



Whispering Winds

TEACHER WITHIN Training Program

A personal growth, professional development and spiritual awareness program to instill & dispense the wisdom & teachings of Yoga. The student will learn how to be self-responsible for all aspects of Self – physical, mental, emotional & spiritual. This program also qualifies for the certification process to be a Yoga Teacher.

Starting Date: September 2010 Collingwood

Ongoing: Year 2 – 2009/10 - Collingwood: 2nd Sunday* of each month. *depending on when holidays fall – See Schedule.

Location: *Whispering Winds* Studio – Dockside

Application: An essay (length of your choice) describing your Self... *Who am I*; along with your personal history of yoga & related experience, accompanied by a \$100 deposit (non-refundable) & postdated cheques for the balance.

This program is a Registered School with OYA (Ontario Yoga Association) www.ontarioyogaassociation.ca and meets the Yoga Alliance Standards.

Fees: \$2000 (includes GST) \$1000 per year due Sept. & Dec. 1st.

Plus Books (\$300 estimated) and Apprentice hours (estimated \$300)

Plus Fees for attendance of regular weekly classes, workshops & retreats.

Certification process \$300. This process will start after completion of all assignments and attendance requirements. See below for details.

Year 1: Participants will receive a foundation of basic Yoga principles, as supported by training guidelines & study materials, towards developing a self-directed personal practice thus evolving a fundamental understanding of Self. This course provides a

thorough understanding of basic yoga asanas (poses), pranayama (breathing techniques) & dhyana (meditation).

The primary focus of this year is **Balance**: to learn to work with the processes that enhance your inner awareness, physical well-being, mental clarity, emotional stability & spiritual attunement.

Prerequisite: Familiarity with yoga (**including a daily practice**) and a basic understanding of physical, mental, emotional & spiritual Self and a strong desire to become Self-responsible.

Year 2: Students will obtain sufficient information, training & practice to have a solid understanding of a number of Yoga practices with a clear overview and an in-depth investigation of the various paths available to the Yoga practitioner. This course continues with psychology, philosophy, history, ethics and anatomy, building upon the foundation of the first year teachings.

The primary focus of this year is **Assimilate**: to further the processes of the first year and to share your knowledge with others in your life. At the end of this year you may choose to pursue the certification for teaching. (a brief process – see below) or continue with the 500 hour program.

Prerequisite: Year 1 or equivalent, 1 year daily yoga practice, and a basic background in anatomy.

YOUR COMMITMENT:

In Studio Contact: 10 months @ 7.5 hours x 2 years = **150 Contact hours.**

Total Non-Contact - Estimated home study: (readings & assignments):

Minimum: 5 hours per month x 20 months = 100 hours divide by 5*

*5 unsupervised hours equals 1 non-contact hour.

Total **20 Non Contact hours.**

Certification Requirements (in addition to the 150 studio hours):

- **Apprentice/Contact Hours:** (estimated cost \$300)
Year 1: 15 - Observation while participating
Year 2: 15 - Assisting & observing hands on.

Total **30 Apprentice/Contact hours**

- **Practicum:** Teaching hours (1 x 1.5 hr. classes) – non-paid, supervised.
- **Weekly classes, 2 workshops and 1 retreat per year** (fees as per current schedule). With a compatible studio (confirm first – requires a letter of completion & a brief explanation of experience.)

Content meets OYA & Yoga Alliance standard requirements.

Contact/Class Hours	Total
Poses/Asanas:	50
Breathing/Pranayama:	20
Meditation/Dhyana:	20
Anatomy/Physiology:	20
Psychology/Ethics:	15
Philosophy/History	15
Chakras/Ayurveda:	10
Total	150

Teaching methodology will be covered throughout the training in workshops as well as during observation & assisting hours. Topics such as language, demonstrating, intention, principles, focus, pacing, flow, structure, sequencing, assisting/adjusting, variations, modifications, preps and props will also be incorporated throughout all subjects above (estimated **25** hours minimum)

Total Contact Hours: 150 workshop + 30 assisting/observation = 180

Total Hours: Contact 180 (150+30) + Non-Contact 20 = 200 hours.

Whispering Winds to provide all teachings. Anatomy/physiology may be shared teaching with a qualified teacher from the community.

Certification Requirements:

- Attendance of 100% of class hours - make up options available (some credits may apply).
- 100 % completion of assignments – 1 per month. (plus a 10 week lesson plan).
- Completion of Apprentice observation/assisting & Teaching Practicum hours (at a convenient studio which meets the requirements of the program).
- Discussion upon completion of all other requirements to determine readiness to teach. (An interview can be arranged anytime during the program to evaluate your learning experience).
- Written explanation of major teachings (open book essay – 3 hour maximum).
- Current First Aid/CPR certificate

Our Commitment:

To provide the information (comparable to & to exceed other similar training programs) in a largely experiential method with practical hands-on opportunities.
To stimulate the interest and passion of each student - *along with guidance & assistance to support each students' individual journey. Namaste.*

Whispering Winds

We can't change the wind ~ but we can adjust our sails!

Lanee- Yoga Teacher, Yoga Therapy, Yoga Nidra (irest)

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www.sailsentient.ca

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