

# Yoga Nook RYT 300 Teacher Training Program With Jeni Winterburn E RYT 500, HSE. 2017

It is necessary for you  
To experience non being.  
Love takes you towards that.  
Asleep beside  
The splashing water  
Let it say secrets into you.  
Be a sleep  
And pure listening  
At the same time. *Rumi*

Yoga Nook 

Teacher Training Program to RYT 300 Standards  
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# Yoga Nook RYT 300.

When you are a graduate of a RYT 200 program you can choose any school to complete your registration to RYT 500 level. An additional 300 hours of education breaks down to 300 hours in the physical presence of E-T-RYT 500 or equivalent and 50 hours of self study. For those of you who took the Yoga Nook training to RYT 200, the format of classes offered will feel familiar.

There are 8 capsules (groups of information) in the RYT 300. There is no guarantee that there will be a 300 program every year. If it's necessary for you to miss a capsule or part of a capsule it will be up to you to make up those hours with E RYT 500 teachers either in private instruction, as an assistant or with other contact hours that we agree on. The program requires 12 month commitment.

Each capsule is taught over a weekend with the exception of the two 5 day retreats, one evening meeting (for a field trip) and 4 individual field trip extensions on Sundays which are offered at off site at various locations of Yogic interest in the LA and Ventura area.

RYT 200 graduate programs required a heavy bias to practicum but there is less emphasis on teaching practicum for the RYT 300; so it's not as necessary to take part in yoga classes as a group unless they are dedicated to an in depth look at some aspect of asana. As a result of this Saturday morning meetings are arranged as "breakfast meetings" and an informal space is enjoyed as we meet for discussion and planning.

## RYT 300 Projects.

As part of the RYT 300 program you will be asked to complete 3 main projects demonstrating that you are capable of following a task through from inception to completion.

You will be asked to organize a two hour workshop from a selection of topics that are offered in the RYT 200 program, using both lecture and practicum. Although you will all do the preparation and be ready to present, only one of the group will actually offer the workshop to RYT 200 students at one of their evening meetings.

In the Day retreat you will be asked to design a short program for retreat attendees and we will offer the retreat to actual yoga students. Retreat design and teaching as well as marketing is a small part of the program.

For your RYT 300 final you will select a project from a wide variety of specialist topics and asked to offer it to a group, in your local area, as a series of classes or workshops. This may be a group you regularly teach or you may approach a specialist need group or work one on one with several different people. The intention is to show that you understand and are able to meet the needs of specialist yoga and AIM movement when necessary in a group or individual setting. You will be developing these skills as part of the program over the next year.

# Payment Plan

The cost of the RYT 300 program is \$3200. This does not include the cost of reading materials, some of which you may already have, or the food at the two retreats held in the Sierras. (the cost of food is shared between us all, we all take a turn cooking and cleaning there is no accommodation cost.)

## Electives

There are 38 hours of required electives for this program and the cost of these workshops is not included. Electives are any workshop presented by an E RYT 500 teacher. You can assist me in one of the RYT 200 weekends in 2017 at no charge as one of the electives. The remaining elective hours can be agreed between us and could be a selection from other teachers or some of the teacher training AIM programs I offer during the year.

## How to pay.

There are several payment options available.

**Pay a \$200 good will deposit** then complete payment with 2 checks for \$1500 at 6 month intervals

**Pay a \$200 good will deposit** then complete payments in 4 installments of \$750 one at the beginning of the program and one each quarter as the program continues.

**Pay a \$200 good will deposit** then \$1000 on the first day of training and complete payment once a month for 12 months (\$166.66) or 18 months (\$111.11) ...or any variation of this with a down payment and an agreement to the outstanding amount monthly.

**Pay \$200 good will deposit and \$375 on the first day of each capsule.**

**If you are already a graduate of Yoga Nook RYT 300 Program we offer you a refresher opportunity for \$100 per capsule to audit the weekend.**

## Meeting Times Schedule

The following pages are a guide to the schedule and an outline of how the information will collect in your folders should you choose to be part of the program. By the end of the program you will have accumulated a substantial folder of information which will guide the review process as well as be a valuable resource for years to come.

