

Yoga Nook RYT 300 Teacher Training Program

With Jeni Winterburn
E RYT 500, HSE.
2018/ 2019

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
4449 Cochran Simi Valley 93063 805 390 8175

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 2018/2019

August 2018 Capsule 1 (38 hours contact)

Sat August 25th 8.30am till 5.30pm

Sun August 26th 8.30am till 5.30pm

Distribution of materials.

Anatomy. In depth look at essential organs

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

AIM as deep asana deconstruction. Application of AIM to asana

Introduction “special needs students”

Philosophy Who were the Arians,

Meditation & Self Study.

September 2018 Capsule 1 (cont)

Friday September 14th 5.30pm till 9.30pm

Sat September 15th 8.30am till 5.30pm

Sun September 16th 8.30 till 5.30pm

Anatomy. Muscles of the anterior trunk.

Self assessment, The interplay of the trunk and breathing.

Philosophy. Upanishads lecture/study/discussion

Sleep Cycle, dream interpretation

Break to Visit to local ashram for morning service.

October 2018 Capsule 2 (36 Hours contact)

Teachers Intensive Sierra Retreat, Not a Weekend

October 17,18,19,20,21 Wednesday Evening thru Sunday Lunch

Weds..... Arrive in Bishop Eastern Sierrasclasses begin . 6.30 pm to 9.30pm

Thurs 8am to 8pm, Fri 8am to 8pm, Sat 8am to 8pm, Sun 8am to 12.30 pm

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

The Power of Habit. Communication in the brain

Philosophy Light on Life book study

November 2018 Capsule 3 (20 hours)

Fri November 9th 5.30 to 9.30pm,

Sat November 10th 8.30 to 5.30pm

Sun November 12th 8.30 to 5.30pm

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, and the psychology of yoga.

December 2018 Capsule 4 (20 Hours)

Fri December 7th 5.30 to 9.30pm

Sat December 8th 8.30am to 5.30pm

Sun December 9th 8.30 to 5.30pm

Philosophy. The Blink principle. Rapid cognition, intuition, communication. 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.

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

January 2019

Capsule 5 (20 Hours)

Fri January 11th 5.30pm to 9.30pm

Sat January 12th 8.30pm to 5.30pm

Sun January 13th 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.

Yoga Lifestyle: Field trip to Pacific Asian and Norton Simon Museums.. Educational Treasure Hunt

February 2019 Capsule 6 (20 Hours)

Fri February 1st 5.30 to 9.30pm

Sat February 2nd 8.30 to 5.30pm

Sun February 3rd 8.30 to 5.30pm

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

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

Asana. Small movements that help big movements happen.

March 2019 Capsule 7 (36 Hours) Not a weekend

March 6,7,8,9,10th Teachers 2nd Retreat Eastern Sierra/Oregon

Thrus thru Sunday

Weds..... Arrive in Bishop Eastern Sierra Classes begin at 6.30 pm to 9.30pm

Thurs 8am to 8pm

Fri 8am to 8pm

Sat 8am to 8pm

Sun 8am to 12.30 pm

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 Day retreat for February In depth look at asana proposals for teaching a subject to the RYT 200 group

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.

Capsule 7 Extension (14 hours over the weekend of April 5th & 6th)

Teaching a Day retreat in Ojai April 6th 2019

Fri April 5th 5.30pm to 9.30pm

Mock Testing/review & Meeting before the Retreat to discuss details for the following day,

Sat April 6th 7.30am to 6pm

One day retreat off site (Krishnamurti Yoga Pavilion) set up, teaching and de brief.

Tuesday April 16th Field Trip Remo Drum Circle

An evening field trip to Remo in Burbank as part of Yoga Lifestyle Hours.

5pm to 9pm

May 2019 Capsule 8 (28 hours)

Fri May 3rd REVIEW 5.30pm to 9.30pm

Sat May 4th 8.30am to 5.30pm

Sun Ma7 5th 8.30am to 5.30pm

Communication; The art of self compassion.

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

Sun June 23rd 7.30am to 3.30pm (building the labyrinth)

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 April 15th is a field trip to Oxnard shores where we actually build a labyrinth then spend an hour walking it.

July 2019 Capsule 9 (20 hours)

Fri July 12th 5.30pm to 9.30pm

Sat July 13th 8.30am to 5.30pm

Sunday July 14th 8.30am to 5.30pm

Anatomy the Connective tissue matrix.

Philosophy Swamis development and culture of the swami in India

Review of past capsules.

August 2019 2nd, 3rd, 4th

Testing and Project Presentations. (11 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.

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 Easwaran. Upanishads.

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

Incognito by David Eagleman

The power of Habit by Charles Duhigg

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.