

# 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, Director

Witold Fitz-Simon, Associate Director

Erin Fitzgerald, Rachel Lynch-John, Nicola Weiner,  
Deborah Wolk, Jon Yamashita

yogāsana center for yoga

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## YEAR ONE OVERVIEW: DEVELOPING YOUR OWN PRACTICE

### Weekly Requirements September-June

- Special Studies Class  
Mondays, 7:30pm-9:30pm
- Developing Your Own Practice Class  
Tuesdays, 3:30pm-5:30pm
- Ongoing Yoga Class  
Level 2 or Level 3 class of your choice
- Home Practice  
5x/week (one 1 hr. & four ½ hr.)

### Special Studies Classes:

Anatomy 1; Sanskrit; Philosophy 1; Anatomy 2; Philosophy 2; Anatomy 3; Body Reading

### Developing Your Own Practice Classes:

Standing Poses; Forward Bends; Twists & Core; Backbends; Inversions & Restorative; Breathing Coordination

### Ongoing Yoga Class:

Participants in Year One: Developing Your Own Practice are required to attend a weekly Level 2 or 3 class at Yogasana Center.

### Home Practices:

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. Students will keep a practice journal and turn it in weekly to receive feedback from the teacher.

### Evaluation:

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

## YEAR ONE: DEVELOPING YOUR OWN PRACTICE

### September – October 2007

#### *Anatomy 1: The Skeletal System*

*Taught by Nicola Weiner and Rachel Lynch-John*

*Mondays, 7:30–9:30pm, Sept. 17–Oct. 22*

This section will focus on the bones and joints of the body. 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. The information will be presented in lecture and experiential formats to provide intellectual and kinesthetic understandings of how the skeletal system supports individuals' asana practices.

#### *Standing Poses: Developing Your Own Practice*

*Taught by Kristen Davis*

*Tuesdays, 3:30–5:30pm, Sept. 18–Oct. 23*

Standing poses are the foundation of Iyengar-style yoga; they create the organization in the body that leads to all other types of poses. This class will focus on the correct action and alignment, use of props, and sequencing of standing poses, with special attention paid to individual issues that come out of the students' home practice.

## October-December 2007

### *Sanskrit*

*Taught by Jon Yamashita*

*Mondays, 7:30pm–9:30pm, Oct.29 & Nov. 5*

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.

### *Philosophy I: Foundations and Techniques*

*Taught by Witold Fitz-Simon*

*Mondays, 7:30–9:30pm, Nov. 12–Dec. 10*

Beginning with an overview of the history of the Indian philosophical tradition, this course will explore the roots of the Vedic religion out of which classical yoga was born. We will survey the various schools of philosophical inquiry 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, including the eight limbs of Ashtanga yoga, the three limbs of Kriya Yoga, and the many practical techniques given for stilling the mind.

### *Forward Bends: Developing Your Own Practice*

*Taught by Erin Fitzgerald*

*Tuesdays, 3:30–5:30pm, Oct. 30–Dec. 11*

This class will focus on the mechanics and correct alignment of forward bends, different ways of sequencing, and using props and modifications to address individual limitations and issues.

## January – February 2008

### *Anatomy 2: The Muscular System*

*Taught by Rachel Lynch-John and Nicola Weiner*

*Mondays, 7:30–9:30pm, Jan. 7–Feb. 11*

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.

### *Twists & Core: Developing Your Own Practice*

*Taught by Witold Fitz-Simon*

*Tuesdays, 3:30–5:30pm, Jan. 8–Feb. 12*

Delving deeper into the core support of our spines and postural muscles, this class will focus on twisting poses that create flexibility and mobility along with poses that build strength and organization. There will be specific attention paid to alignment, sequencing, the use of props, and issues that arise in individual's home practices.

