



Advanced Studies / Teacher Training Program

Yoga from the Heart

M I N D B O D Y S P I R I T



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2010 Pine Terrace, Suite B
Sarasota, FL 34231
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Teacher Training Program



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ASPIRE to EXCELLENCE

How to Contact Us

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Deepen Your Practice

Welcome! We're glad you're here!

If you've ever envisioned yourself teaching yoga or are simply looking to deepen your practice, you've come to the right place.

The need for great teachers is quickly expanding from the major yoga hubs in big cities to suburbs and small towns all over the country. Over the last 30-years, millions of people have discovered this amazing practice and, as we experience massive growth in the over-50 population in the next 20 years, millions more will clamor for the healing, stress-relieving, life-enhancing benefits that yoga provides.

So, if you love yoga, if you already talk to everyone you know about it, maybe it's time to take the next step and invest in a nationally-recognized training program that'll equip you to ease, at your pace, into the world of teaching yoga. Sounds great, right? So, what's the best way to get started?

Finding the "Right" Training Program is so Important

If you are exploring learning to teach yoga or deepen your understanding of the practice, we would love to be your teachers, mentors and champions. But, it's critical that you find the program that fits you best. So, here are a few things you should know about our program. When you train with us. . .

- **You'll attend a "Registered" Yoga Alliance school.** Why does that matter? While there are no licensing requirements for yoga, the national Yoga Alliance (YA) has established widely-adopted standards for education and certification. Schools must navigate a rigorous review process in order to become "Registered" and then graduate "Registered Yoga Teachers" (RYTs). The designation of Registered Yoga Teacher (RYT) guarantees that a certain level of training and experience has been achieved. All teachers who have achieved RYT status, and register with YA, are entitled to use the initials RYT after their name and are listed in the YA Registries. The Registries are advertised and promoted to the public, organizations that employ yoga teachers, and teacher credentialing organizations. RYT's are also listed on the YA website locator so that students searching for teachers who meet YA standards can find them. You can only become an RYT if you've graduated from a Registered Yoga Alliance School like ours.

- **You'll benefit from the experience and reputation of an established nationally-recognized school.** Over the last seven years, we've graduated over one hundred teachers. Why is this so important to you? Because you benefit from the strong reputation and experience of our amazing faculty, as well as our insatiable quest to constantly improve, add to and refine the program every time we present it.
- **You'll learn anatomy in ways that make the subject truly come alive.** At Yoga from the Heart, we are committed to honoring the roots of this age-old practice while simultaneously exploring ways yoga can be adapted to contemporary western culture. In our program, you'll learn how to develop a solid practice and learn how to teach alignment based yoga in safe, sequential way.
- **You will experience the best in professional yoga education in an intimate environment.** We are selective in accepting applicants. Classes are small purposely to guarantee that all students receive the attention they deserve. Small classes with lots of individual attention will prepare you to teach with clarity, compassion and confidence.
- **You'll learn anatomy ways that make the subject truly come alive.** Because of the dynamic, physical nature of yoga, we teach anatomy in a way that makes it fun, highly-experiential and often times eye-opening. In addition to actually "experiencing" your anatomy, you'll see the body through the eyes of cutting-edge DVD presentations.
- **You'll not only learn about the subtle-body but actually experience how to feel prana or life-force.** We don't stop at the physical body. When you study with us, you'll also learn about pranayama, meditation, and chanting as you experience their effects on the subtle body.
- **You'll be challenged while connecting with a wonderful, like-minded community.** When we launched Yoga from the Heart, we were committed to creating a community where anyone from any walk of life could learn yoga and fit-in. This energy pervades our Teacher Training Program. There's no doubt you'll work hard, but you'll also be surrounded by a devoted and energetic community that very often leads to long-term friendships.
- **You'll experience a unique approach to learning.** The Latin word educare means "to draw out." Instead of cramming information into your head, we use a learning environment that encourages students to examine, support, and embody their understanding of the practice. This learning-centered method of teaching ensures that students reach their own insights and express them in their own words. While different from the traditional teacher-centered way of learning, the learner-centered approach allows students to experience first-hand learning in an interactive way. While our faculty will guide and offer support, students are required to take responsibility for their learning. In addition to homework assignments, students are required to practice yoga frequently, participate in group teaching where they accept and give feedback, be involved in study groups, contribute thoughts, ask questions, and openly explore.
- **Your investment will be affordable with flexible options to fit your needs.** We realize that most people need to work full-time or care for a family while pursuing their teacher training. We have built our program around real-life scheduling that is designed to accommodate a wide range of lifestyles. We are one of the most comprehensive, well established programs in Florida, and we are also one of, if not, the most affordable.



You Don't Need to be an Asana-Superstar!

You may be wondering, "Am I ready? Is my practice good enough to do this? Am I strong enough?" We know that some schools require you to be able to perform certain postures flawlessly before you can apply. That's just not us!

