



500hr Vinyasa Teacher Training with Rolf Gates

March 2011-December 2012 (12 weekends)

This program is a 500 hour Vinyasa Teacher Training.

I am honored and grateful to extend an invitation to you to join me for this Advanced Vinyasa Teacher Training. The purpose of this intensive training is to give those who have chosen to be teachers the opportunity to realize the fullness of that intention. In order to accomplish this goal we will come together around the three primary intentions of the Teacher:

- To develop a holistic vision of how Yoga acts as a transformational catalyst enabling the practitioner to align her life with her higher purpose.
- To develop a therapeutic vision for her classes, so that her classes are a dynamic fusion of the best practices in yoga, offering her students optimal access to health and well being.
- To cultivate the habit of personal growth. To participate in a community of her peers dedicated to personal growth as a means for effective leadership and effective living.



DATES:

The 500hr Teacher Training Certification Program will take place over 12 weekends

March 4th-6th, 2011

May 13th-15th, 2011

September 16th-18th, 2011

October 28th-30th, 2011

January 27th-29th, 2012

March 2nd-4th, 2012

May 4th-6th, 2012

June 1st-3rd, 2012

Sept. 14th-16th, 2012

October 12th-14th, 2012

November 9th-11th, 2012

December 7th-9th, 2012



THE TRAINING: What will I learn?

We will address the three intentions of the teacher holistically. You will combine personal study with group practice, you will attend lectures and seminars and lead them, you will study at the crossroads of modern science, psycho-dynamic theory, and traditional yoga theory; you will become a teacher by becoming a student. Together we will travel across nine weekends and the space between who we are now and who we will become! See you there!

Namasté,
Rolf

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 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.

Program Description: VISION + COMMITMENT

The aim of this training is to aid in the development of truly impactful Yoga Teachers: Teachers who are leaders. In order to accomplish this aim, we will study in depth the space within which the teacher learns, grows, teaches and leads: The mirror of everyday life. We will refine our vision and commitment to our role in the classroom to achieve a level of mastery as a teacher and leader in our community.

We will explore the dynamics of karma, principle, awareness, freedom and choice. We will come to a holistic understanding of the human experience we share, the purpose of spiritual practice and the role of the teacher. To that end, teachers engaged in the Advanced Vinyasa Teacher Training will study and be able to teach classes and workshops that address:

- The Yoga Sutras as a context for understanding and transformation
- The Mechanics of Karma as the foundation of spiritual growth
- The Three Aspects of Practice: Sila, Samahdi and Wisdom
- The Powerful Intersection of Western Science and Yoga
- Non-violence in action
- The Art of Sadhana: The Development and Refinement of a Home Practice
- A Refined Vision of the Yoga Teacher's Tools: Asana, Pranyama and Meditation.
- A Refined Vision of the yoga teacher: The use of Self in a transformational environment.

The Experiential Workshop/Retreat Development

The experiential workshop/retreat component of this training offers an exceptional opportunity. This module will prepare the teacher to conduct workshops and retreats at the 1-7 day levels. There will be an emphasis on the design and leading of these types of offerings for students.

This Advanced Level Teacher Training is open to those who have completed a 200hr Certification program and consists of 300hrs of training. The training provides over a year of on-going instruction in the Art of Teaching and the study of Yoga as a vehicle for transformation. It also offers an experiential training in the leading of intensives and workshops preparing participants for their own next level of offerings to students.



Experienced
Registered Yoga Teacher

This is a Yoga Alliance
Certified Training

READING LIST:

If you have been through Rolf's 200hr TT - Please begin by reading Anatomy of the Spirit: Caroline Myss. If you completed a different 200hr TT - Please begin by reading Seven Spiritual Laws of Success: Deepak Chopra + How Yoga Works: Geshe Michael Roach & Christie McNally

- **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
- **Yoga Body: Anatomy, Kinesiology and Asana** by Judith Hanson Lasater
- **Anatomy of the Spirit: The Seven Stages of Power and Healing**, Caroline Myss
- **Buddha's Brain: The Practical Neuroscience of Happiness, Love, and Wisdom**, Rick Hanson Ph.D. and with Richard Mendius MD
- **The Biology of Belief: Unleashing the Power of Consciousness, Matter, & Miracles**, Bruce H. Lipton

Good Books to Read:

- **Bhagavad Gita: New Translation**, Stephen Mitchell
- **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: \$3700* - Check out EARLY REGISTRATION + FULL PAY discounts below

OPTION I: \$3350: Pay in full \$3350 (\$350 discount)

OPTION II: \$3500: Early Registration Discount Rate. (\$200 discount) Pay the \$500 deposit only by January 15th, 2011, with a payment plan of \$300/month for 10 consecutive months

OPTION III: \$3700: Pay the \$500 deposit, with a payment plan of 10 consecutive monthly installments of \$300 + 1 final payment of \$200

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.

