anatomy and alignment, and  
exploring different modifications,  
verbal cues, and adjustments.

**Breathing Coordination  
Taught by Kristen Davis  
During Monday 6-8pm class  
(dates TBA)**

This course concentrates on developing the breathing coordination through the work of F.M. Alexander, Carl Stough, and B.K.S. Iyengar. We will study the anatomy and mechanics of respiration, and practice simple restorative poses and breathing awareness exercises. Through these, we will deepen our awareness of how we habitually interfere with our natural breath mechanism and we will begin to practice ways of strengthening and redeveloping our bodies' natural respiratory coordination.

**Pranayama  
Taught by Kristen Davis  
During Monday 6-8pm class  
(dates TBA)**

With the breathing coordination as a foundation, this course will go deeper into pranayama. We will focus on ujjayi and viloma pranayamas, exploring the use of language and imagery and different ways of propping and sequencing.

**Introduction to Yogic  
Philosophy  
Taught by Witold Fitz-Simon  
April 17, 9:30-12:30, April 18  
2:30-5:30**

In this survey of the history and traditions of yoga we will explore the roots of the idea that human

beings can strive to free themselves from the turbulence and anguish of everyday life. We will look at the various schools of inquiry in the Indian philosophical tradition to gain an understanding of the key concepts essential to the study of yoga. From these firm foundations, we will look at the yogic path outlined in Patañjali's Yoga Sutra, and the many practical techniques given for stilling the mind.

**Sanskrit  
Teacher to be announced  
April 17, 2:30-5:30, April 18  
9:30-12:30**

This course is a general introduction to Sanskrit. It will cover basic sandhi and pronunciation rules, emphasizing the importance of accurate pronunciation. We will concentrate on the meaning and phonetics of the Sanskrit names of yoga poses, with sufficient time for practice.

**Anatomy of the Skeletal and  
Ligamental Systems  
Taught by Rachel Lynch-John  
June 12-13 9:30-12:30 &  
2:30-5:30**

In this intensive, we will explore the connections of pelvis to feet, shoulder girdle/ribs to hands and the way in which the dynamic movement of the skull and spine integrate the actions of the limbs. With the skeletal systems as a foundation, we will then explore the inner latticework of

the ligaments, looking at ways to balance and align the body without forcing and stressing. The information will be presented in lecture and experiential formats to provide intellectual and kinesthetic understandings of how the skeletal and ligamental systems support individuals' asana practices.

**The Art of Sequencing  
Taught by Kristen Davis and  
Witold Fitz-Simon  
September 25-26 9:30-12:30  
& 2:30-5:30**

The key to an effective practice or class is intelligent sequencing. Optimal organization of poses can awaken the body and mind for deeper awareness and experience. This course teaches the principles of designing a practice or class. We will explore balancing the nervous system, working energetically or from a kinesiological perspective, how to prepare the joints and soft tissues for safe and supported practice of increasingly challenging poses, and how to consider the health and fitness of students.

**Anatomy of the Organs  
Taught by Rachel Lynch-John  
November 6-7, 9:30-12:30 &  
2:30-5:30**

We will study the internal support of the organ system, considering how different asanas affect their placement and function and how we may initiate movement

in asanas from the organs. The information will be presented in both lecture and experiential formats.

**The Story of Yoga, Part 1  
Taught by Witold Fitz-Simon  
Jan 8-9 9:30-12:30 & 2:30-  
5:30**

Beginning with roots in the Vedic religion, we will explore the sources out of which was born the yoga we practice today. In this first section, we will look into the yogic life of devotion as put forward by the Bhagavad Gita. We will explore in detail Patañjali's Yoga Sutra and its vision of consciousness and the mind, comparing it with what modern science has told us about the brain and the way we think.

**Anatomy of the Muscles  
Taught by Rachel Lynch-John  
Mar 19-20 9:30-12:30 &  
2:30-5:30**

This section will concentrate on the muscles and their actions, exploring proximal and distal movement and the way energy flows through our muscle fibers, allowing for the actions in asanas. The information will be presented in lecture and experiential formats.

## **YEAR TWO OVERVIEW: THE ART OF TEACHING**

### **Weekly Classes**

**Mondays, 6-8pm**

**The Art of Teaching, Teaching Practicum, and**

**Professional Development**

1st term: April 24 - June 27 (no class 5/30)

2nd term: September 12 - December 19

3rd term: January 9 - March 26

### **Weekend Intensives**

**Saturdays and Sundays, 9:30-12:30 & 2:30-5:30 (dates TBA)**

- Pedagogy and Adjusting (April)
- The Story of Yoga, Part 2 (June)
- Anatomy of the Nervous and Endocrine Systems (September)
- Body Reading (October)
- Women's Yoga (January)
- Therapeutics (March)

### **Ongoing Yoga Classes**

Participants are required to attend a weekly level 2 or 3 class of their choice at Yogasana Center, as well as assist in a Yogasana Level 1 class.

### **Home Practices**

Year Two students are required to practice 5 times per week on their own—twice for 1 hour and three times for a half hour. Students will keep a practice journal and turn it in weekly to receive

feedback from the teacher.

### **Yoga and Scoliosis Workshop, dates TBA**

The cost of this workshop is not included in the tuition, but will be discounted for teacher trainees.

### **Evaluation**

To be eligible for graduation, students must have successfully completed all course work, attended a weekly Level 2 or 3 class, assisted a weekly Level 1 class, and maintained a consistent home practice.

