



# The Art & Science of Vinyasa Yoga

200 HR Foundational Teacher Training Program  
A fluid path of conscious evolution

published January 2018

## **WELCOME**

Thank you for your interest in our teacher training program!

Jewel in the Lotus Yoga offers a foundational Vinyasa Yoga Teacher Training program rooted in classical yoga and enriched with the great wisdom of Astanga Vinyasa yoga and Prana Vinyasa® yoga. Participants will explore and study asana, pranayama, vinyasa krama (intelligent organic sequencing), hands on enhancements, and many practical teaching skills. Shiva Rea's foundational Prana Vinyasa® teacher training modules(Embodying the Flow & Mandala of Asanas) will be woven into this course.

Aubree Saia, E-RYT, offers her guidance from a deep well of authentic experience in the yogic healing arts. She began her practice 20+ years ago, and has been sharing her love of yoga with others for the past 16 years. She has been blessed to assist with her inspiring teacher Shiva Rea and has spent many moments studying in the presence of numerous master teachers.

Aubree shares her knowledge & insight of Transformational Breath®, AcroYoga, and Thai Massage throughout the training journey. She creates a rich learning environment and brings together a unique mix of practices for students to enjoy and learn from. The program is designed to give you a wide variety of topics, class settings, and experiences. We are committed to giving you the best learning experience possible.

This program is open to all yogic explorers who are interested in expanding their experience and understanding of the vast ocean of yoga, those awakening to their inner wisdom, and those who would like to empower themselves as teachers on this incredible path.....

We hope you will enjoy the journey!

## **VINYASA YOGA**

Vinyasa Yoga blends the essence of ancient yogic tradition with the pulse of present day inspiration. Vinyasa literally translates "to place in a sacred way." This practice embraces the natural evolution of asana by weaving together sequences in a masterful way. The inner current of the breath guides one to flow through these creative sequences and invites the body to open with ease and grace, while the mind magically softens into stillness. This allows one to pierce through the veil of the surface and creates connection with a deeper sense of being beyond the mind and body.

Vinyasa Yoga recognizes the inevitable consistency of change in life and teaches one to go with the flow of that which is being called forth in the moment. The rhythms of nature, the cycles of the moon, and the seasons, are all reflected within the daily ritual of sadhana (practice).

Welcome the spontaneous exploration of movement meditations, classical and innovative asanas, traditional and evolutionary mantras, healing and cleansing breath techniques, bandhas, kriyas, mudras, and the live experience of prana!

### **WAYS TO PREPARE FOR THE PROGRAM**

Establish a regular practice of 3-4 times per week. 15 minutes of sun salutes in the morning is better than nothing! Attend as many classes as possible, experiencing different styles and teaching methods

Create a balance between activity and rest. Most of us do not get enough sleep. During rest, the body and mind have a chance to regenerate. Commit yourself to getting at least 8 hours of sleep per night.

Eat a healthy diet rich in whole foods, such as grains, vegetables, and fruit. Reduce or eliminate the consumption of red meat, processed foods, caffeine, and alcohol. Drink plenty of filtered or bottled water.

### **QUESTIONS AND CONCERNS**

You may address all of your questions and concerns related to the program to Aubree Saia 608-213-3804 or [asaia@aumaubree.com](mailto:asaia@aumaubree.com)

# The Art & Science of Vinyasa Yoga 2017

## Jewel in the Lotus Yoga, LLC

### **School Information**

Jewel in the Lotus Yoga, LLC  
108 N Few St  
Madison, WI 53703  
www.aumaubree.com  
608-213-3804 cell

### **Mission Statement**

We are committed to sharing the wisdom of yoga in a safe and nurturing space in order to bring greater health, happiness and well being into the lives of those in our community. Our teacher training is designed to give students a thorough in depth study of the many limbs on the great tree of yoga; awakening the unique teacher living within each individual.

### **Philosophy**

It is our goal to offer and create a sacred space for yoga practice and self-exploration through all kinds of movement and expression. Our offering is universal and available to all who are interested. Join the evolving community of yogic explorers embracing yoga as a natural path to freedom.

