

# Yoga Nook

## Hatha Teacher Training Program Class of 2017/2018

Registered Yoga School With Yoga Alliance  
Educating Yoga Teachers To RYT 200 Standards

Program Director

Jeni Winterburn E-RYT 500 HSE

Co-Teachers

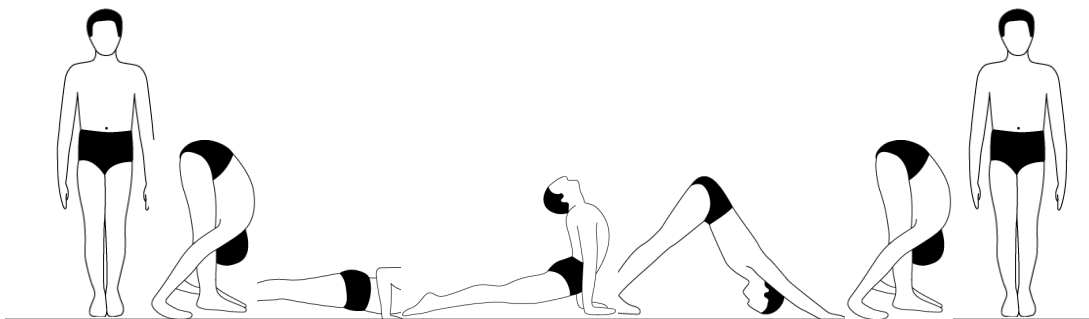
Jessica Nilson E-RYT 200 RYT 500

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Teachers Assistant Di Hickman RYT 200



# Yoga Nook Hatha Teacher Training Program—Work Book.

With each capsule the student teacher is supplied with a folder of comprehensive notes relevant to the topics covered in the capsule. Anatomical diagrams, photos and illustrations reinforce the teachings and gradually build into a valuable volume of information that can be used as a reference for many years to come.

## Who attends teacher trainings?

The students in YNHTTP range from those who are in the program to gain more yoga knowledge with no intention to teach, to those who are already in the teaching field but would like to add to their skills and those who have some experience at yoga and may want a career change or are ready to add teaching to other skills.

Teaching yoga is a solitary occupation. Sharing our thoughts, ideas and concerns in a comfortable group setting is important and valuable. If a caring environment for learning can be created by the yoga teacher then the information students gain will become self knowledge. That's one of the reasons Yoga Nook has included a Teachers Retreat to the program.

YNHTTP is the only teacher training program in Ventura county that includes a retreat as part of its syllabus. Two nights and three days of Yoga, great food, laughter and even a little relaxation will get you in touch with the teacher within.

## Graduate Requirements

In order to graduate from the Yoga Nook Hatha Teacher Training School YNHTTS. The student must complete each of the 7 capsules in the program accumulating 236 hours of yoga education. The student must then pass a final test which will include a written exam with an 75% correct passing standard and a practical test which will be assessed by the director of the program before they receive a certificate of completion.

If the student has not reached a competent level of practical teaching, gets a score below 75% on their final test or has not completed all 7 capsules of the program they will not graduate or receive a certificate of completion but will be given options for further study. (Note; Missed capsules can be made up in the next teacher training group)

## Enrollment

Proficiency in asana is preferred but not required, bring an open mind and heart.

### Contact

**Jeni Winterburn (805) 390 8175**  
**YogaJenToo@aol.com**

In order to qualify as a teacher training school with Yoga Alliance certain criteria must be met and to meet those criteria Yoga Alliance has created its own terms and jargon. In order to simplify our work and familiarize the students in the program with the Alliance terms a short glossary is provided here which will help the student to understand the following pages.

### **Hours required for RYT 200 registration.**

Yoga Alliance require that each teacher in training complete a minimum total of 180 hours of what they term “**Contact**” hours. These are hours that the teacher in training spends with a primary teacher who is already an E-RYT 200 Or E-RYT 500. These 180 hours are divided between several general themes and must meet a minimum requirement in each.

#### **Technique.**

Refers to hours spent in the study of asana (posture) technique. This includes but is not limited to adjustments, assists for the student and alignment techniques in the poses.

#### **Method or Methodology**

The hours in this category are less physical asana but rather a consideration of the method of teaching and the skills that are required for that task. Communication skills, class structure, information on physical limitations like scoliosis or pregnancy.

