



APPLICATION DEADLINE AND FEE:

The application deadline is **July 25, 2011**. To ensure the highest quality of training we are only enrolling 15 students, so the earlier you get the application to us, the better.

Your non-refundable **\$500 deposit** (which will be deducted from your tuition) is due within 2 weeks of being accepted into the Teacher Training.

TUITION:

The full tuition is **\$3,300**.

We are teaching this training in FOUR segments. You may wish to attend all four or individual segments. If you choose to commit to all four segments up front, we will reduce the tuition to **\$3,000**.

Individual Segments (which come with one month of Unlimited Classes at Yoga High) = **\$1000/each for Segments 1, 2 or 3; \$300 for Segment 4**

There are no refunds for payments if you decide to drop out of the Yoga High Teacher Training. In the case of a medical emergency Yoga High has the right to determine if partial tuition will be refunded.

Before committing to any segment of the Yoga High Teacher Training, please check your personal schedule with the Teacher Training schedule. The full schedule is listed below in "Breakdown of the Segments and Their Schedules".

If you need to miss classes in the event of an emergency, there will be make-up classes at the directors' discretion. There will be an additional \$75/hour fee for all make up sessions.

TUITION DEADLINES:

\$500 non-refundable deposit due within two weeks of acceptance into the Teacher Training.

This fee will be deducted from your tuition.

If you are attending all four segments OR the first segment, full payment is due by **Sept 1, 2011.**

Payment for Full Training (Segments 1-4):

9/6-12/31 with Unlimited Classes 9/1-12/31

Coursework 9/6-11/3

If you pay in full by **August 1 = \$2,800**

If you pay in full by **September 1 = \$3,000**

Payment for individual Segments:

Segment 1 -- Philosophy, Anatomy, Breath and the Subtle Body:

Sept 6 – 21, 2011

Mondays 12-4pm

Tuesdays 12-4pm

Wednesdays 1:30-4pm

Thursdays 12-4pm

Pay in full by **Sept 1 = \$1000**

Unlimited Classes Sept 6-Oct 6, 2011

Segment 2 – Basic Asana, Alignment and Adjustments:

Sept 22 – Oct 12, 2011

Mondays 12-4pm

Tuesdays in Sept 12-4pm

Tuesdays in Oct 1:30-5:45pm

Wednesdays 1:30-4pm

Thursdays in Sept 12-4pm

Thursdays in Oct 1:30-5:45pm

Pay in full by **Sept 15 = \$1000**

Unlimited Classes Sept 22-Oct 22

Segment 3 – Asanas Level II: Variations and Modifications

Oct 13 – Oct 31

Mondays 12-4pm

Tuesdays 1:30-5:45pm

19 Clinton Street 2nd Floor NYC 10002 212-792-5776 info@Yogahighnyc.com

www.Yogahighnyc.com

Wednesdays 1:30-4pm

Thursdays 1:30-5:45pm

Pay in full by **Oct 1 = \$1000**

Unlimited Classes Oct 13-Nov 13

Segment 4 – Being a Teacher:

****you must show a 200-hour certificate or have taken Yoga High Segments 1 through 3 to be eligible for this segment****

Nov 1 – Nov 3

Tuesday – 1:30-4pm

Wednesday – 1:30-4pm

Thursday – 1:30-4pm

Pay in full by **Oct 25 = \$300**

Unlimited Classes Nov 1-Nov 30

Breakdown of the Segments and Their Schedules:

****Those taking all 4 Segments receive Unlimited Classes at Yoga High Sept 1 – Dec 31, 2011. All homework is due on January 31, 2012.**

Segment 1 – Philosophy, Anatomy, Breath and the Subtle Body

We begin the Yoga High Teacher Training with a segment full of information that is either missing or only briefly explained in the regular Yoga classes you usually attend. Segment 1 offers you a chance to dive into the history and philosophy of Yoga, a deep exploration of the breath, anatomy of the physical and energetic bodies and an introduction to the ancient Indian medical science of Ayurveda.

This segment starts with a study of Yogic philosophical and scientific fundamentals, which will create the foundation for your knowledge of Yoga as a complete system of mental focus, breath, physical asana (poses) and meditation. From there you will gain a greater understanding of how the physical and subtle bodies work efficiently by learning basic anatomy of movement and energetic pathways. Once the physical and subtle bodies are clear, we will introduce Pranayama, and you will learn how to practice and teach (in a very approachable way) the incredibly powerful control of breath and Prana. Pranayama will lead us to the space beyond the thoughts through meditation (again, in a guided and approachable way). Finally, you will learn how the ancient medical science of Ayurveda offers insight into your own life and the Yoga practice of your future students.

By the time you complete Segment 1, your Yoga practice will feel far more comprehensive and supported by the knowledge and techniques you have learned. You will be ready to approach teaching with wisdom and grounded confidence. Segment 1 is also an incredible experience for those wanting to explore their own practice on a new level, even if you do not want to become a teacher.

