



Registered Yoga School



200 Hour Advanced Studies Course Catalog

Embarking on the study of yoga is a highly personalized endeavor. Some of us come to yoga for the management of pain, some to maintain their youthful flexibility, while others seek to explore the interplay of body/mind/spirit. Regardless your inspiration, the ancient practice of hatha yoga has proven itself for over 2000 years as an effective means of discovery

Alignment Yoga

Program Year 2011-2012

Welcome to Alignment Yoga

Thank you for examining Alignment Yoga's Advanced Studies Program. Whether you desire a deepening understanding of your practice and/or aspire to teach, we have the experience and expertise to facilitate your growth.

This program is based on Scott Anderson's nearly 20 years of teaching and 15 years training teachers. Participants will receive extensive instruction in the art and science of Hatha Yoga and the skills needed to safely and competently teach this ancient practice.

Many yoga schools teach the outer form of yoga postures (a knee here, an elbow there...), but neglect teaching the art of modifying the techniques to the needs of individuals. We emphasize that form follows function in the practice of Hatha Yoga. Rather than memorizing endless names and details, you will be encouraged to think for yourself as you refine your observational skills. We firmly believe, to paraphrase the old adage, it's better to teach a man to fish than to simply give him a fish to eat.

Trying to be everything to everybody generally dooms an endeavor to mediocrity. Every program director is thus faced with choices – their priority list, so to speak. While our program complies faithfully with Yoga Alliance National Certification Guidelines, we've placed particular emphasis in two areas.

- Our exploration of the techniques of asana, pranayama, bandha and kriya are comprehensive and backed with a rigorous study of anatomy and physiology. You will understand not only the inner workings of these techniques, but develop an extensive array of techniques to transmit your understanding to your students.
- We study the history and philosophy of the Hatha Yoga practice with a master Sanskrit scholar. Former University of Bombay professor Nagindas Sanghavi capably shows us the grace and beauty of such seminal texts as the *Bhagavad Gita* and *The Yoga Sutras of Patanjali*. Nagindas is not simply a scholar from India with 70 years teaching experience, but an animated and engaging teacher. We feel very fortunate that Nagindas has been with our program since its inception!

We are honored you are considering our program. Our quality instructors, low student-teacher ratio (10:1) and many years of teaching experience ensure a rewarding experience. We trust you'll contact us with any questions that may arise.

Namaste,



Director and Alignment Yoga Instructor

Alignment Yoga Advanced Studies

Mission Statement

The Mission of Alignment Yoga Advanced Studies is to cultivate the observational qualities of the mind. This is a practice rooted in mind, body and spirit.

- Keeping our minds in the present moment makes possible the release of habituated patterns of seeing, feeling, and behaving.
- The physical practices of Hatha Yoga, such as asana and pranayama, facilitate the free flow of vitality that predicts vibrant health.
- Vitality of body and mind allows us to study more deeply matters of spirit, regardless the form we may choose for that inquiry.
- Encouraging the development of each individual's voice as a teacher, we teach fundamental classroom techniques and effective communication skills.

Employment Opportunities

Professional opportunities in Yoga are much like professional opportunities in the Arts.

- A fortunate few comfortably employ themselves, while the majority will practice their art as a passion.
- Alignment Yoga offers strategies and suggestions for pursuing Yoga as a career, but does not offer career counseling or job placement.

Location and Facilities

All classes will be held at *Mound Street Yoga Center*, located at 1342 Mound Street, Madison, WI.

- Yoga mats, blocks, and blankets are provided.
- There will be water and tea provided.
- Restaurants and cafes are nearby.