#### **Anatomy & Physiology**

Energy anatomy as in charkas and Prana is included in this category as well as the more formal anatomy of muscles, nerve pathways and movement science.

#### **Philosophy**

Yoga History, luminaries and exploration of the many venues in and around LA that are of particular Yoga interest are included in this category.

#### **Practicum**

Practical application of the tools that the teacher in training has learned in a class setting. Teaching skills will be reviewed on a regular basis in this category.

#### **Non Contact Hours**

Non Contact hours are made up of assignments, reading, writing or watching DVD's, reviewing and teaching classes outside the teacher training program. Hours spend in Non contact vary but will not be less than 8 hours per capsule.

## **Yoga Academy**

A regular class called Yoga Academy is added to the schedule once a month at 5.30pm on Fridays and 10,30am Sundays during the 10 month program. This class is for your use to practice teaching. It's supported by Yoga Nook members and guests and is a valuable asset. You are expected to make yourself available to teach at least once during this time slot. It's hoped that you also support each other by attending several of the classes taught at this time.

This Teacher training program meets & exceeds the requirements set down by Yoga Alliance.

## Syllabus Guide.

As you look through this syllabus you will notice that there is a great deal of information set out for each weekend that we meet. These are the topics that we cover as we move through our day, some topics happen simultaneously like anatomy, physiology and asana as they are all interrelated. The self study section in each capsule is often a review of information that we have covered in detail during a weekend and or day release so you will not be asked to cover material that you are not familiar with.

## Field Trips.

4 out of the 7 capsules have an accompanying field trip. This is primarily time together out of Simi where the group explores off site locations of special Yogic interest in the LA and Ventura area or invites specialist teachers to the Nook. Generally most of the day will be spent off site with a return to the studio for Pranayama or meditation and a review of the days activities.

## Payment schedule

The cost of the 10 month program is **\$2950** which includes guest teachers, field trips, the teacher training manual and unlimited access to yoga classes at the Yoga Nook for 12 months. This cost does not include the cost of books, videos or DVD's on the required reading list (some of which you may already have.) If you are currently an annual member of the Yoga Nook we deduct your membership payment from the total.

## Payment plans.

Pay the full amount with a certified check.

**Pay a good will deposit of \$250 now then...** Make 2 payments of \$1350 with 2 certified checks one at the beginning of the program and one in December 2017

**Pay a good will deposit of \$250 now then...** Pay \$1000 on August 1st 2017 and then pay \$141.66 a month for 12 months automatically deducted from your bank account.

**Pay a good will deposit of \$250 now then...** then pay \$150.00 a month for 18 months automatically deducted from your bank account.

## College Units.

Yoga Alliance has compared the 11 month YNHTTP with 12 college units. Although we are not affiliated with any university or college campus, letters of petition are supplied on request.

For those of you in the fitness field letters of petition have also been accepted by NASM and AFAA and continuing education credit has been awarded for attending the Yoga Nook Hatha Teacher Training Program.

# Next Program Begins August 25th 2017

## Capsule 1. Content.

### August 25,26,27 Weekend Intensive      **Capsule 1**

- Fri Program Orientation & distribution of materials  
Yoga History timeline. Intro to Sutras & Patanjali
- Sat Practicum learning teaching skills  
Technique. Intro to deconstruction  
Methodology. Communication skills  
Anatomy. Applied Physiology
- Sun Practicum Practice teaching  
Technique Asana Overview  
Methodology Intro to adjusts  
Anatomy. Major muscles and Skeletal system

### Sunday September 10th Field Trip.

- Visit to Yogananda's Kriya Yoga Temple in LA
- Technique. Sun salutations /asana
- Technique. Pranayama

## Capsule 2. Content

### September 29,30 & 1st Oct Weekend Intensive Capsule 2

- Fri Aryurvedic Principles  
Technique Alignment & Guided Practice
- Sat Technique. Alignment & Self Practice with assistance  
Method Class structure.  
Aryurveda Applied teaching to Doshas
- Sun Technique. Special needs students  
Methodology. Assists/Correcting

## Capsule 3. Off Site Intensive Ojai

**Please note the Intensive starts on Friday at 10am and ends on Sunday at 4pm  
You may arrange your own accommodation or commute from Simi each day.**