The exact dates of Segment 1 are:

Sept 6 – 21, 2011

Mondays 12-4pm

Tuesdays 12-4pm

Wednesdays 1:30-4pm

Thursdays 12-4pm

Homework for Segment (must be completed by Jan 31):

Before the training begins on Sept 6, read Padas (Chapters) I & II of

the Yoga Sutras translated by Sri Swami Satchidananda

Pick one Sutra or Yama/Niyama and live it for the entirety of Segment 1. Each student will talk briefly about how it affected your life and practice.

During the month of September, create a home meditation practice for yourself at least twice a week and write about it in your Journal.

Take 4 Yoga High classes

Unlimited Yoga High classes available for Segment 1

participants: You will receive unlimited classes at Yoga High September 6 -Oct 6, 2011. Unfortunately we cannot extend these unlimited classes for injury or scheduling conflicts.

Segment 2 Basic Asana, Alignment & Adjustments

In this segment you will learn the traditional version of a comprehensive list of Yoga asanas (poses). Sun salutes, standing poses, arm and leg balances, twisting poses, backbends and seated poses will all be taught in their basic form. You will learn the healthy alignment and safe, helpful adjustments for each pose. You will have the opportunity to practice teaching each pose verbally and with hands-on adjustments. This segment builds on the knowledge of anatomy, breath and the subtle body from Segment 1 and expands into sequencing a dynamic and intelligent class based on your knowledge of how the asanas and the body function together. By the end of Segment 2 you will be able to teach your fellow trainees a simple, challenging and effective Yoga class with a focus on breath, sequencing and alignment.

The exact dates of Segment 2 are:

Sept 22 – Oct 12, 2011

Mondays 12-4pm

Tuesdays in Sept 12-4pm

Tuesdays in Oct 1:30-5:45pm

Wednesdays 1:30-4pm

Thursdays in Sept 12-4pm

Thursdays in Oct 1:30-5:45pm

Homework for Segment 2 (must be completed by Jan 31):

Take 4 Yoga High classes

Take 2 Non-Yoga High classes

Observe 2 Yoga High classes (one of them must be Level 1)

Record 2 Yoga High classes and listen to them as much as you need. Write down sequencing, alignment notes or ideas that stand out to you

Teach 4 one-hour classes to one person (each class can be to a different person or all to the same person)

Unlimited Yoga High classes available for Segment 2

participants: You will receive unlimited classes at Yoga High Sept 22-Oct 22. Unfortunately we cannot extend these unlimited classes for injury or scheduling conflicts

Segment 3 – Asanas: Level II, Variations & Modifications. Tap into your creativity while teaching

Segment 3 picks up where Segment 2 left off. Now that you have an understanding of the body and breath from Segment 1 and an understanding of the asanas and basic sequencing from Segment 2, you have the chance to develop your own creativity and knowledge of asana variations. Each basic asana will be briefly reviewed, and in this section you will learn modifications for special populations (injury, pregnancy, extreme tightness, etc.). You will also learn variations of each pose for a more challenging option or to give your students a different perspective. In addition, we will introduce some advanced asanas and the alignment and adjustments that apply to them. By the end of this segment you will have the knowledge to teach a creatively sequenced class to mixed level and advanced students that fosters a sense of health, well-being and balance.

19 Clinton Street 2nd Floor NYC 10002 212-792-5776 info@Yogahighnyc.com

www.Yogahighnyc.com

The exact dates of Segment 3 are:

Oct 13 – Oct 31

Mondays 12-4pm

Tuesdays 1:30-5:45pm

Wednesdays 1:30-4pm

Thursdays 1:30-5:45pm

Homework for Segment 3 (must be completed by Jan 31):

Special Populations: On the first day of Segment 3, you will be assigned an injury or physical challenge to report on. Research your topic and report on it during the training with a brief description of it and how Yoga helps or aggravates it.

Take 4 Yoga High classes (one of them must be Level 1)

Take 2 Non-Yoga High classes

Observe 2 Yoga High classes

Record 2 Yoga High classes and listen to them as much as you need. Write down sequencing, alignment notes or ideas that stand out to you.

Teach 4 one-hour classes to a group of 3 or more people. Record 2 of these classes that you teach and take each of them on your own at least one week later.

Unlimited Yoga High classes available for Segment 3

participants: You will receive unlimited classes at Yoga High Oct 13 – Nov 13. Unfortunately we cannot extend these unlimited classes for injury or scheduling conflicts.

Segment 4 – Being a Teacher

Teaching takes on many different forms. Some of you will go on to teach Yoga professionally and others will use your knowledge to teach to friends and family informally. Segment 4 covers all of the bases with practical advice and mentoring to give you the knowledge, confidence and skills to be a responsible and compassionate teacher. You will discover and cultivate your own unique strengths as a Yoga teacher, and we will work with you to develop those strengths. You'll learn the nitty-gritty practical stuff teachers need to turn your love of teaching Yoga into a viable career. You will also have plenty of

19 Clinton Street 2nd Floor NYC 10002 212-792-5776 info@Yogahighnyc.com

www.Yogahighnyc.com

time and space in Segment 4 to practice teaching and receive honest, constructive feedback. You will end this segment and this training feeling empowered as a teacher and transformed as a person.