Class Schedule

Teacher training classes are held one weekend per month. The course runs from January 22nd, 2011 through April 29th, 2012, with no meeting in November. The hours are as follows:

- Saturdays
 - 12:00-4:00 Class I
 - 5:00-7:00 Class II
- Sundays
 - 9:00-11:00 Asana Class
 - 12:00-4:00 Class III

Program Outline, Schedule, and Hours

<p>Weekend #1 – January 22/23, 2011</p> <ul style="list-style-type: none"> ▪ Course Introduction ▪ Alignment Yoga Fundamentals ▪ Technique - Asana/Standing Poses ▪ Anatomy - Anatomy of Pelvis ▪ Asana Class - Subjects for the Advanced Practitioner 	<p>12 hrs</p>
<p>Weekend #2 – February 19/20, 2011</p> <ul style="list-style-type: none"> ▪ Technique - Asana/More Standing Poses ▪ Anatomy - Review Anatomy of Pelvis ▪ Technique – Practice Sequencing ▪ Teaching Methods – Hands-On Adjustments ▪ Asana Class - Subjects for the Advanced Practitioner 	<p>24 hrs</p>
<p>Weekend #3 – March 19/20, 2011</p> <ul style="list-style-type: none"> ▪ Anatomy – Anatomy of Midline Stability ▪ Technique – Backbends ▪ Teaching Methods – Ethics of Teaching ▪ Teaching Methods – Practice Teaching ▪ Asana Class - Subjects for the Advanced Practitioner 	<p>36 hrs</p>
<p>Weekend #4 – April 30 & May 1, 2011</p> <ul style="list-style-type: none"> ▪ Teaching Methods – The Business of Teaching Yoga ▪ Asana Class - Subjects for the Advanced Practitioner 	<p>48 hrs</p>
<p>Weekend #5 – May 28/29, 2011</p> <ul style="list-style-type: none"> ▪ Technique – Front Bends ▪ Anatomy – Anatomy of Shoulder Girdle ▪ Teaching Methods – Introduction to Ayurveda ▪ Teaching Methods – Practice Teach ▪ Evaluation – Exam #1 ▪ Asana Class - Subjects for the Advanced Practitioner 	<p>60 hrs</p>
<p>Weekend #6 – June 25/26, 2011</p> <ul style="list-style-type: none"> ▪ Yoga Philosophy – Nagindas Sanghavi lectures ▪ Asana Class - Subjects for the Advanced Practitioner 	<p>72 hrs</p>
<p>Weekend #7 – July 30/31, 2011</p> <ul style="list-style-type: none"> ▪ Technique – Twists ▪ Anatomy – Shoulder Anatomy Review ▪ Anatomy – Anatomy of Breathing ▪ Teaching Methods – Working With Wrist and Shoulder Injuries ▪ Teaching Methods – Practice Teach ▪ Asana Class - Subjects for the Advanced Practitioner 	<p>84 hrs</p>
<p>Weekend #8 – August 27/28, 2011</p> <ul style="list-style-type: none"> ▪ Yoga Philosophy – Nagindas Sanghavi Lectures ▪ Asana Class - Subjects for the Advanced Practitioner 	<p>96 hrs</p>

Weekend #9 – September 24/25, 2011		108 hrs
<ul style="list-style-type: none"> ▪ Technique – The Inversions ▪ Technique – Introduction to Pranayama ▪ Teaching Methods – Practice Teach ▪ Teaching Methods – Working with Back Injuries ▪ Asana Class - Subjects for the Advanced Practitioner 		
Weekend #10 – October 29/30, 2011		120 hrs
<ul style="list-style-type: none"> ▪ Teaching Methods – Using Verbal Instructions ▪ Teaching Methods – Practice Teach ▪ Technique – Continuing Pranayama ▪ Teaching Methods – Working with Neck Injuries ▪ Evaluation – Exam #2 ▪ Asana Class - Subjects for the Advanced Practitioner 		
Weekend #11 – December 3/4, 2011		132 hrs
<ul style="list-style-type: none"> ▪ Teaching Methods – Using Demonstrations ▪ Technique – Review Asana ▪ Asana Class - Subjects for the Advanced Practitioner 		
Weekend #12 – January 28/29, 2011		144 hrs
<ul style="list-style-type: none"> ▪ Teaching Methods – Using Props ▪ Technique – Review Asana ▪ Technique – Review Pranayama ▪ Asana Class - Subjects for the Advanced Practitioner 		
Weekend #13 – February 25/26, 2012		156 hrs
<ul style="list-style-type: none"> ▪ Teaching Methods – Practice Teach ▪ Elective - Present Diverse Practices reports ▪ Asana Class - Subjects for the Advanced Practitioner 		
Weekend #14 – March 24/25, 2012		168 hrs
<ul style="list-style-type: none"> ▪ Teaching Methods Lab IV – Practice Teach ▪ Elective - Present Diverse Audiences reports ▪ Asana Class - Subjects for the Advanced Practitioner 		
Weekend #15 – April 28/29, 2012		180 hrs
<ul style="list-style-type: none"> ▪ Technique - Review ▪ Technique - Review ▪ Graduation ▪ Asana Class - Subjects for the Advanced Practitioner 		
<i>Additional Requirements</i>	Practice Logs	210 hrs
	<ul style="list-style-type: none"> ▪ Maintain a regular practice ▪ Document 30 practices of 1 hr min. length 	
	Outside teaching practice or apprenticeship	230 hrs
	<ul style="list-style-type: none"> <input type="checkbox"/> Teach yoga classes or observe a yoga instructor 	