### **Benefits of a REGULAR Yoga Practice:**

Harmonizes overall well being

Yoga GLOBALLY trains your whole being: mind, body, spirit

PRANA, the life force is circulated throughout your entire system-awakening the energy body

The nervous system is soothed and energized, reducing stress

The glandular system is stimulated; creating hormonal harmony & balance

The cardiovascular & circulatory systems are strengthened and invigorated-improving the flow of all fluids in the body(majority of the body is fluid filled)

The digestive & elimination systems are activated and regulated

Sweating once a day rejuvenates the skin-Your skin glows

Creativity flows strongly

Your inner light shines bright

A sense of freedom emerges

Remember, the key is a REGULAR practice. You reap what you sow. 3 times per week is a good start, 5 times a week is better. Everyday practice is amazing! An erratic practice will not produce abundant results.

### **Location and Facilities**

Classes will be held at  
Monona Yoga Center  
320 W Broadway Unit 3  
Monona, WI 53716

Yoga Mats, blocks, straps, and blankets are available, students are also welcome to bring their own supplies.

There are restaurants, cafes, a grocery store and parks within walking distance.

### **Ownership and Governance**

Aubree Saia is the owner of Jewel in the Lotus Yoga, LLC. Aubree Saia is the school Director, Lead Trainer, and Programmer. The teacher training Faculty includes Aubree Saia (Director, Teacher) and Andrew McCauley.

### **Faculty**

Aubree Saia, CYT, ERYT- is a certified Prana Vinyasa® Teacher, Transformational Breath® Facilitator, AcroYoga Teacher, Access Consciousness® Bars Practitioner, Raw Nutrition Coach, Thai Massage Practitioner, and the creative director of Jewel in the Lotus Yoga, LLC. She has also completed Astanga Yoga training with Tim Miller, Forrest Yoga training with Ana Forrest, and Reiki I, II with Joan Pape.

Andrew McAuley is an internationally recognized teacher of yoga, anatomy, and healing arts. Throughout his career, Andrew has created curriculums and courses for massage therapy and fitness institutes as well as yoga schools. Though his knowledge of the physical aspects of the practice are broad and extensive, Andrew believes in a holistic approach which explains why his deep reverence of eastern philosophy and spiritual practice is organically woven into his teachings. Having respect for the multi-faceted nature of the human experience, Andrew's primary goal is to invite students of all levels to explore their personal evolution on the path through creating a lighthearted and autonomous learning environment. Presently, Andrew's intensive studies in Yoga, Tantra and Ayurveda are under the guidance and wisdom of his teachers Shiva Rea, Christopher Tompkins, and Dr. Vasant Lad.

## Calendar

Tuesdays September 2018 -February 2019

All of our meetings will begin with an asana practice class, lunch, and then a training session. We will cover all the topics listed in the course description during our afternoon training sessions.

### \*Tuesday schedule

Practice Class: 11-1:00pm

Lunch Break: 1:00-2:00pm

Training Class: 2:00pm-5:00pm

September 18

September 25

October 2

October 9

October 16

October 23

October 30

November 6

November 13

November 27

December 4

December 11

December 18

January 8

January 15

January 22

January 27 Sunday Video Review

January 29

February 5

February 12

February 17 Sunday Video Review

February 19

Group Practice & Sweat lodge      sunday 11:00 am practice      TBA

Anatomy for Flow

fri eve-sunday afternoon

TBA

\*schedule subject to change

We do not hold classes on:

Memorial Day

Independence Day

Labor Day

Thanksgiving

Christmas

New years Day

## STEPS TO CERTIFICATION

<b>Techniques</b>	<b>Classes</b>	<b>Hours</b>	<b>Total</b>
Training Class	20	2	40
Practice Class	20	2	40
Teaching Class	20	0.5	10
Additional Practice Classes	40/2/wk	1.5	60

<b>Teaching Methodology</b>	<b>Classes</b>	<b>Hours</b>	<b>Total</b>
Assist/Adjust	10	1.5	15
Assist/Adjust	10	1.5	15

