



Yoga Teacher Training Information Package*

Wavelengths Yoga presents:

A 225 hour

Yoga Teacher Training Program

In the tradition of

T. Krishnamacharya

Recognized by Yoga Alliance

For 200 hour certification

September, 2011 – June 2012

Norwood, Ontario

*the information in this document is subject to change without notice. Please check back regularly for updates.

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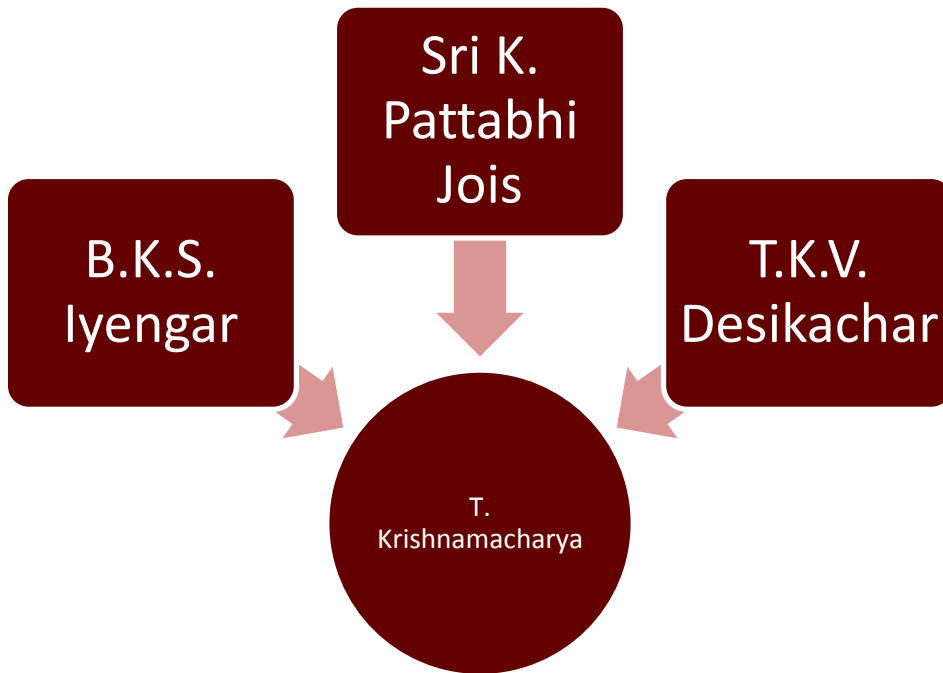
Wavelengths Yoga is pleased to present this 225 hour Yoga Teacher Training Program and Advanced Yoga studies. Although this course is primarily intended for those wishing to become yoga teachers, it is also an opportunity for personal advancement and enrichment of your current yoga experience. You will learn proper and safe techniques of practicing all the tools of yoga, including asana (movement), pranayama (breath techniques), meditation and chanting. There will also be teachings on yoga philosophy, anatomy and physiology, ethics, ayurveda, and teaching techniques.

Hatha Yoga

This course teaches hatha yoga, of which there are many “styles.” Most of what we know about yoga in the western world originates through the teachings of T. Krishnamacharya. Yoga is an ancient discipline with many tools which support health, promote healing, and facilitate personal transformation. Although modern yoga is mainly associated with the practice of physical postures, in fact, the postures are only one of yoga’s many tools. Other tools include conscious breathing techniques, meditative practices, gestures, visualization, the use of sound, self-inquiry and more. When used with proper guidance, all of these tools have the ability to improve the quality of the practitioner’s mind, which in turn improves their quality of life, relationships and health.

T. Krishnamacharya (1888 - 1989)

T. Krishnamacharya was one of the most influential masters of yoga in modern times. Over his lifetime, Krishnamacharya shared his knowledge of yoga as a holistic healing discipline with thousands, including some of the most renowned teachers of our day. His knowledge of yoga, ayurveda and the Sanskrit language, was unrivalled by his peers. His life’s work was the study and practice of therapeutic yoga for supporting health, healing, and personal transformation. The chart on the following page shows some of T. Krishnamacharya’s influence, specifically relating to this teacher training program.



T.K.V. Desikachar (b.1938)

T.K.V. Desikachar is the son and student of his father T. Krishnamacharya and spent nearly thirty years studying yoga under his tutelage. His intensive studies, combined with 45 years of teaching experience, has made Mr. Desikachar one of the most respected yoga teachers of modern times. The Krishnamacharya Yoga Mandiram (KYM), located in Chennai, India was founded by T.K.V. Desikachar in 1976 to honour the teachings of his father. The main focus of the centre is individualized yoga for therapeutic purposes.