Program Description

Technique

We will explore asana, bandha, kriya, and pranayama with attention to safe technique and modification for individualized needs. Covering all the categories of asana, (standing postures, twists, back arches, inversions, and forward bends), we'll look at their benefits and possible contraindications. We will also explore the inner techniques of bandhas (inner energy practices), kriyas (abdominal organ exercises), and pranayama (breathing exercises).

Anatomy and Physiology

We will study gross anatomy and physiology in order to develop a working vocabulary for clear and effective communication. In addition to studying the muscular and skeletal systems, we will study the Eastern view of energy anatomy that includes Nadis, Chakras, and Pranic Flow. Our introduction to kinesiology shows how stabilization predicts freedom of movement. Our recurrent theme is how the innate intelligence of the body keeps its interconnected systems working remarkably well.

Philosophy

Yoga is more than the cultivation of the physical body. Honoring the body as the gateway to the inner realm, we'll explore ancient texts that describe the pitfalls and benefits of this contemplative practice. Among the texts we'll consult are the Bhagavad Gita, Yoga Sutras of Patanjali and the Hatha Yoga Pradipika.

Teaching Methods

Being a good yoga teacher is first and foremost about being a good teacher. Borrowing from the advances of Western pedagogy, we'll look at effective teaching methods that take into account individual differences and varying learning styles. Learning how to teach is a life skill that will serve us whether or not we choose to stand in front of a class.

Electives

Alignment Yoga believes a yoga teacher's success depends on their ability to communicate. Part of communication is recognizing our diversity and individual differences. Both electives are required for Alignment Yoga certification.

- ***Diversity of Practices.*** Present a 15-minute report to the class on a mind/body discipline other than Hatha Yoga. The presentation may be lecture, demonstration or experiential.
- ***Diversity of Audiences.*** Research teaching methods applicable to diverse populations. This should include interviewing experts working with this population, as well as outreach into the chosen community. A 15-minute presentation to the class will summarize this research.

Program Goals

Asana

- Competently practice the following asanas, or working on an asana or movement that directly leads to that ability.
- Describe the benefits and cautions to each of these asanas.
- Competently teach the following asana

Beginning Syllabus

Quiet Sitting/Lying

Supine Three-Fundamentals Check-in

Pre-Yoga

Dead Bug

Psoas Wake-up

Uddiyana Bandha Wake-up

Sumo

Standing Poses

Warrior II (Virabhadrasana II)

Side Angle (Utthita Parsvakonasana)

Front Lunge (Virabhadrasana I Prep)

Projected Lunge (Parivrtta

Parsvakonasana Prep)

Standing Front Bend (Uttanasana)

Inversions

Downward Facing Dog (Adho Mukha

Svanasana)

Back Bends

Prone Mountain (Tadasana Prep)

Baby Cobra (Bhujangasana Prep)

Locust (Salabhasana)

Bridge (Setubandhasana)

Front Bends

Supine Leg Stretch (Supta

Padangusthasana)

Twists

Seated Twist (Twist in Sukhasana)

Quiet Sitting/Breathing Exercises

Quiet Sitting (Sukhasana)

Relaxation

Corpse (Savasana)

Continuing Syllabus

Pre-Yoga

Gravity Juice
Uddiyana Kriya
Agni Sara Kriya
Towel Work
Thymus Opener
Yoga Sit-ups
Leg Lifts