<b>Philosophy, Ethics, Lifestyle</b>	<b>Classes</b>	<b>Hours</b>	<b>Total</b>
kirtan	20	0.25	5
Sutra study	5	1	5
Ayurveda	5	1	5
Ethics discussion	1	2	2
transformational breathing	2	1.5	3

<b>Practicum</b>	<b>Classes</b>	<b>Hours</b>	<b>Total</b>
Privates	3	2	6
Intro to Yoga Class	5	2	10
Community Class-Video Review	2	7	14

<b>Anatomy</b>	<b>Hours</b>
Anatomy Course	21
Anatomy Coloring Book	5

<b>Electives</b>	<b>Hours</b>
Workshops (national teachers)	6
Workshops (local teachers)	6
closing sweat lodge & practice	8

<b>Non-Contact Hours</b>		<b>Hours</b>
Homework	Self study, reading assignments, quizzes	100
Book Review	choose 1 book from reading list and write report	20
Seva	Selfless service	20
Karma Yoga	Teach a yoga class to an underserved or disenfranchised group at no charge	5
kirtan	attend 3 kirtans	6



# Course Description

## Yoga Philosophy

What is yoga? This ancient system of health and well-being, reveals a path to develop and expand your fullest potential in body, mind, and spirit. We will look at yoga sources such as Indian culture, yoga sutras and the hatha yoga Pradipika. We will also study Patanjali's eight-fold path known as ashtanga yoga.

Yama - Relationship with Others

Niyama - Relationship with Ourselves

Asana - Postures

Pranayama - Breath Control

Pratyahara - Turning the Mind Inward

Dharana - Concentration

Dhyana - Meditation

Samadhi -Enlightenment

As you embody the practice through these various limbs, you will become more and more connected to the inner current below the surface of your mind body field. This inner intelligence becomes the teacher as you flow through your practice and your life. We will also investigate ayurveda as the sister science to yoga and you will have the opportunity to weave many of it's practices into your experience.

## Theory & Practice of Asana

The yoga sutras refer to asana as the integration of sthira (steadiness) and sukha (ease). This important sutra will guide us as we look into the deeper aspects of asana, including alignment, key actions, hands-on adjustments, vinyasa krama (evolution of asana), variations and modifications.

You will be introduced to the prana vayuus ( 5 movements of energy) underlying all of the asanas and nature.

You will explore the energetic techniques of bandhas, dristi, kriyas, mudras, chakras and the elements in order to expand your awareness and understanding of the subtle movement of prana through asana.

You will learn several classical namaskar variations and innovative dancing warrior and rhythmic vinyasa sequences. Offering you a wide pallet of namaskars to share with the world.

You will work with the family tree of asanas and will see how basic "blueprint" asanas form

a primary pattern through key actions and alignment principles that can be seen and applied in related asanas

You will learn correct pelvic position, spinal alignment & foot patterns that support the structure of the body & the flow of prana

You will apply 3 part vinyasa technique in asanas, to remove the feeling of being "stuck" and to awaken the flow of prana, inviting energy to circulate throughout your entire being

### **Theory & Practice of Pranayama**

Conscious breathing requires sensitivity to properly direct life energy (prana), which makes all physical, mental, and spiritual life possible. It is the subtle thread that connects us with universal consciousness. Pranayama is a way of using the breath to receive, generate, distribute, and store this vital energy. We will explore Ujjayi (victory breath), nadi shodhanam (alternating nostril), kappalabhati (breath of fire), sitali (cooling breath), and viloma (against the grain).

You will also experience transformational breathing

### **Theory and Practice of Teaching**

The art of teaching is a yoga in itself, requiring sensitivity, compassion, and practice. A teacher must encourage and inspire, being sensitive to the needs of both the individual and the group.

How to properly adjust using visual (body language), verbal (voice), and kinesthetic (touch) tools

Finding your own unique voice through learning the language of yoga and the vinyasa of cueing

You will learn basic sequencing & structuring of a class, through vinyasa krama, and asana relationships. As well as Prana Flow wave sequencing methodology.

Integrate themes, rhythm, focus, direction

Psychology ethics of the student/teacher relationship

### **Experiential Learning**

Understanding from within requires the student to not only expand inner awareness and trust of intuition, but also to gain practical experience in the art and science of yoga in a variety of situations and venues.

