

YOGA TEACHER TRAINING

200-hour vinyasa flow yoga foundational teacher studies program
with gina caputo, e-ryt

4 weekends, june - september 2010

Join Gina Caputo for a transformational, comprehensive, and empowering journey into a dynamic and integrative approach to learning, living and teaching the diverse elements of the art and science of Yoga.

Vinyasa Flow Yoga is a somatic, spiritual practice that bridges the connection from the ordinary to the sacred through a dynamic and intentional exploration of the flow of prana and embodying our own potential.

This Yoga Alliance Registered Teacher Studies Program is appropriate for committed yoga practitioners, new and current teachers who seek to delve into the full range of yogic experience and gain a thorough understanding of the Great Tree of Yoga and how to transmit it via prana vinyasa hatha yoga.

This program will empower teachers with a broad and deep base from which to live and teach the flow of Yoga to all.

LOCATION

Kansas Siddhi Yoga West
1717 Wyandotte Street
Kansas City, MO 64108

1.866.222.9555

www.moyoga.com

TUITION FOR 200 CREDIT HOURS

\$2100 Early registration
(if paid in full by April 1, 2010)

\$2300 Regular registration
(if paid in full by May 10, 2010)

\$2500 Installments registration
\$150 due with application
\$2350 balance in 2 installments
-\$1175.00 due June 1, 2010
-\$1175.00 due August 1, 2010

AREAS OF STUDY – PROGRAM HIGHLIGHTS

Yoga History & Philosophy *Knowing Your Roots*

- o Embodied Spiritual Practice – Tantra Yoga
- o The 8-Limbed Path of Yoga – Raja Yoga
- o Krishnamacharya Lineage
- o Prana Flow® Yoga – Shiva Rea
- o Important Classical & Contemporary Texts
- o The Language of Yoga: Sanskrit

Ethics, Moral Precepts & Lifestyle *Yoga As a Life Sadhana*

- o Yamas & Niyamas
- o Ayurveda & Diet
- o Svadhyaya/Self-Study, Personal Sadhana & Sva Dharma
- o Meditation

Anatomy & Physiology *Annamaya & Pranamaya Koshas*

- o Anatomy of Hatha Yoga
- o Common Injuries & Conditions
- o Precautions/Contraindications
- o Modifications
- o Energy Anatomy – Koshas, Nadis, Chakras
- o The Panchavayus – Movements of Prana

Teaching Methodology *The Asana of Teacher: Finding Your Seat*

- o Hands-On Adjustments & Enhancements
- o Language, Preparation & Student-Teacher Relationship
- o Ambiance
- o Business of Teaching Yoga
- o Personal Practice

Techniques Training/Practice *Building Your Teaching Toolkit*

- o Creating Sutras or Themes
- o Vinyasa Krama, Wave Theory & Multi-dimensional Sequencing
- o Prana Flow® – Energetic Vinyasa
- o Prana Vinyasa within asana

TEACHERS

Gina Caputo, E-RYT is a respected teacher of vinyasa flow yoga and the director of Kansas Siddhi Yoga which she founded in 2004. She is an Experienced Registered Yoga Teacher (E-RYT) through Yoga Alliance and has had the privilege of studying and apprenticing with some of today's most renowned teachers. Her teachings are infused with her studies in the Krishnamacharya lineage, yogic philosophy, mindfulness, vitality and humor. In addition to teaching at and directing Kansas Siddhi Yoga, Gina continues to study, practice, travel and assist Shiva Rea.

Sarah Kucera, DC is a practicing chiropractor, yoga teacher at Kansas Siddhi Yoga and avid student of yoga with a passion for anatomy. She received her B.S. in Exercise Science from the University of Kansas and her Doctor of Chiropractic degree from Cleveland Chiropractic College. Her combined, extensive experience in yoga, kinesiology, movement therapy and seeing bodies gives her teachings an extraordinary applicability.

DATES**THURSDAY-MONDAY****June 10 – 14****July 8-12****August 5-9****September 2-6****SCHEDULE**

Note: exact class times will be determined based on current studio schedule and number of teacher trainees. It is best to assume you will be in training for roughly these time frames

THURS – FRI – SUN – MON

7:00am – 12:00pm**1:00pm – 5:00pm**

SAT

7:00am – 11:00am**12:00 – 5:00pm****REQUIREMENTS**

The Kansas Siddhi Yoga Teacher Training Program provides an opportunity to deepen your experience and understanding of Yoga. You don't necessarily need to be teaching or even planning to teach in order to participate. What is **required is a minimum of 2 years of an on-going vinyasa flow yoga practice** and a strong interest in committing to the further exploration of Yoga. You will need to come to a Solar Flow class with Gina prior to acceptance into the program. This program will require a significant time commitment so please consider your availability carefully before registering.

POLICIES

Included in the program fee are all classes related to this program, a 50% discount on your class passes purchased during the program, a 20% discount on retail purchases, a 20% discount on other workshops and special events, and the course training manual.

A \$150.00 deposit holds your place in the training and is non-refundable. Up to 7 days prior to the training, a full refund will be issued minus your deposit and the cost of any books or other materials ordered for you. You will receive any materials you have paid for, except for the training manual. For cancellations in the 7 days prior to the training, you will receive a credit at the studio for the full amount, minus the deposit and materials fees. No refunds or credits will be given after the first class.

YOGA ALLIANCE REGISTRATION REQUIREMENTS

The requirements of this program are designed to conform with the Yoga Alliance National Teacher Training Registration Standards. These requirements include 200 certified contact hours. Kansas Siddhi Yoga is a registered and approved school of Yoga Alliance. Upon completion of all requirements, you will receive a Kansas Siddhi Yoga School teacher certification. To meet Yoga Alliance's minimum training standards for a 200-hour Registration, you must attend every session in its entirety associated with this program. **This means that you may not arrive late to any session nor attend partial sessions to receive credit towards Yoga Alliance Registration.**

REQUIRED READING

You will be given a Required Reading List upon acceptance into the Teacher Training Program. You will have the option of purchasing these books from the studio at a 20% discount.

APPLICATION & REGISTRATION

For more information and to apply for this training, visit www.moyoga.com or email info@moyoga.com