Sun Salutation

Athletic (Surya Namaskara)

Standing Poses

Eagle (Garudasana)
Tree (Vrksasana)
Powerful (Utkatasana)
Lunge Twist (Parivrtta
Parsvakonasana)
Warrior III (Virabhadrasana III)
Intense Side Stretch (Parsvottanasana)
Standing Wide Legs (Prasarita
Padottonasana)

Back Bends

Classic Cobra (Bhujangasana)
Bow (Dhanurasana)
Seated Wide-Legs (Upavistha
Konasana)
Auspicious (Swastikasana)

Twists

Half Fish Twist (Ardha
Matsyendrasana)

Inversions

Shoulderstand (Sarvangasana)

Quiet Sitting/Breathing Exercises

Balanced Breathing (Sama Vrtti
Pranayama)
Uddiyana Bandha
Mula Bandha
Jalandhara Bandha

Intermediate I Syllabus

Quiet Sitting/Breathing Exercises

Seated Three-Fundamentals Check-in

Pre-Yoga

Three-Part Breathing

Prone Mountain (with Spine Bag)

Belted Standing Poses

Elbow Dog

Sun Salutation

Classic (Surya Namaskara)

Standing Poses

Warrior I (Virabhadrasana I)

Triangle (Utthita Trikonasana)

Revolved Triangle (Parivrtta

Trikonasana)

Mountain (Tadasana)

Inversions

Headstand (Sirsasana)

Back Bends

Upward Bow (Urdhva Dhanurasana)

Front Bends

Cow Face (Gomukhasana)

Lightning Bolt (Vajrasana)

Front Bends

Hero (Virasana)

Twists

Sage Marichi I (Marichyasana I)

Sage Marichi III (Marichyasana III)

Stretch of West (Paschimottanasana)

Quiet Sitting/Breathing Exercises

Ujjayi Pranayama

Pranayama, Bandha and Kriya

- Competently practice the following techniques.
- Describe the benefits and cautions to each of these pranayamas and bandhas.
- Teach those pranayamas and bandhas in bold print.
- Know the indicators of faulty practice and contraindications.

Pranayamas

Mula Bandha Breathing

Sama Vritti

Ujjayi

Nadi Sodhana

Viloma

Kumbhakas

Bandhas

Mula

Uddiyana

Jalandhara

Kriyas

Agnisara

Nauli

Quiet Practice

- Consistently engage in a seated meditation practice.
- Describe the benefits and cautions of these practices.
- Teach quiet sitting.

Philosophy

- Know the eight limbs of Yoga, as outlined by Patanjali's Yoga Sutras.
- Familiarity with The Yoga Sutras of Patanjali.
- Familiarity with The Bhagavad Gita.
- Awareness of the various paths of Yoga.
- Knowledgeable in the ethical responsibilities undertaken in teaching Yoga.

Anatomy and Physiology

- Correctly identify the major bones and muscles of the axial skeleton, shoulder girdle and pelvic basin.
- Know the subtle-body anatomy, such as the movement of prana, the nadis and chakra system.
- Awareness of the complexity of joint stabilization and kinesiology.

Teaching Methodology

- Working knowledge of human constitutions, either through Ayurveda, somatypes, 5-element theory, etc.
- Knowledge of the pathologies and cautions to be respected in teaching Yoga.
- Ability to touch (adjust) with respect and purpose.
- Ability to clearly demonstrate a concept (i.e. - to make the visual presentation match simple verbal cues)
- Continue developing skills in pacing a class.

Methods Lab

- Satisfactorily complete the in-service teachings contained within the training program.
- Spend at least 20 hours assisting or teaching classes outside the training.



Tuition and Fees

Tuition Fees and Terms

- Tuition for the entire course is \$3300. (Check, Cash, Visa and MasterCard accepted for payment.)
- Tuition is due in full 30 days before the course begins.
- Consultation with faculty to make up deficient program hours will be charged at \$80 per hour.
- We do not offer payment plans or financial assistance.