B.K.S. Iyengar (b. 1918)

B.K.S. Iyengar was plagued by health issues as a young boy that left him weak and sickly. When he was 15 he was invited to stay with his sister and her husband, T. Krishnamacharya, in



Mysore, India, where Mr. Iyengar was first introduced to yoga. He has gone on to become one of the leading yoga teachers in the world and is still living and teaching in Pune, India.

Vanda Scaravelli (1908-1999) was introduced to B.K.S. Iyengar when she was in her 40's, which began her lifelong study and teaching of yoga. Soon afterward she met T.K.V. Desikachar, and her work with the breath was forever transformed through his teaching. Her simple teachings on "the ground, the breath and the spine" became the basis for a profound and powerful shift in the way yoga was being taught.

Esther Myers (1947-2004) was one of the first certified Iyengar teachers in Canada, and began teaching in Toronto in 1976. In 1978 she met Vanda Scaravelli, and in 1984 began intensive studies with Vanda that continued for the next 10 years. Esther Myers established her Toronto school in 1979 and taught there until three weeks before her death in January, 2004. Her yoga studio and school continues to be run by her students.

K. Pattabhi Jois (1915 - 2009) and R. Sharath Jois (b. 1971)

Pattabhi Jois was born in 1915 and became a student of T. Krishnamacharya at the age of 12. He was taught the practice of ashtanga yoga, a strong, athletic and demanding practice. Pattabhi Jois went on to teach this practice to thousands of students worldwide. His grandson R. Sharath Jois continues to teach the practices as they were taught to him by his grandfather.

Wavelengths' connection with these teachings

After completing the yoga teacher training course at Sheridan College in 1992, Caroline Owen immediately began teaching yoga, and soon discovered that there was so much more to know! A few years later, she began taking advanced classes for yoga teachers with Esther Myers in Toronto. She continued to have a close relationship with Esther until Esther took a leave from teaching in 2000 to deal with personal health issues. At that time, Caroline took up the practice of ashtanga yoga, and soon traveled to India to study with Sharath Jois, the grandson of the late Pattabhi Jois. After the fluidity and open-hearted teachings of Esther Myers, Caroline found the ashtanga practice, while wonderfully strengthening, was also aggressive and formulaic. In her own practice, she found a creative way of combining the grounding, breathing and flow of Esther's teachings into the regimented ashtanga practice. However, since Esther had passed away while Caroline was in India in 2004, she was missing having the guidance of a teacher with



whom she felt a connection on a personal level as well as through the resonance of the teachings.

Having read T.K.V. Desikachar's book, "The Heart of Yoga," Caroline was attracted to the depth and heart of his teachings and sought him out as a teacher, first attending a 7-day workshop with him in Toronto on the subject of yoga therapy in 2006. Soon after, she enrolled in a four year program with Mr. Desikachar and his son and student, Dr. Kausthub Desikachar, also in the discipline of yoga therapy. She completed the training in 2010, including two teaching internships at the renowned Krishnamacharya Yoga Mandiram in Chennai, India. During that time, she was taken under the mentorship of Dr. Dolphi Wertenbaker, a long-time student of Mr. Desikachar, living in the United States. Dolphi, a medical doctor, yoga teacher, yoga therapist and yoga teacher trainer has been, and continues to be, an invaluable link in the chain of the lineage of Krishnamacharya's teachings.

Caroline has also received a 700 hour advanced Yoga Teacher Training certification through the Eureka Yoga School (now called Surya Chandra Yoga School) with JJ Gormley-Etchells. JJ, Dolphi and Caroline were all students in the Desikachars' yoga therapy training together from 2007 – 2010. Caroline continues to nurture the deep connections that she has forged with her teachers and mentors.

