

THE HEALTH ADVANTAGE YOGA CENTER

1041 Sterling Road, Suite 202
Herndon, VA 20170
703-435-1571



RETURN SERVICE REQUESTED



The Health Advantage Yoga Center's TEACHER TRAINING PROGRAM For Beginning Yoga

February 2009 – February 2010

With **Doug Keller**
and **Susan Van Nuys**



THE HEALTH ADVANTAGE YOGA CENTER
1041 Sterling Road, Suite 202, Herndon, VA 20170 • 703-435-1571

THE PROGRAM

The teacher training program is for experienced students who are interested in learning to teach yoga. This course prepares prospective instructors to teach over 50 basic yoga poses.

Participants are trained in the following areas:

- Alignment and action in the poses including the Anusara® loops and spirals
- Basic anatomy and therapeutic principles as they relate to the poses
- Use of props
- Working with pregnant students and students with injuries
- Teaching relaxation and restorative poses
- Introduction to yoga philosophy
- Pranayama
- Meditation
- Sequencing
- Effective communication

Each participant receives the HAYC Teacher Training Manual containing detailed instructions for each pose. The manual is an invaluable teaching resource which includes illustrations, preparations, variations, benefits and areas of misalignment for each pose, suggestions for teaching progressions and ample space for notes.

The following texts are required:

- *The Key Muscles of Hatha Yoga* by Ray Long, MD FRCSC
- *The Heart of the Yogi* by Doug Keller, 2009 edition.

SCHEDULE AND LOGISTICS

The course meets on the following dates

2009

February 7-8

March 13-15

April 3-5

May 8-10

June 26-28

July 24-26

August 14-16

September 25-27

October 23-25

November 20-22

2010

January 8-10

February 6-7

Friday evening sessions meet from 6:00 to 8:00 p.m., Saturday sessions are 12:30 to 5:30 p.m., and Sunday sessions are 9:00 to 1:00 p.m. and 2:00 to 4:00 p.m. We will meet on Friday, Saturday and Sunday all weekends except the first and last when we will only meet on Saturday and Sunday. The final class, on February 7, 2010, will end at 1:00 p.m.

Teacher training classes are held at The Health Advantage Yoga Center in Herndon. Attendance at a minimum of 30 of the 34 weekend sessions is required. Hours missed must be made up through homework assignments and workshops.

In addition to class meetings, students are required to observe and assist HAYC instructors in 20 classes over the course of the program. These classes will

be scheduled individually with each participant. In order to gain a broader experience of various approaches to yoga instruction, participants are required to attend beginning classes at other yoga centers three times during the year.

Students who successfully fulfill the requirements of the yoga teacher training program will receive a certificate of completion. HAYC is a registered school with the Yoga Alliance at the 200 hour level. Upon successful completion of the requirements, participants may contact the Yoga Alliance for registry.

Doug and Susan will discuss the teacher training program and answer your questions at an information meeting on Friday, September 12 at 7:00 p.m. Please call HAYC if you plan to attend.

REQUIREMENTS FOR PARTICIPATION

- Continuous study in an alignment-based yoga style for two years
- Regular yoga practice of one hour four times per week
- Completion of at least two Yoga 2 courses
- Enrollment in a Yoga 2 class or higher for the duration of the program
- Desire to help students grow and develop through yoga

COST

The cost of the teacher training program is \$3,500. An \$800 deposit is required to reserve your space in the course. **Final tuition payment is due on or before January 9, 2009.** No refunds are given after January 9, 2009. Checks preferred.

REGISTRATION

To register for the teacher training program, complete an application and an HAYC registration form, both of which are available online or at the front desk. Send them in with the deposit. **Applicants will be notified beginning October 10, 2008.** The deposit will be returned to anyone not accepted into the program.

THE INSTRUCTORS

Doug Keller (E-RYT 500) received training in the Iyengar and Ashtanga Vinyasa Yoga systems and became one of the first certified Anusara Yoga teachers, producing three books on asana, pranayama and yoga philosophy. He lived at the Siddha Meditation Ashram in India for seven years, and spent a total of 14 years doing service, practicing, training in and teaching yoga in Siddha Meditation Ashrams worldwide. Doug holds a BS in Foreign Service from Georgetown University and a master's degree in philosophy from Fordham University. He is a regular columnist for *Yoga+ Magazine* and is a member of the International Association of Yoga Therapists. When not teaching at HAYC, he travels worldwide, giving yoga workshops and teacher trainings.

Susan Van Nuys (E-RYT 500) is the director of The Health Advantage Yoga Center. She has been a yoga practitioner since 1989 and began teaching in 1997. A former Anusara certified instructor, Susan has studied with many world-class Anusara and Iyengar teachers. She is also a member of the International Association of Yoga Therapists. Susan received a BS degree in computer science and linguistics from the College of William and Mary and she particularly enjoys applying the logic she learned while programming computers to the progressive teaching of yoga poses.