Required Reading Materials

Available through various sources:

- *The Inner Tradition of Yoga* by Michael Stone
- *Teaching Yoga* by Donna Farhi
- *Anatomy Coloring Book* (third edition) by Kapit and Elson
- *Pelvic Power* by Eric Franklin

Available through the Alignment Yoga Store:

- *Taking Root to Fly* by Irene Dowd
- *Dancing the Flame of Life* by Dona Holleman
- *Alignment Yoga: An Intelligent Approach to Ancient Wisdom* by Scott Anderson (*Coming soon!*)
- *Creating Your Yoga Business* by Lisa Antoniotti

Estimated Cost of Reading Materials

- Expect to pay \$100.00-\$150.00 for required textbooks
- Textbooks may be purchased at any retailer where they are available. Alignment Yoga does not require that textbooks be purchased through them.

Additional Costs

- Budget another \$100 for project materials for each of the elective classes (\$200 total)

School Policies

Non-discrimination

- The Alignment Yoga Teacher Certification Program does not discriminate on the basis of age, gender, marital status, national origin, sexual orientation, race or religion.

Attendance and Tardiness

- Attendance in all sessions is strongly advised. If you foresee absences, please reconsider your participation in this course.
- Attendance is noted at each class.
- In the event of an absence, those working toward certification must confer with the instructor to develop a strategy to learn the course content and fulfill the required hours.
- Conferences, make-up (including make-up exams), and review resulting from absences will be charged \$80 per hour.
- Punctuality is expected. More than 10 minutes late for a session deducts one hour from your contact-hours total.
- For those without certification intent, it is expected that missed course material will be reviewed prior to the next class. Arriving to classes ill-prepared is not fair to you, the instructor and particularly, your classmates.

Leave of Absence

- We offer no leave of absence from the Teacher Training Program. In the event a participant must discontinue the training and wishes to complete their Alignment Yoga Teacher Training, they will need to start anew in a future class.
- The refund policy will apply to unused tuition.

Advanced Standing

- We do not offer advanced standing for previous training or course-work.

Graduation Requirements and Make-up Hours

- Meeting the program goals as outlined in this catalog
- 200 Hours of Training including a minimum of 160 contact hours.
- Alignment Yoga staff is available to fulfill deficit contact hours at \$80 per hour.

Student Records

- All student records will be stored for a period of ten years from date of graduation. Records are private and can be accessed only with a written request from the teacher trainee. Records will only be sent to the teacher trainee - no records will be forwarded.

Evaluation of Student Progress

- For the following subjects, there will be a total of three written exams: philosophy/ethics, anatomy/physiology and teaching methods. The written exams will require a 70% or higher score to pass.
- One month prior to each exam, students will receive a written copy of the material they will be tested on. Exams are about encouraging mastery of the material, not to inflict stress. All attempts will be made to encourage passable mastery of the material.
- The following classes will have a skills exam that will be graded pass/fail: methods lab, asana technique and pranayama technique.
- The Elective courses will receive a pass/fail grade on the basis of their presentations
- In the event of insufficient exam scores, students will be allowed to retake exams up to two more times, for a total of three attempts per exam.
- In the event progress has been deemed unsatisfactory, students will be notified immediately to schedule a meeting with the School Director to discuss strategies for future success and to remedy past insufficiencies.
- Students may continue to attend classes, regardless their performance on exams. Probation and termination only applies to situations described below in student conduct.

Complaint Procedure

- Students with concerns or complaints are encouraged to bring them to the attention of the Director of Alignment Yoga. The Director's decision on all complaints is final.
- If resolution cannot be reached, students may contact the Wisconsin Education Approval Board for further assistance at (608) 266-1996.

Student Conduct and Drug Policies

- Participants are expected to behave maturely. Students displaying disruptive behavior will be terminated from the program.
- Disruptive behaviors include, but are not limited to: harassing other students, possession or being under the influence of drugs or alcohol, or abusive language.
- The ethics statement outlines our behavioral expectations. It is expected that teacher trainees will be familiar with these issues and strive to uphold their essence.

Termination Policies

- Students who behave inappropriately will receive a written warning.
- A second infraction of conduct policy will result in termination from the program.
- One year after termination, student may reapply for admission to an upcoming class. Admission is not guaranteed.