We look at passion, compassion, commitment to learning, and the desire to share the practice much more than a person's physical abilities. Many people come to our trainings with widely varying backgrounds.

We realized early-on that, if we excluded people based solely on their physical practice or experience-to-date, we would have kept a lot of amazing people with soaring spirits out of the program, so we decided **not** to set arbitrary posture requirements that tell us very little about a person's ability and desire to become a teacher.

In fact, we've had a lot of people in the program with newer posture practices who were looking to simply teach at their current skill level and expand what they teach as their own practice, knowledge and abilities developed. We've even had students with a variety of physical challenges complete the program.

That said, the postures that we teach are physical and you'll be practicing a lot, so the fitter and more competent you are with the basic postures, the more comfortable you'll feel. But you don't have to be an asana-superstar to complete the program and change peoples' lives.

Remember, too, whether you're newer to the practice or have years under your belt, your physical abilities and practice will be in a **very** different place by the end of the program!

Nobody's Going to Give You Permission to Make Your Dream Come Alive!

So many people make resolutions every year that fizzle within a few weeks. Make this year different. Take a giant step toward the fulfillment of your happiness and success. And, equip yourself with the knowledge, abilities and community needed to truly have an inspiring, healing impact on those around you.

Our program is already one of the most affordable Yoga-Alliance schools in the Southwest Florida.

The cost of the investment is modest in light of the future this program will prepare you for. So, take the first-step to a new, more-engaged, fulfilling future!

An Open Invitation

We extend an open invitation for you to meet with our Program Director, get a more detailed overview of the program, its focus, requirements, general vibe, workload, and expectations. Most importantly, this meeting will give you a chance to get to ask all your questions so that you can resolve absolutely everything you need to dive into our program.

Completing teacher-training with us is a powerful investment not only in your career, but in your body, mind and spirit. So what's stopping you? Take the first step towards fulfilling your dream and call or email today to start on your journey!

Program Overview & Requirements



In order to make Teacher Training available, affordable and obtainable, we offer the program in four, quarterly, 50-hour modules. The four modules span a twelve month period. Classes meet one weekend per month beginning on Friday evenings and ending on Sunday afternoons. Each module focuses on a specific group of poses, analyzing in-depth the art of practicing and teaching these poses safely and effectively.

During each module, you will:

- Gain a greater understanding of the basic principles of alignment based yoga
- Study, tailor and improve your own yoga practice
- Learn and practice manual adjustments in a safe and appropriate way

Flexible Options

There are several options for enrollment. Students can enroll full-time for the entire twelve month program or sign up for one three-month quarter (or 50-hour module). In addition, students can take one weekend of teacher training at a time.

Weekend and Class Attendance, Journaling, Self Practice, and Assessment Requirements

Teacher Training Weekends

Attendance at all Teacher Training weekends is expected. All missed sessions must be made up, at the student's expense, through a combination of private sessions, elective workshops, and additional homework assignments. Students are expected to complete all homework assignments prior to each weekend session and to make up missed Teacher Training weekend hours within ninety days of the weekend in which the hours were missed.

Attend Weekly Classes

To become a yoga teacher, it is important to be a committed student. Students are required to attend two Level 2 or higher public classes per week with one of the YftH teachers or an approved yoga instructor during the time in which they are enrolled. This requirement is part of establishing discipline and encouraging growth in the asana practice. The cost of these classes is in addition to the cost of the Teacher Training Program.

Students are required to keep a **journal** exploring different aspects of their attendance at weekly classes such as postures learned, adjustments received, connections between asana practice and yoga philosophy, sequencing of classes, etc. At the end of each semester journals are turned in for review and credit.

Self (home) Practice

Throughout the program, Teachers-in-Training are expected to maintain a dedicated and consistent home practice one day per week for a minimum of one hour per practice session.

Final Teaching Presentation

In order to graduate, students must complete the required coursework and demonstrate an understanding of the work presented, by taking and passing a final teaching presentation. Upon successful completion of the 200 hours, coursework and the teaching presentation, students receive a certification of completion from Yoga from the Heart.

Program Overview

Required Texts

(To be purchased separately prior to training)

- **Moving Toward Balance**
Rodney Yee
- **Light on Life**
B.K.S. Iyengar
- **The Yoga Sutras of Patanjali**
Sri Swami Satchitananda
- **The Key Muscles of Hatha Yoga Vol. I**
Ray Long, M.D. (This book can be ordered at www.bandhayoga.com)



Prerequisites

Your commitment to learning and dedication to your own personal transformation are the keys to enjoying the benefits of the training. This Teacher Training Program is for those who want to become yoga teachers as well as those who want to deepen their own personal practice and immerse themselves in the study of all aspects of yoga. A desire to become a yoga teacher is not essential, but a commitment to yoga and to completing this course are essential.