## February – March 2008

### *Philosophy 2: Consciousness, the Brain and Yoga*

*Taught by Witold Fitz-Simon*

*Mondays, 7:30–9:30pm, Feb. 18–Mar. 24*

Though medical science has made great strides towards demystifying the workings of the brain, it has yet to draw a complete picture of the functioning and source of consciousness. In this course we will explore the meeting-place of neuroscience and yoga as we study the deeper underpinnings of the quest for emancipation outlined in Patañjali's Yoga Sutra.

### *Backbends: Developing Your Own Practice*

*Taught by Kristen Davis*

*Tuesdays, 3:30–5:30pm, Feb. 19–Mar. 25*

Known for their energizing and stimulating effect on the nervous system, backbends are a challenging yet essential element of a yoga practice. This course will create a deeper understanding of the alignment and muscular actions of backbends and explore different ways of sequencing and using props to safely work with these poses in your home practice.

**April-May 2008**

### *Anatomy 3: Organs and Ligaments*

*Taught by Nicola Weiner and Rachel Lynch-John*

*Mondays, 7:30–9:30pm, Apr. 7–May 12*

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.

Through an exploration of the inner latticework of the ligaments, we will look at ways to balance and align the body without forcing and stressing the ligaments.

### *Inversions & Restorative: Developing Your Own Practice*

*Taught by Witold Fitz-Simon*

*Tuesdays, 3:30–5:30pm, Apr. 8–May 13*

This course will break down the four major inversions: shoulderstand, headstand, forearmstand, and handstand. We will study the alignment issues of each and props and modifications to address different individual issues. We will also establish an understanding of basic restorative poses, including the how and why of prop use in these poses.

**May-June 2008**

### *Body Reading*

*Taught by Witold Fitz-Simon*

*Mondays, 7:30–9:30pm, May 19–Jun. 23*

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.

### *Breathing Coordination*

*Taught by Kristen Davis*

*Tuesdays, 3:30–5:30pm, May 20–Jun. 24*

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.

## YEAR TWO OVERVIEW: THE ART OF TEACHING

### Weekly Requirements September–June

- Special Studies Class  
2 hrs/day and time TBA
- Art of Teaching Class  
2 hrs/day and time TBA
- Ongoing Yoga Class  
Level 2 or 3 class of your choice
- Assisting  
Level 1 class
- Home Practice  
5x/week (three 1 hr. & two ½ hr.)

#### Special Studies Classes:

Philosophy 3; Anatomy 4; Pranayama; Pratyahara & Dharana; Therapeutics; Professional Development; Teaching Practicum

#### The Art of Teaching Classes:

Standing Poses; Forward Bends; Twists & Core; Backbends; Inversions & Restorative; Consolidation

#### Ongoing Yoga Classes:

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

#### Home Practices:

Year Two students are required to practice five times per week on their own—three one hour practice sessions and two half-hour sessions. Students will keep a practice journal and turn it in weekly to receive feedback from the teacher.

#### Evaluation:

To be eligible for graduation, students should have successfully completed all of the courses, attended a weekly ongoing class, assisted a weekly Level 1 class, maintained a consistent home practice, and passed a written final exam.

## YEAR TWO: THE ART OF TEACHING

### *Philosophy 3: Ancient Yoga and Modern Context Taught by Witold Fitz-Simon*

#### *Dates and times to be announced*

In this course we will study some of the parallel ideas about yoga that inform contemporary understanding of the practice. We will look at key texts that came after Patañjali's Yoga Sutra and learn how they took his essentially intellectual spiritual endeavor and embodied it in the form of Hatha Yoga. We will pay special attention to the development of modern yoga over the past two hundred years as the backdrop for B. K. S. Iyengar's synthesis of ancient and modern ideas.

### *Standing Poses: The Art of Teaching*

#### *Dates, times and teacher to be announced*

This class will focus on the major teaching points of standing poses, and how to concisely communicate and demonstrate those points. We will also explore the different ways to sequence standing poses, as well as different modifications to accommodate a range of students.