Cancellation and Refund Policy

- The student will receive a full refund of all money paid if the student cancels within a three-business-day cancellation period.

- A student who withdraws or is dismissed after attending at least one class, but before completing 60% of the instruction in the current enrollment period, is entitled to a pro rata refund as follows:

After completion of at least	Prior to completion of	The refund will be
N/A	First day of class	100%
1 unit/class	10% of the program	90%
10%	20% of the program	80%
20%	30% of the program	70%
30%	40% of the program	60%
40%	50% of the program	50%
50%	60% of the program	40%
60%	N/A	no refund

- As part of this policy, the school may retain a one-time application fee of no more than \$150. The School will make every effort to refund prepaid amounts for books, supplies and other charges. A student will receive the refund within 40 days of the termination date. If a student withdraws after completing 60% of the instruction, and the withdrawal is due to mitigating circumstances beyond the student's control, the school will refund a pro rata amount.
- A written notice of withdrawal is not required.
- Students who utilize the cancellation privilege will receive a full refund within 10 business days.



Alignment Yoga Ethics Statement

As a teacher of yoga, it is my responsibility and privilege to support the physical, mental and spiritual welfare of my students, and to uphold the dignity and integrity of the yoga teachings. Thus, I agree to abide by the following guidelines.

Relationships with Students

In recognition of the trust placed in me by my students, I agree to:

- Show only the highest regard for my students' personal beliefs and values.
- Offer my services of teaching yoga to all persons, regardless of sex, race, color, ancestry, religious creed, national origin, physical disability, mental disability, medical condition, age, marital status, political affiliation, or sexual orientation.
- Avoid any action that I know will conflict with the higher interest of my students.
- Avoid taking unfair advantage of students financially, sexually, romantically, or otherwise.
- Refrain from initiating a romantic or sexual relationship with a current student, even if invited by the student.

Professional Conduct

In conducting my teaching practice, I will:

- Offer only those services that I am competent to provide.
- Not attempt to diagnose a student's physical or psychological condition, prescribe a treatment, nor suggest or approve going against a physician's advice.
- Take continuing education in yoga teaching on a regular basis.
- Be honest, straightforward, fair and conscientious in all business dealings.
- Manage my business finances according to accepted business and accounting practice.

Advertising

In brochures, advertising and other descriptions of my services (including verbal), I will:

- Make no exaggerated claims as to the benefits of yoga practice or my classes.
- Represent my training, qualifications, abilities and affiliations accurately and unambiguously.
- Not falsely imply sponsorship by, representation of, nor endorsement by any organization.

Ownership and Governance

Scott Anderson Yoga, LLC is the owner of the Alignment Yoga Advanced Studies Program. Scott Anderson is the school director and the Head Instructor. The school board consists of Scott Anderson (School Director), Andrea Russell (School Instructor), and Alicia Wright (Assistant Instructor).

Faculty



Scott Anderson, School Director, is a nationally recognized yoga teacher. He founded the Blue Mounds Dharma Center in 2005 and became director and co-owner of Mound Street Yoga, Madison, WI's oldest yoga center in 2008. He was also one of the original founders and director of the St. Paul Yoga Center from 1993-1996. Scott began practicing yoga when he was 16 in 1982. His yoga teaching career began at 22. Scott has studied extensively with Dona Holleman and since 2003, Scott makes annual trips to Mahuva India for ongoing in depth study with Morari Bapu.



Nagindas Sanghavi, Philosophy of Yoga Teacher, hails from Bombay, India. At 90+ years of age, Nagindas has practiced yoga daily for over 60 years. He is renowned as a political scholar and is considered one of the world's foremost authorities on Gandhi. As a retiree, Nagindas turned his considerable energy to studying the Sanskrit and philosophy he first learned as a boy. During his brief stay in the United States, Nagindas will be teaching the Philosophy and Ethics portion of the teacher training.



Andrea Russell, YTT Instructor, has been studying yoga and meditation since 1996 and began teaching in 2000. Registered with Yoga Alliance at the 500-Experienced Level, she has completed teacher trainings in Ashtanga, Alignment and Therapeutic Yoga. In addition to yoga, she is a nationally and state certified massage therapist who specializes in Neurovascular Integration/Craniosacral Therapy. Detailed information can be found on www.andrearussell.com.



