



YAMA YOGA STUDIOS

Doha, Qatar

## Yama Yoga: 2011/12 Teacher Training Program

Yama Yoga offers classes in Astanga vinyasa yoga which are informed by the traditions and practices of Iyengar yoga and Vinyasa or flow Yoga. The teacher training program draws from these traditions to offer a well rounded and in depth introduction to yoga as taught by the students and disciples of Sri T Krishnamachariya, the grandfather of modern yoga. The philosophical basis of the teacher training program will be firmly rooted in his teachings and in the study of the Yoga Sutras of Patanjali.

Teacher trainees will leave the 200 plus-hour program with the following skills and experiences:

- A well-rounded foundation in the principles of asana, pranayama, meditation, and yoga philosophy
- A basic understanding of anatomy
- The skill to structure a yoga class intelligently, taking into account the students' needs
- A basic understanding of the principles that unite the traditions of yoga derived from the teachings of Sri T Krishnamacharya and discussed in the Yoga Sutra
- A basis for life-long study and practice of yoga
- A 200-hour Yoga Alliance registered certificate

### Schedule:

Deciding to deepen your yoga practice and to train as a yoga teacher requires commitment and dedication. The program will be vigorous but it has been designed to fit with the needs of working professionals and family members who need the flexibility to travel at different times of the year. It has also been designed to be a long term commitment rather than a short term course as developing as a yoga teacher depends on developing a serious practice and an in depth understanding of the many facets of yoga this can not be hurried.

The program will provide 32 weeks of training. It will run from September 18<sup>th</sup>, 2011 to December 17, 2011 and from Jan 8<sup>th</sup> 2012 to June 4, 2012 with the possibility of make up sessions and an additional workshop in June.

### Regular Class Times

Friday morning technique practice: 7:30 – 9:30 am

Saturday morning Mysore practice: 7:30 – 9:30 am

Monday evening anatomy, pedagogy and philosophy sessions: 7:30 –9:00 pm

Students will be expected to attend all sessions. They will also be expected to attend one studio class a week and to develop a daily home practice.

## **Workshops**

Students will also be expected to participate in up to 8 workshops through out the year. The workshops are compulsory and can not be substituted by other outside workshops. Other workshops will be at the students choosing but should be preapproved and should not conflict with the Yama Yoga program. Yama Yoga workshops will run from October to June.

The workshop fees are not included in the program costs. Average cost for these workshops will be between 500 QR and 1200 QR. Final costs are unknown at present but students should expect to pay an additional 7000 QR for these workshops and should budget for this.

## **Costs**

Registration: QR 2000 (This fee is non refundable and should be paid upon acceptance into the program)

Fall Semester – QR 2500

Spring Semester – QR 4000

Total for the year – QR 8500 (US \$2330.00)

Workshops – As above but students should budget up to QR 7000 (US 1900)

*(The semester costs includes the costs for the three teacher training class per week. Additional classes at the studio should be paid for. Make up classes in June are also additional. Only designated Yama Yoga teacher training classes count towards the teacher training program. To avoid confusion students should have outside classes and workshops pre-approved with the director of the Yama Yoga Teacher Training program.)*

## **Assessment**

Students will be assessed on participation, competence and completion of requirement including workshops and homework and assigned teaching hours. Details will be provided on acceptance. Commitment to the program is essential and certification should not be thought of as automatic.

The basis of assessment will include:

- The quality and commitment of the students practice.
- Sanskrit competency
- Teaching portfolio
- Anatomy and injury prevention portfolio
- Philosophy portfolio
- Completion of observation, assisting and practice teaching hours.

Students will be expected to train at Yama Yoga under the mentorship of senior teachers until they have demonstrated competency. No trainee should teach any class anywhere without prior permission from senior teachers.

The program will be lead by Valerie Jeremijenko (E-RYT500), with assistance from senior Yama Yoga teachers and visiting teachers.

The required texts will be provided to you as part of your registration package. Additional reading suggestions will be listed on the website.

For additional information or with questions please contact [yamayogastudios@gmail.com](mailto:yamayogastudios@gmail.com)