Observe, adjust, and assist in class with various teachers

Develop individualized private lessons

Teach a community class (basic level 1-2)

Give selflessly by teaching a karma yoga class

Practice at least five different styles of yoga throughout the 6 month program

Explore workshops with master teachers and local teachers

## Course Work

**Opening Circle:** The first class get-together is a sacred sharing of one's background and intention for the teacher training course. Please come prepared to talk about how you came to yoga and what yoga means to you, why you are interested in the teacher training program or what you hope to accomplish by participating in the training. Please wear an article of white clothing to represent the purity of your intention.

### Techniques, Training, and Practice

#### Training Classes

Training classes are the foundation of the training program, mandatory and required for certification. Integral to the learning process, these classes are multi-dimensional and include an organic mixture of asana, pranayama, meditation, bandhas, mudras, kriyas, mantra & kirtan practice, history, philosophy, ethics and sutra studies. The format of the class is structured to include practice, hands-on adjustments, practice teaching, seeing circles, lecture, discussion, Q&A, and quizzes. Guest teachers may also be asked to present during these times. **Make-up Policy:** You are entitled to miss one class. For all absences, you must attend make up sessions completing hour-for-hour each class missed. Business Course will be covered in one of our training sessions

#### Practice Classes

Practice classes are an important component of the training in which trainees experience a live flow experience of yoga class. **Make-up Policy:** Attend any of Aubree's regularly scheduled classes throughout the year to make up full hours missed.v

#### Weekly Classes

Trainees are required to participate in 2 group classes per week. This requirement is in addition to your daily personal practice. By the end of the 6 month program, each trainee must attend classes in at least 5 different yoga styles. A minimum of 40 practice classes

is required for certification. Please keep an organized log of your attendance and have the teacher initial.

## **Teaching Methodology**

### **Observe, Adjust & Assist**

Trainees choose an approved teacher to observe, adjust, and assist. Each teacher is unique in the way to engage the trainee. Trainee is required to observe, adjust, and assist 20 classes to meet certification requirements. Ten of these classes are required to be with Aubree.

## **Practicum**

### **Privates**

Each trainee is required to teach 3 private yoga sessions. Please keep record these sessions and have student/client initial. One with a person you know, one with someone you don't know, and one with a fellow trainee.

### **Intro To Yoga Class**

Each trainee is required to teach 5 classes for certification. These 5 classes are 1hr long intro to yoga classes offered at Jewel in the Lotus Yoga. These classes are offered to real live students as an introduction to the basics of yoga. Each class includes asana, pranayama, meditation, and some yoga theory.

Trainees are responsible for signing up for the class in advance, planning, and teaching. Note: if you do not show up to the class you have agreed to teach, you will be automatically disqualified from certification We have a zero-tolerance policy for teacher no-shows.

### **Video Review**

Each trainee is required to teach a portion of a free intro to yoga class and these classes are videotaped, then watched and reviewed immediately following the class. Students participating in these classes will be given a feedback form and are encouraged to provide their comments anonymously.

## **Philosophy, Ethics, Lifestyle**

### **Kirtan**

Trainees are required to attend at least three kirtans, beyond our kirtan experiences in the classroom. These should be logged and initialed or with logged with receipt.

### **Karma Yoga**

Teach 1 yoga class to an underserved or disadvantaged group, such as cancer patients, senior citizens, disadvantaged youth, etc. You may not receive compensation for this class. Each trainee is required to research, contact, and arrange to teach this class. Submit a short review by email when complete.

### **Homework**

Svadyaya or self-study is also an important part of the course. Trainees submit homework on a weekly basis by email. Any late assignments must be submitted by the end of the training classes.

### **Quizzes**

Throughout the training, quizzes (and pop quizzes) will be given to encourage you to study and digest the material. 80% is required to pass. Make-up: you may retake the quiz (less than 80% score) or make-up the quiz at any time within 1 week.

### **Book Reviews**

1 book review is required for certification. You can choose a book from our required book list

### **Journaling**

Each trainee keeps a weekly journal of svadhyaya (self-study), an excellent way to gain the ability to listen and attune to the present moment.