Alicia Wright, YTT-200 Assistant Instructor, is a busy and dedicated yoga mama with three boys. She has been practicing and studying yoga for five years. She has completed 200-hour certification in Alignment Yoga teacher training with Scott Anderson and is in training for her 500-hour certification. Alicia passionately believes in the power of yoga to help us live a simple life in a crazy world!



Sandra Helpsmeet, YTT-200 Assistant Instructor, is a Registered Yoga Instructor at the 500-hour level through the Yoga Alliance. She completed both her 200- and 500-hour training with Scott Anderson of Alignment Yoga, and she continues to study with him. She also holds a master's degree in marriage and family therapy and maintains a part-time psychotherapy practice, wherein she enjoys allowing yoga and mindfulness practice inform her work. She teaches private classes and therapeutic yoga at the Yoga Center of Eau Claire and at SouthWoods Counseling Clinic.



Pema Lisa Antoniotti, Director of Program Development, is a RYT 200 hour level yoga teacher and a Dharma teacher in the Tibetan Buddhist tradition. She is also the Co-Founder of Joyful Path Healing and Meditation Center. As a result of 18 years working in various aspects of state government, nonprofit and corporate settings, including a focus on small businesses, Pema has developed an extensive breadth of management, training, and organizational development skills. Pema currently teaches the business modules of the YTT-200 course.

Admission Information

Admission requirements

- Applicants should have attained 25 years of age. (Exceptions will be considered upon submission of additional application materials)
- Submit a \$150 nonrefundable application fee.
- Complete and submit the application form.
- Complete a satisfactory admissions interview.
- Applicants are expected to have a regular yoga practice.
- Candidates must have a mature understanding of themselves and others. This could be acquired through activities including college coursework, workshops, individual or group psychotherapy, or a regular contemplative practice.
- Applicants are expected to be computer literate. This means being comfortable with sending/receiving e-mail and navigating websites. Most course materials and correspondence will occur electronically.

How to apply

- After receiving the completed application along with the \$150.00 application fee, an admissions interview will be scheduled. Application to the program does not guarantee acceptance.
- All applicants are required to have an interview with Scott Anderson, Director of Alignment Yoga Advanced Studies Program. Applicants are encouraged to bring any questions you have about the program to the interview.
- Applications are due by December 1st, 2009. Students are encouraged to submit applications early, as spaces in the course are filled as qualified applications are received.

Certification

- Upon successful completion of the course, you will receive teacher certification from Alignment Yoga. You will also qualify to apply for Yoga Alliance 200 hour certification.

*Alignment Yoga Advanced Studies 2010/11 Catalog updated December 2009.
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Application for Admission

To enroll in the Alignment Yoga Advanced Studies/Teacher Certification Program, please submit the application letter, reference letter, resume and the \$150 deposit.

Letter of Application

This is the heart of the application in which you communicate who you are, and who you are becoming... and what major events and influences have helped shape you.

What has shaped your approach to yoga, your practice, your way of carrying yourself in this world? What do you hope to gain from attending this training? Why are you choosing to apply to this training? Include a history of your yoga training, practice and teachers.

Resume

Using an outline form, summarize your educational and employment history. List your participation in other trainings and workshops. Describe your leisure time pursuits. Be sure to include your mailing address, telephone number(s) and e-mail address.

Letters of Recommendation

You may obtain a letter of recommendation from your yoga teacher(s). In the event you have difficulty procuring a letter from your primary yoga teacher, please include a letter from a colleague, other teacher or friend describing your suitability for advanced studies in yoga.

Acceptance and Notification

You will be contacted upon receipt of application and an admissions interview will be scheduled (in-person or via telephone)

Deposit

The deposit will be refunded in full in the event you are not admitted to the program. Once your acceptance letter has been mailed, the deposit is non-refundable.

Application materials may be sent to:

Alignment Yoga Advanced Studies Program
Box 144
Blue Mounds, WI 53517
(608) 437-5931
yoga@AlignmentYoga.com
www.AlignmentYoga.com