Faculty of Wavelengths Yoga's Teacher Training

Caroline Owen, Director/Senior Teacher

Guest Lecturers:

JJ Gormley-Etchells

Others TBA

Program Outline

The course follows the guidelines set out by Yoga Alliance, including:

- the techniques of yoga practice
 - asana
 - pranayama
 - chanting
 - meditation
- teaching yoga

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- course planning
- demonstration
- observation
- assisting
- learning styles
- the language of teaching yoga
- business aspects of teaching yoga
- Anatomy and Physiology
 - bodily systems, organs, etc.
 - energy anatomy, including chakras, nadis, etc.
- Philosophy
 - Yoga Sutras of Patanjali
 - Bagavad Gita
 - other yoga texts
- Ethics
 - code of conduct
- Practicum
 - practice teaching
 - giving/receiving feedback
 - observing others teaching

As well as in-class contact hours (180), there will be an additional 45 hours made up of 36 hours of group classes attended at the studio, 2 hours of mentoring, and a minimum of 7 hours of observation/practice teaching.

Required Reading

1. Yoga and You, Esther Myers
2. Awakening the Spine, Vanda Scaravelli
3. Light on Yoga, B.K.S. Iyengar
4. The Heart of Yoga, T.K.V. Desikachar
5. Anatomy book(s) tba



Dates for 2011 - 2012

Dates	Number of hours
September 3 & 4, 2011	10
September 18, 2011	7
October 1 & 2, 2011	10
October 16, 2011	7
October 28 – 30, 2011	16
November 27, 2011	10
December 10 & 11, 2011	10
January 8, 2012	7
January 21 & 22, 2012	10
February 5, 2012	7
February 18 & 19, 2012	10
March Retreat dates TBA	18
April 1, 2012	7
April 14 & 15, 2012	10
April 29, 2012	7
May 12 & 13, 2012	10
May 27, 2012	7
June 9 & 10, 2012	10
June 24, 2012	7
Total Number of in-class hours:	180



Student/Teacher Relationship and Ethics

The relationship between the teacher and the student is at the heart of the yoga process. Experiencing the practices of yoga is essential to understanding yoga. The serious yoga teacher /student must be committed to their own personal growth and development. It is expected that the student will, under the guidance and mentorship of the senior teacher(s), maintain a personal yoga practice. Yoga requires a consistent motivation and desire for change for the better.

The teachers and students alike will maintain a relationship that is consistent with the ethical values of the yamas and niyamas as laid out in the Yoga Sutras of Patanjali.

Student Evaluation Process

During the course of the training, students will be evaluated and their progress assessed in the following areas:

1. Quality of relationship with the teacher(s): Regular meetings, the development of a personal practice and its evolution over time. The student must practice regularly.
2. Personal Evolution: These words capture the main goal of yoga, and students will naturally develop and change as a result of their yoga practice.
3. Continuing Assessment of Studies: The teacher(s) will evaluate each student's progress throughout the course of the program. Evaluations will take the form of written tests, oral presentations and participation, teaching observations, etc. When evaluating a student, the teacher(s) will also take into account the student's levels of aptitude, comprehension and ability to communicate effectively and compassionately.
4. Final Exam

The Teacher(s) will maintain a file for each student in the program. This file will include the student's personal practice/directions, reports on performance, and other pertinent details.

Requirements for Graduation from the Program

Students must attend ALL training sessions and hand in all assignments by the due date. Students must receive a grade of 80% or higher on the final examination.



Certification

Once the student has completed all the requirements for the course, he/she will receive a certificate from Wavelengths Yoga, stating that all requirements for the designation of Yoga Teacher have been met by the student at the basic level of 225 hours of training. If desired, this certificated can be presented to the Yoga Alliance, and accompanied by a fee, the applicant will be eligible to receive the Yoga Alliance designation "RYT" (registered yoga teacher).

Pre-requisites for Application

- Applicants must have at least one year's experience practicing yoga.
- Applicants must be mentally and emotionally stable and mature.
- Applicants must be able to demonstrate clear communication skills.
- Applicants must show a commitment to learning through the suggested training procedure and be committed to their own personal development, health and well-being.
- Applicants must supply two letters of recommendation from people who are not relatives and who have known the applicant for at least two years. Letters should include the writer's opinion about the applicant's character, communication skills and general strengths and weaknesses.

Tuition

The tuition for the Yoga Teacher Training and Advanced Yoga studies is \$2700 plus HST. This includes 180 hours in class, 36 hours of group classes, 2 hours of one-on-one time with the director, 7 hours of teaching/observing, and all class handouts. Students are responsible for the costs of all required reading materials, and the accommodation portion of the residential retreat.

Payment

Once you have been accepted into the program, a non-refundable deposit of \$700 is required to secure your place in the training. The remaining \$2000 is due at the start of the program. A financing program is available to students on request, and will be subject to a small financing fee. HST is applicable to the above prices.