



# 200hr Vinyasa Teacher Training with Rolf Gates

January-December 2011 (8 weekends)

**This program is a 200 hour Vinyasa Teacher Training.** As such it will be a mentally, physically and emotionally challenging process designed to enable serious students to become inspired teachers. You will practice asana, meditation, and pranyama to the point of proficiency and beyond. Your knowledge of Yoga theory will deepen to the point that it will become an aspect of the fabric of your life and of everything you do and say as a yoga teacher. You will learn to teach classes that combine a consistent therapeutic vision with the inspired spontaneity that is the hallmark of Vinyasa Yoga. You will develop

a thorough understanding of the elements of the therapeutic principles of Yoga and be able to design a class or teach a pose in such a manner that your students will immediately embody those principles.

**Vinyasa Yoga expresses that part of us that celebrates the space between the notes.** A typical class will move from simple to complex poses, from standing poses and balancing poses, to back-bends, inversions, and hip openers. The teacher and students take this simple formula and make it their own day by day. No two classes are ever alike yet the intention behind the



## **DATES:**

The 200hr Teacher Training Certification Program will take place over 8 weekends/1x month  
January - December 2011

January 21st-23rd

February 18th-20th

April 1st-3rd

May 20th-22nd

August. 5th-7th

September 9th-11th

October 21st-23rd

December 2nd-4th - Graduation!



## THE TRAINING: What will I learn?

class is always the same. The genius of Vinyasa Yoga is not found in its approach to alignment or sequencing, but rather in the rhythm with which alignment and sequencing unfold. Anchored in the unseen aspects of an asana class, Vinyasa Yoga is uniquely accommodating to the evolution of a teacher; allowing her to bring all that she has learned and all that she is into her classroom. The result is a class that is at once consistent and inspired.

*I want to bring special attention to the interplay between the physical and the metaphysical: A yoga class is a three dimensional story that unfolds to the rhythm of the breath.* The art of teaching is the art of telling that story. Each of us, always, has a song to sing a story to tell. Of necessity much of what we will be working on will be technical in nature but all of what we do together will be dedicated to supporting you in singing your song.

Namasté and I look forward to the start of this journey with you, Rolf

### How to Design and Lead a Vinyasa Yoga Class

You will gain a thorough understanding of the principles which when applied create a class for all ages and body types. This will include a specific sequence and more importantly the method for adapting that sequence to the infinity of opportunities implied by the word Yoga. This method enables what you teach to grow as you and your students do.

### Being the Change

The first Yoga teacher in the U.S. Swami Vivekananda wrote: *“You yourselves are the being that you seek.”* During this training you will have direct experience of the truth of that statement. When you leave this training you will know how it is people reach their potential and you will be able to apply that knowledge to accomplish your goals. You will be the change you want to see in your life.

### Time on the Mat and on the Cushion

One of the joys of being a teacher is that your Yoga practice becomes part of your job description. During this training you will begin each day with asana, meditation, and pranayama instruction and practice. You will be taught the therapeutic principles that will allow you to practice safely with intensity. You will be able to sit comfortably for a 45 minute meditation session during which you will experience what it means to rest in stillness. You will be proficient in breathing techniques that awaken and build heat, preparing the mindbody for asana, and breathing techniques that are cooling and soothing preparing the mindbody for meditation. On your mat the implementation of therapeutic principles will be dramatic. You will experience a vibrant aliveness from which there is no going back.

## The Teacher Training Curriculum will include:

- Mastery of the basic techniques of Asana
- Mastery of the basic techniques of Meditation
- Mastery of the basic techniques Pranayama (Breathwork)
- The therapeutic alignment principles of Yoga
- Finding alignment within and without
- The art of sequencing a class flow
- The proper use of tempo in a class
- How to use your voice and language for impact
- Your class as a transformative space
- The art of themeing in your classes
- Teaching modifications for all class levels
- Teaching to beginners
- The art of hands-on assisting
- The anatomy and physiology of Yoga
- Nutrition as a support to practice
- Study of The Yoga Sutras
- Cultivation of the Eight Limb Path as a path of action
- Integrating the three elements of spiritual practice into your life
- The role of the teacher
- The role of practice
- The art of sustaining change
- Moving from Source



Registered Yoga School

This is a Yoga  
Alliance Certified  
Training

## READING LIST:

Please approach this list by beginning with *The Seven Spiritual Laws of Success* and *How Yoga Works*

- **Bhagavad Gita: New Translation**, (trans. Stephen Mitchell)
- **The Yoga-Sutra of Patañjali: A New Translation with Commentary**, Chip Hartranft
- **How Yoga Works**, Geshe Michael Roach & Christie McNally
- **The Seven Spiritual Laws of Success**, Deepak Chopra
- **Meditations from the Mat: Daily Reflections on the Path of Yoga**, Rolf Gates
- **Mindfulness Yoga: The Awakened Union of Breath, Body and Mind**, Frank Jude Boccio
- **Yoga Body: Anatomy, Kinesiology and Asana** by Judith Hanson Lasater

## Good Books to Read:

- **Loving Kindness: The Revolutionary Art of Happiness**, Sharon Salzberg
- **The Power of Now**, Eckhart Tolle
- **The Law of Attraction**, Esther and Jerry Hicks
- **The Way of the Peaceful Warrior**, Dan Millman

## DAILY SCHEDULE:

There will be breaks for meals and integration during the training weekends.

Fridays: 6-9pm

Saturdays: 8am-8pm

Sundays: 8am-4:30pm

## COURSE FEE + PAYMENT OPTIONS:

Course Fee:

\$3200\* - Check out EARLY REGISTRATION + FULL PAY discounts below

- **OPTION I:** \$2850 EARLY REGISTRATION FULL PAY: Pay in full by October 15th, 2010: (\$350 discount)
- **OPTION II:** \$3000\*\* EARLY REGISTRATION PAYMENT PLAN:  
\*\*Pay a \$500 deposit by October 15th, 2010 (\$200 discount)
- **OPTION III:** Payment Plan \$500 Deposit with 9 monthly payments of \$300

Full deposit payment of \$500 is needed to secure your placement.

\*This fee includes "Meditations from the Mat" and the Teacher Training Manual + Meditations from the Mat: Teachers' Index. It does not include the additional required reading list materials.

## CANCELLATION POLICY:

Refund/Non-Refund Policy: \$500 deposit is non-refundable upon acceptance into the program. Any cancellations must be made 60 days before the start of the Teacher Training. We cannot offer any refunds for cancellations within 60 days of the event, but a credit towards a future Teacher Training Program may be available.