### **Seva**

Assisting in various duties at the yoga studio helps one to see the organization exists only with each individual's participation and care. Small duties such as assisting with office duties, washing mats, or keeping the space clean is valued and appreciated by everyone who is a part of the community. You will be asked to sign-up for a seva project at the beginning of the program. Your cooperation and zen-like mind is greatly appreciated.

### **Feedback Form**

Your feedback at the end of the course is used to improve the teachings, refine and tweak the class offerings, and is very much appreciated.

### **Anatomy**

Anatomy Course

friday evening-sunday afternoon

dates TBA

### **Electives**

Master Teacher Workshops - 6 hours are required for certification

Local Teacher Workshops - 6 hours required for certification

## Additional Notes

### **Employment Assistance Services**

Jewel in the Lotus Yoga does not offer employment assistance services. For many, yoga teaching is a part time job.

### **Advanced Standing**

We do not offer advanced standing for previous training or course-work.

### **Student Records**

Student records will be stored for a period of ten years from date of graduation. Records are confidential and can only be accessed through written consent of teacher trainee. No records will be forwarded to other parties.

## **Class Policies**

"Class" is defined as any practice, training, or teaching class in the setting of the teacher-training program. "Class" also includes any Moksha Yoga Center or Jewel in the Lotus Yoga class, any specially arranged or ad-hoc class, workshop class, special event class, master teacher round table class, introduction to yoga class, yoga sutra study group class, and any and all other classes at Moksha Yoga Center and Jewel in the Lotus Yoga not mentioned above.

Excessive tardiness will jeopardize your certification status. In addition, if you are late to any class more than three times, you may be asked to leave the program.

Excused Absences: Each trainee must inform the teacher in writing and in advance for classes which will be missed for legitimate reasons, such as weddings, family holidays, or pre-planned vacations. Shopping, movies, lunch with a friend, and "I'm too tired" are NOT legitimate excuses. You are allowed two excused absences, but hours missed must be made up.

Unexcused Absences: After the 2nd unexcused absence, you will automatically become ineligible for certification. You may also be asked to leave the program.

Absence due to Illness or Accident: Inform Jewel in the Lotus at least 4 hours before the class begins. The best way to do this is to call the studio and leave a message for Aubree. Please follow-up with an email at your earliest convenience. This will count as an excused absence.

Make-up: Trainees must complete a make-up (as described below) for ALL absences to become eligible for certification; there are no exceptions to this policy.

Option One: You may attend the missed class(es) in the following year's program.

Option Two: Meet with the teacher for a private session/review. Contact hours for the length of the private session will be credited. A \$70/hr rate will be charged for these meetings.

## **Leave of Absence**

We do not offer leave of absence from the teacher- training program.

## **Class Conduct**

You are expected to act in a respectful way towards the teacher and other students. Please arrive on time, prepared for class with assignments and class supplies. Please leave your mobile phone and other distractions outside the classroom. Disruptions to the teaching atmosphere will not be tolerated. Disruptive behaviors include but are not limited to: harassing other students, being under the influence of drugs or alcohol, and abusive language.

## **Complaint Procedure**

Students are encouraged to bring any complaints to the attention of the Director of Jewel in the Lotus Yoga, LLC.

Students are welcome to contact the Wisconsin Education Approval Board for further assistance at 608-266-1996.

Probation, Dismissal, and Readmittance

Any student behaving inappropriately will receive a written warning.

A second policy violation will result in termination from the program. School Director will determine final termination.

Students may reapply for re-admission to a future class. Admission is not guaranteed.



## **Course Investment**

\$3300 is due no later than September 1, 2018 (Check, cash, visa, master card are accepted for payment, and credit via paypal).

We do not offer payment plans or financial assistance.

Early registration by July 1, 2018 for \$3000

## **Reading Materials**

Light on Yoga, BKS Iyengar, Schocken Books, 1966

Autobiography of a Yogi, Self Realization Fellowship, 1946

Yoga and Ayurveda, David Frawley, PhD, Lotus Press, 1999

Anatomy Coloring Book 3rd Edition, Wynn Kapit, Addison-Wesley Publishers, 1993

The Key Muscles of Hatha Yoga, Ray Long MD FRCSC, Bandha Yoga

Art & Science of Vinyasa Yoga Manual

Embody the flow & Mandala of Asanas Prana Flow manuals

Please budget approximately \$350 for reading materials.