### October 20, 21, 22nd Intensive Capsule 3

- Fri Philosophy Vrittis & Kleshas  
Anatomy Nervous system  
Lecture on Krishnamurti and visit to the Library on the grounds
- Sat Practicum. Practice teaching & adjusting  
Technique. Guided Practice  
Anatomy & Physiology
- Sun Practicum . Practice teaching & assists  
Technique Back bends & Forward folds  
Technique Mudra/pranayama

### Sunday 5th November Capsule 3

Energy Anatomy Chakras

## Capsule 4. Content

### December 8, 9, 10 Weekend Intensive Capsule 4

- Fri Philosophy Sutras,
- Sat Practicum. Practice teaching and adjusting  
Technique. Pranic Models  
Methodology . Communication & adjusts
- Sun Practicum Practice teaching and adjusting  
Technique Asana for chakras  
Methodology. How students learn & students characters.  
Anatomy Subtle body's

## Yoga Academy

During your program and through to graduation a class called “Yoga Academy” is added to the regular Yoga Nook class schedule once a month at 5.30pm on Fridays and 10.30am Sundays. This class is for your use to practice teaching. It’s hoped that you are regularly attending and using this resource. It’s supported by Yoga Nook members and guests and is a valuable asset to you as beginning teachers. You are expected to make yourself available to **teach at least once during this time slot.** It’s hoped that you also support each other by attending several of the classes taught at this time and that you make full use of this opportunity. The more you practice teaching the more you develop your skills.

## **JANUARY 2018 Capsule 5 Content**

**\* Note this capsule is spilt in 2 Sections\***

### **January 5, 6, 7 Weekend Intensive Capsule 5**

- Fri Lecture on Hypermobility, Hips and Shoulders  
Experiential anatomy
- Sat Practicum. Practice teaching.  
Techniques. Hips and shoulders  
Methodology assists for Hypermobility
- Sun Practicum. Practice teaching  
Anatomy. Joints.  
Techniques. Mudra, Kriya & meditation  
Methodology. Instruction

### **January 20, 21st. Capsule 5 continued**

- Philosophy Study of Bagavad Gita  
Technique Restorative Relaxation & supported poses  
Visit by Temple Bhagan Band/Chanting  
Technique What is "Core" & Bandas

## **Capsule 6 Content**

### **February 2, 3, 4 Weekend Intensive Capsule 6**

- Fri Technique Discussion topic Class Design  
Review.
- Sat Practicum. Practice teaching & assists  
Technique. Prenatal yoga & yoga for bigger body  
Anatomy

### **Sunday February 4th Field Trip.**

- Book Study .. Pema Chodren  
Technique. Meditation  
Trip to Vedanta center in Santa Barbara  
Technique Mudra/pranayama

## Capsule 7 Content

### March 2, 3, 4. Weekend Intensive    Capsule 7

- Fri    Mock Testing 50 Questions and De Brief  
        Philosophy    Vedas & Upanishads intro
- Sat    Practicum. Practice teaching  
        Technique. Seniors, Scoliosis & Therapy Yoga  
        Anatomy of an older body & Trauma patterns
- Sun    Practicum. Practice teaching & assists  
        Technique. Graduation class review  
        Methodology. Lecture on topics TBD by group needs

## Graduation

### April 6, 7, 8. Graduation.

Fri, Sat, Sun    Practicum & Theory test.

Plan to attend a minimum of 8 hours over the course of the weekend.  
You will be attending with other graduates as they teach their practicum.

**Total for whole program    Contact. 181 Non contact 55    Hours Total 236**





## Reading List

These books are a great reference tool and can be purchased used on line or sometimes may be found in the \$5 book stores.

Some homework and self study assignments require these books/DVD.

### Capsule 1

We want you to have an anatomy book for reference. We suggest Netters Atlas of the Human body by F Netter MD published by Barrons. It has a picture of human torso on front with veins and arteries showing. (this is not the giant book but a smaller version)

Or “Pocket Body” app for I phone or I pad.

Or Any good Anatomy book with clear pictures for your reference

DVD Anatomy for Yoga by Paul Grilley (you must get this video... there are questions associated with it)

### Capsule 5

The Bhagavad Gita translation by Eknath Easwaran

### Capsule 6

Start where you are. By Pema Chodron

To arrange an interview at Yoga Nook or to ask further questions about the course please contact Jeni Winterburn.

Cell 805 390 8175  
Email [YogaJenToo@aol.com](mailto:YogaJenToo@aol.com)

We look forward to welcoming you as part of our 2017 class!