### *Anatomy 4: Nervous System, Endocrine System and Injury*

#### *Taught by Nicola Weiner & Rachel Lynch-John*

#### *Dates and times to be announced*

Divided into three sections, this course will study: the nervous system—focusing on the brain, spinal cord, peripheral nerves, and the autonomic and somatic nervous systems; the endocrine system—looking at individual glands and how they relate to different parts of the body and are affected by asanas; and pathology—examining the anatomy of different injuries that are common in a teacher's student population.

***Forward Bends: The Art of Teaching  
Dates, times and teacher to be announced***

We will consider what students find most challenging about forward bends and then explore different ways of sequencing, using different teaching points, and using props and other modifications to address those challenges.

***Pranayama***

***Dates, times and teacher to be announced***

With the breathing coordination as a foundation, this course will look at how to teach pranayama. We will focus on ujjayi and viloma pranayamas, exploring the use of language and imagery and different ways of preparing and sequencing.

***Twists & Core: The Art of Teaching***

***Dates, times and teacher to be announced***

In this class we will focus on how to safely and effectively teach the poses that develop abdominal and core strength, as well as the twisting poses that begin to take a student from the periphery to deeper layers of the body. There will be a concentration on how to demonstrate and communicate the major teaching points, how to sequence, and how to adjust and modify poses to meet students' needs.

***Pratyahara and Dharana: The Subtle Limbs of Yoga***

***Taught by Witold Fitz-Simon***

***Dates and times to be announced***

Of Patañjali's eight limbs of yoga, only six can be actively practiced. Pratyahara—withdrawal of the senses—and Dharana—concentration—are the last two practices available to the ordinary yogi. The final two, Meditative Absorption and Ecstasy, can only occur when the body and mind are ready. In this 3-week course we will learn various techniques of sense withdrawal and meditation and

apply them to the practice of asana. We will learn how to incorporate them into our own lives as well as into the structure of the classes we teach for a complete and well-rounded yoga practice.

***Backbends: The Art of Teaching***

***Dates, times and teacher to be announced***

Through an understanding of what issues students face when practicing backbends, we will explore when and how to introduce backbends, what teaching points are most important, as well as how to modify and adjust to help our students work safely.

***Therapeutics***

***Dates, times and teacher 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 menstruation, prenatal, post-natal, 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.

***Inversions & Restorative: The Art of Teaching***

***Dates, times and teacher to be announced***

This course will focus on determining when a student is ready for inverted poses and how best to prepare and sequence toward these poses. We will also cover ways of adjusting and using props to fit students' individual needs. Included in this section, we will look at the teaching of restorative poses—the different uses of props and the fundamental teaching points.

### *Professional Development*

#### *Dates, times and teacher to be announced*

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.

### *Consolidation*

#### *Dates, times and teacher to be announced*

We will spend these six weeks putting together our knowledge of the different categories of poses. There will be an emphasis on sequencing to create a balanced class, carrying a teaching point through all categories of poses exploring how to meet the needs of the many unique and individual bodies in a single class.

### *Teaching Practicum*

#### *Dates, times and teacher to be announced*

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.

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.

## 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) away from the wall, 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. There is a one-time, non-refundable application fee of \$100. (\$75 will be refunded if you are not accepted into the program.)

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

After the \$100 application fee, the tuition for the full, two-year Advanced Studies/Teacher Training Program is \$5400 if the early payment is done for each year, payable in two annual installments, or \$5800 if monthly payments of \$290 (September-June) are made for both years.

### Year One: Developing Your Own Practice

\$2700\* – early registration discount; must be paid by August 1

or

\$2900\* – installments of \$290 due the first of each month (September-June)

Year One may be taken on a course by course basis by any student who meets the prerequisites. The cost is \$250/course with the exception of Sanskrit (\$80) and Philosophy I (\$170).

### Year Two: The Art of Teaching

\$2700\* – early registration discount; must be paid by August 1

or

\$2900\* – installments of \$290 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

The application fee of \$100 is non-refundable, unless you are not accepted into the program, in which case \$75 will be refunded.

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.