\*it isn't necessary to purchase all the above listed books, many can be borrowed from the library

## **Terms and Conditions**

A \$100 non refundable deposit holds your place in the training and is due when applying.

Returned checks subject to a \$25 return fee

Consultations with Faculty to make up deficient hours will be charged at a rate of \$108/hr.

## Cancellations and Refunds

Student will receive a full refund of all money paid if the student cancels within a three-business-day cancellation period.

A student who withdraws or is dismissed after attending one class, but before completing 60% of the instruction is entitled to a pro rated refund as follows:

After completion of at least	Prior to completion of	Refund will be
N/A	FIRST DAY	100%
1 unit/class	10% of program	90%
10%	20% of program	80%
20%	30% of program	70%
30%	40% of program	60%
40%	50% of program	50%
50%	60% of program	40%
60%	N/A	NO REFUND

As part of this policy, the school may retain a one-time application fee of no more than \$100. . Student will receive the refund within 40 days of the termination date. If a student withdraws after completing 60% of the instruction, and the withdrawal is due to mitigating circumstances beyond the student's control, the school will refund a pro rata amount.

A written notice of withdrawal is not required. All or a portion of the refund will be used to pay grants, loans, scholarships or other financial aid in conformity with federal and state law. The school will make a "good faith" effort to make a refund, if necessary, by sending certified mail to student's and parent's permanent address.

## Admissions Requirements

Applicants should be 18 years of age.

Applicants should have a high school diploma or GED.

Applicants are expected to have a regular yoga practice.

Applicants shall submit completed application questions with \$100 non-refundable application fee.

Application questions are due December 15, 2017. Students are encouraged to submit applications early, as spaces are limited.

Applicants must read and sign the Agreement & Liability Release Forms.

Applicants should be computer literate and have access to email.

Applicants shall complete an admissions interview.

Accepted applicants will be notified via email or phone of acceptance

## Application Questions

Please respond to the following and send via email to [asaia@aumaubree.com](mailto:asaia@aumaubree.com). Include the original question with your response.

Name, address, city, state, zip

Phone numbers (home, work, mobile)

Email address

Birthdate

Occupation

Family (# children) and partner's name

Who can we call in case of an emergency? Please provide a contact, relationship, phone number, and email.

Activities, hobbies, and interests

List all injuries, past and present.

Describe your physical health (major illnesses, surgeries, physical conditions).

Are you currently taking any medications? If so, please list fully and in detail. All responses will be kept strictly confidential.

Tell us about your emotional and mental health.

Do you smoke?

Do you have a close friend or therapist that will agree to listen to any comments or concerns that may arise throughout the course of this program (practice brings up a lot of emotions/issues)? Do you have a support network? Does your family support this journey you've decided to take?

This program requires a significant time commitment. Do you have any other major commitments (grad school, 2 jobs, etc) that would prevent you from participating fully?

Why do you want to take this program? What are your expectations for the training?  
What do you hope to gain, learn, or improve?  
Do you teach yoga now? If so, please describe in detail.  
If you plan on teaching after completing the program, why do you want to teach yoga?  
How long have you been taking yoga classes and/or practicing yoga? Please describe your practice in detail.  
Have you studied yoga anywhere? If so, which style, with whom, for how long - describe your experience in detail.  
How would you compare self-practice to that with a class and teacher?  
Would you be willing to establish a daily practice (minimum 15-20 minutes) and maintain it to become a certified teacher?  
Would you be willing to receive constructive criticism and feedback regarding your practice, teaching skills, and personality traits?  
Would you agree to follow the professional ethical guidelines of a yoga teacher?  
How would you resolve an interpersonal conflict with another classmate?  
Would you be willing to change your diet to improve your practice (and your health)?  
Is yoga exercise?  
List any other interesting details about yourself, you think we should know about you.

Namaste