Applicants should:

- Have one year of continuous yoga practice and study (preferably in Iyengar or alignment based yoga).
- Be 25 years of age (exceptions will be considered upon submission).
- Be computer literate which means being comfortable with sending/receiving e-mails. Most course material and correspondence will be sent electronically.
- Have the time and energy to commit and devote to this training.

Faculty

Knowing and really connecting with the people you'll be studying with is so important...don't you think? Our program is directed by Yoga from the Heart founder, Lynn Burgess, and is taught by Lynn along with a small number of wonderful teachers, handpicked for their expert knowledge, compassion and ability to inspire and teach teachers. Our stellar faculty includes:

- **Lynn Burgess, MBA, RYT 500, E-RYT 500**
- **Steve Lang, RYT 200**
- **Jennifer Arnold, RYT 200**
- **Margherita Mottola, PT**

The Program

Tuition

The cost for the entire teacher training is \$2,800.00. Students have the option of taking the modules one at a time at a per module cost of \$750.00. Individual Teacher Training weekends may be taken at a cost of \$350 per weekend.

Payments

- Payments may be made by check, cash or credit card. Payments made by credit card incur a 5% processing fee.
- Payments are due in full within 30 days of written acceptance into the program, or by the first day of the first teacher training weekend whichever is sooner. A late penalty of \$50 is applied to payments received after the payment is due.
- A \$50 **non-refundable** application fee is required by all applicants.

Alumni Comments

"Participating in YftH's teacher training program has brought me so much more than a deepened awareness of the practice of yoga and an education in the art of teaching. I've learned things about myself that have made me a more balanced person on the mat and in my day-to-day life. This training has enriched my life and made me stronger mentally, physically and emotionally."

– Therese Hounsell, Class of 2008

"This program truly carries on the tradition of yoga."

– Karen Tallard, Class of 2008

"YftH's TT program gave me the knowledge and confidence to lead my own classes safely and comfortably."

– Ann Albert, Class of 2007

"My training with YftH fully prepared me to work with and lead students of all levels and abilities."

– Jennifer Arnold, Class of 2007

"Teacher Training with YftH was everything I expected and more! It was challenging and fulfilling. A truly great experience!"

– Bob Baldwin, Class of 2007

"Lynn Burgess is an extraordinary person, with a deep and clear commitment to the practice of yoga. That practice expresses itself personally and professionally through her thinking, attitude and behavior. Her instruction and teaching is insightful, technical, practical and most of all authentic. Her commitment to the integrity of yoga is inspiring. At a time of 'pop yoga dejour' Lynn's traditional instruction keeps the yoga practice real. My time with Lynn as a student and as a teacher-in-training has been inwardly revealing and outwardly transforming. If you are interested in practicing yoga there is no other instructor / teacher to consider than Lynn Burgess."

– Steve Lang, Class of 2007

Registration

To register, complete the application form and submit it with a one-time, non-refundable \$50 application fee.



Location

All classes will be held at the Yoga from the Heart Studio located at 2010 Pine Terrace, Suite B, Sarasota, FL 34210. Yoga props are provided.

Schedule: Session Dates, Topics, and Times

2009

Session I — Standing Asanas

Friday, January 16th — Sunday, January 18th

Friday, February 13th — Sunday, February 15th

Friday, March 27th — Sunday, March 29th

Session II — Backbends

Friday, April 24th — Sunday, April 26th

Friday, May 15th — Sunday, May 17th

Friday, June 26th — Sunday, June 28th

Session III — Twists and Forward Bends

Friday, July 24th — Sunday, July 26th

Friday, August 28th — Sunday, August 30th

Friday, September 25th — Sunday, September 27th

Session IV — Inversions and Restoratives

Friday, October 23rd — Sunday, October 25th

Friday, November 13th — Sunday, November 15th

Friday, December 11th — Sunday, December 13th

2010

Session I — Standing Asanas

Friday, January 15th — Sunday, January 17th

Friday, February 12th — Sunday, February 14th

Friday, March 26th — Sunday, March 28th

Session II — Backbends

Friday, April 23th — Sunday, April 25th

Friday, May 14th — Sunday, May 16th

Friday, June 25th — Sunday, June 27th

Session III — Twists and Forward Bends

Friday, July 23th — Sunday, July 25th

Friday, August 27th — Sunday, August 29th

Friday, September 24th — Sunday, September 26th

Session IV — Inversions and Restoratives

Friday, October 22nd — Sunday, October 24th

Friday, November 12th — Sunday, November 14th

Friday, December 10th — Sunday, December 12th

Weekend Session Hours:

Fridays — 5:30 p.m - 8:30 p.m.

Saturdays — 12:00 p.m. - 6:00 p.m.