Unless otherwise indicated a typical weekend meeting is as follows

**Friday 5.30pm to 9.30pm**

**Saturday 8.30am to 5. 30pm**

**Sunday 8.30 am to 5. 30pm**

Make up time: time missed from the program can be made up by attending classes as my assistant, attending workshops or assisting in the RYT 200 program.

# RYT 300 Dates & Topics 2016/2017

## December 2016 Capsule 1 (32 hours contact)

Sat December 3rd 8.30am till 5.30pm

Sun December 4th 8.30am till 5.30pm

Distribution of materials.

**Anatomy.** In depth look at essential organs

**Asana.** Organs as core, stretch reflex, what is stretch?

Review of deconstruction method and how AIM is deep asana deconstruction.

Introduction "special needs students"

## January 2017

Sat January 14th 8.30am till 5.30pm

**Anatomy.** Muscles of the anterior trunk.

Self assessment, The interplay of the trunk and breathing.

Sun January 15th 8.30 till 5.30pm

**Philosophy..** Upanishads lecture/study/discussion

Sleep Cycle, dream interpretation

Break to Visit to local ashram for morning service.

## Capsule 2 (36Hours contact)

Teachers Intensive Sierra Retreat, **Not a Weekend**

February 8th, 9th, 10th, 11, 12th. **Wednesday Evening thru Sunday Lunch**

Weds..... Arrive in Bishop Eastern Sierras ....classes begin . 7pm to 9.30pm

Thurs 7am to 8pm

Fri 7am to 8pm

Sat 7am to 8pm

Sun 7am to 12pm

**Visit to Bishop Yoga Studio** ... using AIM to access yoga in your classroom

AIM, plasticity & stiff bodies.

**Experiential Anatomy.** Anatomy of the spine.

Levers, Fulcrums & Center of gravity in yoga

Understanding the vertebral column hardware

Kinesthetic principles that govern the spine

**Philosophy** BKS Iyengar light on life study #1 in depth Koshas

**Communication** intro to NVC (Non Violent Communication)

## **Capsule 3 (40 hours)**

**Fri March 31st 5.30 to 9.30pm**

**Sat April 1st &, Sun April 2nd 8.30 to 5.30pm**

### **NOTE:**

**As part of capsule 3 we visit the Annual Indian Film Festival in Hollywood. Dates for 2017 TBA (but usually in early April). In the event that the festival falls on this weekend an extra hours will be arranged to complete the topics for the coursework.**

***Anatomy*** Shoulder in depth anatomy, rotator cuff. Mobilizing the shoulder with AIM  
***Pranayama***. The anatomy of breath and study of breathing patterns. COPD & other breathing disorders

***Asana***. Rediscovering inversions, safety and prevention of injury

***Philosophy***. Carl Jung, Patanjali and the psychology of yoga.

Yoga sutras study part 1.

*Capsule 3 cont.*

### **Tuesday April 4th Drum Circle field trip**

Visit to West Hollywood drum circle 5.30pm to 9pm

### **Saturday May 6th 8.30am to 5.30pm**

Body types, who are your students and how to increase their success in asana  
Using AIM strategies to improve yoga performance

### **Sunday May 7th Field Trip 8.30am to 5.30pm**

Lecture on Indian antiquities and the stories they tell.

Field trip to study Indian culture & antiquities.

Pacific Asia & Norton Simon LA museum.

## **Capsule 4 (20 hours )**

**Fri June 23rd 5.30 to 9.30pm**

**Sat June 24th 8.30am to 5,30pm**

**Sun June 25th 8.30 to 5.30pm**

***Philosophy***. The Blink principle. Rapid cognition and intuition. Book lecture/ discussion.

***Asana***. Muscular imbalances revealed through posture. Identifying specific muscle imbalances in self/students and using awareness & asana to bring balance.

In depth Anatomy. Nervous system pathways and volition, motor and sensory pathways.

**Communication**. Working with NVC part 2 how the brain uses communication

***Anatomy*** Human evolution and the brain. The reward pathway. Choosing a graduation project. Preparation and instigation.

## Capsule 5 (20 Hours)

Fri July 21st 5.30pm to 9.30pm

Sat July 22nd 8.30pm to 5.30pm

Sun July 23rd 8.30pm to 5.30pm

**Philosophy.** Study of the Gayatri mantra and the history/philosophy surrounding it. Chanting the Gayatri.

**Asana.** The Power of the pelvis. What is Mula Banda, teaching pelvic stability and grounding in asana. Refining communication skills in asana alignment.