The exact dates of Segment 4 are:

Nov 1 – Nov 3

Tuesday – 1:30-4pm

Wednesday – 1:30-4pm

Thursday – 1:30-4pm

Segment 4 Homework (must be completed by Jan 31):

Write a short piece about the strengths and attributes you have that will make you a good teacher. What special qualities do you have that are unique to your perspective as a teacher? What qualities are lacking or deficient that you must work on to be a good teacher?

Observe 3 Yoga High classes and write alignment notes

Teach 4 Level 2 90-minute classes to a group of 3 or more students. Record 2 of these classes that you teach and take each of them on your own at least one week later

Teach 4 one-hour private sessions

Unlimited Yoga High classes available for Segment 4

participants: You will receive unlimited classes at Yoga High Nov 1 – Nov 30. Unfortunately we cannot extend these unlimited classes for injury or scheduling conflicts

What is required of you:

Pre-Training:

- You must have had a consistent Yoga practice for at least one year.
- Before applying, you must have taken a minimum of 5 Level II or higher Yoga High classes. (At least one with Mel and one with Liz)

During the Training

- 100% attendance is required. You will not be able to graduate until you have completed the full curriculum. In the event of an emergency there will be make-up classes at the directors' discretion. There will be an additional \$75/hour fee for all makeup sessions
- You will receive Unlimited Yoga at Yoga High for the duration of the training and will be required to take Yoga High classes in each Segment
- Observe Yoga High classes
- Organize and teach classes to a small group (group may be friends or family)
- You will be required to take Yoga classes at studios other than Yoga High
- Complete all required reading assignments
- Complete all written homework
 - (The reading and written homework will be a very reasonable amount)
- Pass a written exam and a practical exam

Yoga High Faculty

The Yoga High Teacher Training Program will be lead by Co-Directors Liz Buehler and Mel Russo. Between the two of them they have over 30 years experience as yoginis and over 14 years experience teaching.

Liz Buehler Walker

Liz originally hails from Atlanta, Georgia and moved to New York to study and perform dance. After graduating from the certificate of dance program at the Ailey School, Liz became a professional dancer in NYC. When not dancing, Liz earned her certification in both Pilates and Gyrotonic; she eventually became a Senior Teacher teaching private sessions at Chelsea Movements. It was here that Liz honed her skills reading the body, working with people on injury prevention and rehabilitation and empowering people to find the healthiest and most natural way of moving and being comfortable in their own skin.

The dance, Pilates and Gyrotonic experience Liz had were a wonderful foundation for her Yoga practice. After practicing Yoga for many years, Liz completed her Vinyasa Yoga Teacher Training in 2001 at the legendary East Village Yoga center Bhava Yoga with Peter Rizzo. Liz taught at the Bhava Yoga Center on 6th Street until its closing. She has also co-taught workshops with Peter at the Bhava Brattleboro location. After extensive study with Peter both here in NY and in Vermont, she earned her certification as one of only a small number of Senior Bhava teachers.

Most recently Liz completed the ISHTA Yoga bridge program. Liz continues to study pranayama and meditation techniques with Alan Finger of the ISHTA lineage.

Mel Russo

Originally from NYC, Mel began practicing Yoga in 1995 while she was living in Los Angeles. The first style she tried was Anusara and stuck with it for about 7 years. In the midst of that she also began studying with world renowned Yoga master Max Strom. She felt more of a connection to his Vinyasa style and teachings and ended up doing her Teacher Training with him. Mel became a certified Vinyasa teacher in 2004 and has been studying with Max and teaching in NYC ever since. Mel started her relationship to movement as a small child when she began ballet dancing. After a few years of ballet she started horseback riding and that activity won over her free time. Once in High School Mel began playing soccer and her love of soccer has lasted all these years.

It was the slow focused movement of Yoga and the athleticism of the

Vinyasa style that Mel felt she had found her physical outlet. Mel loves to make people feel safe and comfortable while they learn new things and dive deeper into their Yoga practice. In 2008 Mel completed the ISHTA Yoga bridge program. She continues to study pranayama and meditation techniques with Alan Finger of the ISHTA lineage.

Kristin Leal

Some Anatomy and the subtle body will be taught by Kristin Leal. Kristin has been teaching anatomy and Yoga classes for 14 years. Her knowledge and passion for anatomy are vast. Kristin brings her warmth, compassion and humor to every class she teaches. She has a way of making anatomy fascinating, fun and very relatable.

Patricia Milder

Ayurveda and Meditation will be taught by Patricia Milder. An expert in the Yoga High style, Patricia's connection to Mel & Liz extends back many years. She did her training with Charles and Lisa Matkin of Matkin Yoga. She presents her knowledge of Ayurveda and meditation in a clear and approachable way that makes these subtle concepts attainable.