## **YEAR TWO COURSE DESCRIPTIONS**

### **The Art of Teaching Taught by Kristen Davis and Witold Fitz-Simon Mondays, 6pm-8pm**

These ongoing classes will break down how to teach yoga. We will cover the major teaching points of the different asanas, and how to concisely communicate and demonstrate those points. Included in these classes will be continued work with sequencing, adjusting, and different modifications to accommodate a range of students. Each week ample time will be given for the trainees to practice their developing teaching skills.

### **Teaching Practicum May and June 2012, dates to be announced (part of the Monday, 6-8 time-slot)**

This course will give each teacher

trainee an opportunity to teach a small group class to friends and family under the supervision of a Yogasana faculty member.

### **Professional Development June 2012, dates to be announced (part of the Monday, 6-8 time-slot)**

In this short course we will discuss the complexities of the teacher-student relationship and the issues of ethics and boundaries you may face as a yoga teacher. We will also cover the business side of being a yoga teacher: where to get a job, how to market yourself, and more.

### **Pedagogy/Adjustments Taught by Kristen Davis, Witold-Fitz-Simon, and Rachel-Lynch-John April 2011**

**(dates to be announced)**  
This intensive will lay out the teaching model developed by B.K.S. Iyengar, giving us a structure to practice and play with throughout year two. We will explore the art of demonstrating and the qualities of verbal instruction, as well as how to communicate through touch and adjustment in a safe and compassionate way.

### **The Story of Yoga, Part 2 Taught by Witold Fitz-Simon June 2011**

**(dates to be announced)**  
In this second look at the scope

of traditions that have led to yoga as we know it today, we will explore the ideas and practices that make up Tantra and Hatha Yoga, as put forward in texts such as Hatha Yoga Pradipika and Shiva Samhita. We will follow these medieval traditions into the modern world, focusing on the lineage of Tirumalai Krishnamacharya out of which emerges the work of B. K. S. Iyengar, the foundation of Yogasana's teacher training program.

### **Anatomy of the Nervous and Endocrine Systems Taught by Rachel Lynch-John September 2011**

**(dates to be announced)**  
This course will study the nervous system—focusing on the brain, spinal cord, peripheral nerves, and the autonomic and somatic nervous systems, as well as the endocrine system—looking at individual glands and how they relate to different parts of the body and are affected by asanas.

### **Body Reading Taught by Witold Fitz-Simon October/November 2011**

**(dates to be announced)**  
In this course we will deepen our understanding of anatomy as we apply it practically to reading the body. We will begin to educate and develop the eye by exploring several techniques of analysis

and assessment. With a special investigation into the way the fascia—the body's connective tissue—supports and structures movement, we will learn to assess poses and find ways in which to assist our students and ourselves.

### **Women's Yoga**

**Taught by Jeanne-Marie  
Derrick**

**January 2012 (dates to be  
announced)**

In this Intensive we will look at the cycles and issues of women's health through yoga and cover the different therapeutic asanas for menstruation, fertility, pre and post-natal, as well as menopause. We will practice asanas both with and without props to better understand the how and why certain poses are ideal at different times. Establishing this fundamental understanding will give an intuitive guide for your yoga practice and the teaching of others.

### **Therapeutics**

**Taught by Deborah Wolk,  
Julie Brandwein**

**March 2012 (dates to be  
announced)**

This course is a general introduction to therapeutics. We will examine the indications, contraindications, and different modifications for common conditions such as low back pain, scoliosis, knee and shoulder

injuries, high/low blood pressure, etc. While not intending to treat these conditions, we will cover the information necessary to safely accommodate students' special needs.

## **CURRICULUM**

### **Year One – Developing Your Own Practice**

The first year of training focuses on developing a home yoga practice and a general knowledge of all aspects of yoga.

### **Year Two – The Art of Teaching**

Building on the knowledge and insights of Year One, the second year emphasizes basic teaching skills.

## **ADMISSION**

Prerequisites:

- Minimum of three years yoga experience
- Regular yoga practice at a Level 2 or above aptitude
- Ability to hold five-minute Sirsasana (headstand), unless physical issues prevent that
- Minimum of 10 classes at Yogasana Center

Please contact us if you have any questions about meeting these prerequisites.

To enroll in the full Two Year Advanced Studies/Teacher Training Program, you must submit an application form along with a written recommendation from your primary teacher.

Year One: Developing Your Own Practice courses are open to any students who meet the prerequisites. Payment must be made in full by the first class.

## **TUITION**

The tuition for the full, two-year Advanced Studies/Teacher Training Program is \$6000 if the early payment is done for each year, payable in two annual installments, or \$6600 if monthly payments of \$330 (April-June and September-March) are made for both years.

### **Year One: Developing Your Own Practice**

\$3000\* – early registration discount; must be paid by March 31 or  
\$3300\* – installments of \$330 due the first of each month (April-June and September-March)

Year One weekend intensives may be taken by any student who meets the prerequisites. The general cost is \$250 per course.

### **Year Two: The Art of Teaching**

\$3000\* – early registration discount; must be paid by March 31 or  
\$3300\* – installments of \$330 due on the first of each month (September-June)

Year Two is only open to students who have successfully completed all of the requirements of Year One: Developing Your Own Practice.

\*Tuition does not include the cost of ongoing Level 2 or 3 classes, workshops, or textbooks.

## **REFUNDS**

A pro-rated refund will be given for Year One: Developing Your Own Practice course if we receive notification of cancellation at least 24 hours before the second meeting of the class. Otherwise, fees are non-refundable.

## **TO APPLY**

Please pick up an application at the studio, or send email to [info@yogasanacenter.com](mailto:info@yogasanacenter.com) with a subject and message expressing your interest in applying.