Sundays — 12:00 p.m. - 6:00 p.m.

Policies and Procedures

Missing Teacher Training Weekend Hours

The YftH Teacher Training Program is designed to give students the necessary 200 hours needed to apply for registration with Yoga Alliance. Sometimes, students get sick, have personal or work-related emergencies, or go on vacation. Should this be the case, all missed hours must be made up at the student's expense no later than 90 days from the date of the Teacher Training weekend in which the hours were. Missed hours may be made up through a combination of:

- workshop(s) at YftH or with an approved instructor
- private or semi-private session(s) with a qualified and approved instructor
- taking additional Teacher Training weekends

If a student knows in advance that he or she will be missing any weekend or portion of any weekend, it is strongly recommended that the student acquire additional hours during the module(s) in which they are enrolled.

Tuition Credits

If a student misses a scheduled weekend, he or she forfeits the tuition for that weekend. Tuition credits are not given.

Receiving credit for teaching public classes

Students may receive 10 hours of Teaching Methodology/Practicum credit for teaching public classes.

Receiving credit for attending other Teacher Training programs and/or conferences

Conferences like Yoga Journal usually offer certificates for continuing education credits. If you attend these conferences, you are responsible for acquiring and retaining certificates logging your hours.

The Importance of Consistency and Community

We recognize and honor the multitude of yoga styles and teachers available today. At Yoga from the Heart, we are dedicated to the practice, study, and exploration of alignment-based yoga. Our experience shows that students who take classes outside of the studio during Teacher Training are often confused mentally, physically, and energetically. Furthermore, building community - having a place to gather, share, and grow - is an essential component of this training. Unless geographically difficult, we humbly request that students immerse themselves during the time they are enrolled in Teacher Training at the Yoga from the Heart studio.

Leave of Absence and Withdrawal

Yoga from the Heart offers no leave of absence from the Teacher Training Program. If a student withdraws for any reason other than a medically documented leave of absence, he or she forfeits his tuition investment. **No refunds or credits for unused portions of teacher training are given.**

Students who have a medical leave of absence are given ninety days to reenter the Teacher Training Program from the date the medical note is submitted to YftH. If a student with a documented medical leave of absence does not reenter the Teacher Training Program within ninety days, he or she forfeits his tuition investment.

Cancellation of Program

Yoga from the Heart reserves the right to postpone and/or cancel scheduled training dates if fewer than six people have registered for the training. Written notice of cancellation will be mailed seven days before the first class and a total refund will be made within fifteen days of the written notice of cancellation.

Dismissal

Yoga from the Heart reserves the right to request that a student leave the program when the student's participation is markedly less than what is expected of her/him. Reasons for dismissing a student include but are not limited to: repeated tardiness or absences, chronically disruptive behavior, failure to fulfill the class assignments, failure to meet class attendance and journaling requirements. The Director will warn a student once verbally and once in writing before dismissing her/him.

Retesting for Final Assessments

If a student misses or does not pass the final teaching assessment, he or she is required to retest within ninety days. There is a \$300.00 retesting fee. Certificates are not given until the final assessment is passed.

Employment Opportunities

Professional teaching opportunities are often extended to graduates of the Yoga from the Heart Teacher Training Program. As a matter of fact, we expect to grow our faculty staff from our Teacher Training Program.



Advanced Studies / Teacher Training Application

Please complete the following application. Send with your \$50 nonrefundable application fee to: Lynn Burgess, 6433 Alesheba Lane, Sarasota Florida 34240

Personal Profile

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Work Phone: _____

Cell Phone: _____ E-Mail Address: _____

Fax Number: _____ Date of Birth: _____

Emergency Contact and Phone Number: _____

Please describe any special medical conditions you have.

Are you currently taking any medication? If so, please list.

Are you currently under a physician's care? If so, please explain.

How would you characterize your fitness level?

Teacher Training Application

How did you hear about our training?

- Website Friend
 Yoga Alliance Studio
 Brochure Other: _____

What made you choose Yoga from the Heart Teacher Training?

- Location Referral
 Schedule Pricing
 Reputation Other: _____

What do you hope to accomplish when completing this training?

- Teach weekly classes Become a more experienced practitioner
 Register with Yoga Alliance Open a studio
 Join the YftH staff Teach Elsewhere

Why did you choose Yoga Teacher Training at this time in your life?

What is your previous experience with Yoga Teacher Training courses? _____

Yoga Experience

Where do you currently practice yoga? _____

With whom/which style of yoga? _____

How many times per week? _____

Describe your study of Iyengar or alignment based yoga. Include when, where and with whom you have studied. Include retreats, workshops and classes.

Do you have a regular home practice? Yes No

If so, how many days per week? _____ If so, how long do you practice? _____

Describe typical poses in your home practice:

What else would you like your team of teacher trainers to know about you and your yoga practice.