**In depth Anatomy.** Hips, Posas, SI joint dysfunction and stabilization.

**Meditation.** Pratyahara practice. Practicum creating a low sensory environment for deep relaxation.

## Capsule 6 (20 Hours)

Fri August 18th 5.30 to 9.30pm

Sat August 19th 8.30 to 5.30pm Sun August 20th 8.30 to 5.30pm

**Philosophy.** Chakras reflected on the brain, Koshas and strategic acquisition.

**In depth Anatomy.** Neuronatomy/ Spinal cord and the bodies main plexus's

**Asana.** Small movements that help big movements happen.

## Capsule 7 (49 Hours) Not a weekend

September 13th,14th,15th,16th, 17th Teachers 2nd Retreat Eastern Sierra

Thrus thru Sunday

Weds..... Arrive in Bishop Eastern Sierra Classes begin at 7pm to 9.30pm

Thurs 7am to 8pm

Fri 7am to 8pm

Sat 7am to 8pm

Sun 7am to 12pm

**Anatomy** Motor sensory trimming and movement delay. Neurons aren't the only stars of the brain. What happens in the senior brain, a look at dementia.

**Asana.** Visit to Bishop Yoga studio. Introduction to wall ropes, safety, restorative and asana variations. How to teach in a retreat setting and planning a 3 hour class.

In depth look at asana proposals for teaching at the retreat in October.

How to teach students who can't do yoga, special populations and what to expect, setting up a special needs class using AIM & Yoga. Working one on one with common student complaints; movement assessment and interacting with your clients yoga poses. Addressing Shoulder pain & Low back pain.

**Philosophy.** Self study reveling your authentic self, Ritual and finding a personal Totem. Visit to local Indian rock pictographs.

## Part of Capsule 7

### Fri October 6th 6pm to 8pm

Meeting before the retreat to discuss details for the following day,

### Sat October 7th 7.30am to 6pm

One day retreat off site (La Casa De Maria Santa Barbara), set up, teaching and de brief.

### Sat October 28th 8.30am to 5pm &

### Sun October 29th 7.30am to 3.30pm (building the labyrinth)

Review of capsules 1 thru 7, Team Quiz game open book.

***Philosophy/lifestyle*** Labyrinths, history and development & types.  
Ritual, creating ritual. Labyrinth building for walking meditation.  
Practice of Zen, the effort of building then letting go.

**Note Sunday October 29th is a field trip to Oxnard shores where we actually build a labyrinth then spend an hour walking it.**

## **Capsule 8 (27 hours)**

### Fri November 10th mock test & REVIEW 5.30pm to 9.30pm

### Sat November 11th 8.30 to 5.30pm

### Sun November 12th 8.30am to 5.30pm

***Communication***; The art of self compassion. Using NVC to be more compassionate with yourself.

***Asana***. Teaching for the heart, developing postures for post surgery students. Dealing with issues of the heart, using AIM & yoga to lower blood pressure.

***In Depth Anatomy***. The heart & circulation

### December 1st & 2nd

### Testing and Project Presentations. (7 hours)

Projects need to be presented to the whole group so EVERYONE in the group MUST BE PRESENT FOR THIS testing WEEKEND... sorry..... NO EXCEPTIONS.

To complete the program requirements it will be necessary to attend an additional **two 19 hour elective workshops** given by master teachers these will be agreed with Jeni.

See the heading of Electives on page 3.



# Reading List

## RYT 300

The following Books are recommended for the RYT 300 Program.

**Judith Lasters.** Yoga Anatomy for Teachers.

**BKS Iyengar.** Light on Life.  
( read the title carefully we are looking for **LIGHT ON LIFE**)

**Malcolm Gladwell.** Blink. (audio version is very good)

**Translation by Eknath Easwarn.** Upanishads.

Review **Gil Heady** videos on You Tube to familiarize yourself with in depth anatomy.

You will accumulate a folder of information as the capsules are presented they are accompanied with notes, diagrams and pictures which cover the topics we discuss.

If you have any questions or would like to come to Yoga Nook for an interview please contact Jeni directly **805 390 8175**. Deposits are being taken now as space is limited to 6 participants for each RYT 300 program.