

PIEDMONT YOGA STUDIO'S 2009-2010 DEEP YOGA PROGRAM SEPTEMBER 3, 2009-JUNE 24, 2010

The complete description and application for our Deep Yoga '09 Certification Program is now online at: www.piedmontyoga.com. Click on the Deep Yoga tab on the top of the home page to view all the details.

PIEDMONT YOGA STUDIO'S DEEP YOGA 2009 is:

A 200-hour, 10-month yoga intensive designed for students looking to advance their practice or to become yoga teacher. Every participant engages in 175 foundation hours, then continues on for 25 additional hours of focused work in teacher training (Teacher Track) or in-depth individual study (Advanced Studies Track), depending on his/her interest. Classes are held weekly on Thursday evenings from 6:00 to 9:00 pm and once a month on Saturday from 1:30 to 8:00 pm.

Foundation (175 Hours):

- 100 hours of Hatha Yoga Techniques: including asana, pranayama, chanting and meditation.
- 30 hours of Yoga History and Philosophy: including the Upanishads, Bhagavad Gita, Yoga Sutra of Patanjali, and other classical texts; key philosophical concepts in Yoga and the ethics of teaching.
- 25 hours of Teaching Methodology: including sequencing a class, seeing and understanding bodies, giving adjustments, and creating a safe environment for learning.
- 20 hours of Anatomy and Physiology: study of the human body from the Western perspective.

Teacher Training Track (25 Hours):

- Developing a class syllabus
- Observing and assisting teacher-mentor in public classes
- Teaching one's own class under guidance of teacher-mentor

Advanced Studies Track (25 Hours) :

- Creating and executing of independent research project under the supervision of a teacher-mentor, and/or
- Participating in approved yoga or yoga-related workshops.

Pre-requisites:

Every applicant should have at least 2 years of consistent class attendance, preferably but not of necessity at Piedmont Yoga. For the **Teacher Track**, you'll be asked to establish a consistent home practice, in addition to attending one class a week with a core faculty member. You should also be familiar with the most common inversions, such as Shoulder Stand and Head Stand, be able to name the most common asanas in Sanskrit, and have a rudimentary understanding of the major yoga schools.

For the **Advanced Studies track**, you'll be strongly encouraged but not required to fulfill the Teacher Track requirements for home practice and regular class attendance. You should be aware that the Technique and Methodology classes are generally geared toward Teacher Track students, which could be challenging for some Advanced Studies students. Nevertheless, the Deep Yoga faculty invites and welcomes your participation. We will always be ready to help you adjust the more challenging positions to suit your capacity.

Faculty: Baxter Bell, MD, Vickie Russell Bell, Ann Dyer, Mary Paffard, Richard Rosen, and Yoko Yoshikawa.

Schedule:

Classes are held weekly on Thursday evenings, beginning September 3, 2009, from 6:00 to 9:00 pm (excluding November 26, December 24, and December 31, 2009), and once a month on Saturday from 1:30 to 8:00 pm with a 30-minute break. The Saturday dates are: September 12, October 3, November 7, December 3, January 7, February 6, March 6, April 10, May 1 & June 5

Tuition: \$2,900 (see website for tuition options)

Applications are either downloadable from the website or you can submit online at www.piedmontyoga.com



Class of 2008