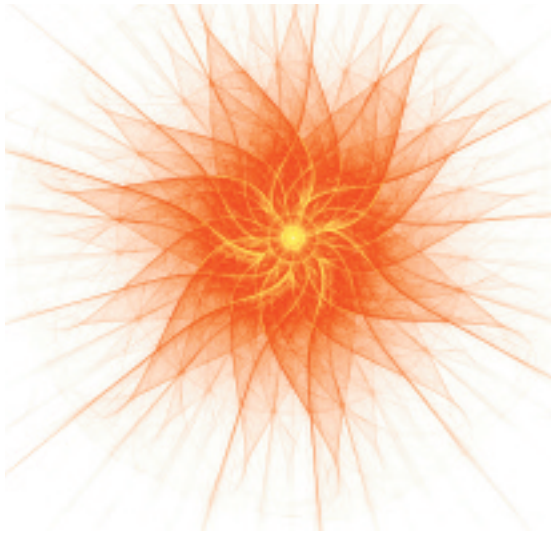

YOGA FLOW STUDIO



300 HOUR ADVANCED TEACHER TRAINING

WITH LORRAINE AGUILAR, P.T., ERYT 500

September 2013 - September 2014

Indeed this long awaited training is finally happening! Through the inspiration of the many wonderful students at Yoga Flow Studio and my many hours of practice and learning with many teachers and traditions, I offer this opportunity to you!

This training will be the first high caliber of it's kind on Long Island.

It is meant for serious and dedicated teachers and students of yoga who want to take their knowledge and skills to the next level.

Because of the nature of the training you will receive the personal attention that comes with true mentorship as well as the opportunity to develop connections with your fellow students to support your teaching and personal journey. This Training is designed to be transformational!

I hope that this training will be in your plan as you choose what do to with your "one wild and precious life."

I look forward on embarking on this beautiful journey with you.

It will be such a privilege to share what I know and explore what I don't.

I look forward to our supporting each other's growth.

I look forward to sharing, learning, laughing,

...and experiencing ourselves and each other in brand new ways.

May all of our intentions and efforts be for the benefit of all.

Bliss and Blessings

-Lorraine

YOGA FLOW STUDIO

977 Glen Cove Avenue

Glen Head, New York 11545

www.yogaflowstudio.com

Yogaflowstudio@gmail.com

(516) 656-0672



SCHEDULE FORMAT:

This 300 hour training will take place on one 16 hour weekend and one 2 hour Wednesday class per month for 13 months as follows:

Fridays: 6:30-8:30pm (or 7-9pm)

Saturdays: 10:30-1:30pm 2:30-6:45 pm (incl. 15 minute break)

Sundays: 9:30-12:30pm 1:30-5:45pm (incl. 15 minute break)

Wednesdays: 7:00-9:00 pm (for mentoring & 1-on-1 sessions)

Plus one 4 hour Half-Retreat Day (to be announced)

Weekends (Fri-Sun)	Wednesdays
2013	
September 27-29	Sept 25
October 18-20	Oct. 16
November 8-10	Nov. 13
December 13-15	Dec. 11
2014	
January 10-12	Jan 8
February 7-9	Feb. 5
March 7-9	March 5
April 4-6	April 2
May 2-4	May 7
June 6-8	June 4
July 11-13	July 9
August 8-10	August 6
September 12-14	Sept. 10

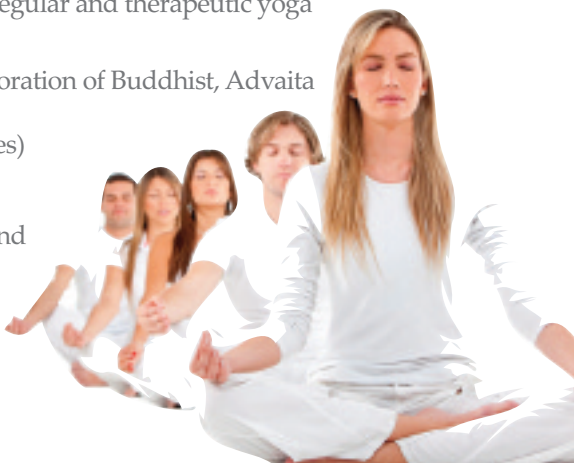
Hours are approximate and subject to change.



CONTENT OF TRAINING:

Approximately 260 hours of Hands on Teacher Training including mentorship with Lorraine plus 35 additional hours of required non-contact hours (details with acceptance to program).

- 1) Learn, Practice & Teach the Therapeutic Principles of Alignment in Asana
- 2) Anatomy for Yoga Intensive
- 3) Studentship (types of students and relationship with teacher)
- 4) Buddhist, Tantric Yoga and Native American Philosophies as they apply to Yoga
- 5) Classical Yoga Philosophy and Ethics
- 6) Intro to Ayurveda for Yoga Lifestyle
- 7) Yoga as Ritual and exploration of other rituals (setting intention, classroom organization)
- 8) Creating your own personal yoga/meditation and ritual practice
- 9) Practice of intermediate/advanced asana syllabus
- 10) Sequencing
- 11) Exploration of various Theme categories and using themes effectively in teaching
- 12) Language Skills in teaching
- 13) Observation Skills/ Hands on and Verbal Adjustments
- 14) Use of Props in regular and therapeutic yoga sessions
- 15) Meditation (Exploration of Buddhist, Advaita Vedanta and Tantric Techniques)
- 16) Pranayama
- 17) Contemplation and Journaling
- 18) Yoga for special populations/Yoga Therapy



- a.) scoliosis
 - b.) restorative yoga
 - c.) chair yoga
 - d) yoga therapy for the back, lower, upper body
- 19) The Art of One on One private sessions (each student will receive a one on one session with Lorraine)
- 20) Observation , Assisting and lots of Practice Teaching in:
- a.) group sessions - all levels
 - b.) 1-on1 sessions - all levels
- 20) Learning, practicing and teaching a basic therapeutic yoga session
- 21) Creating sequences for one on one and group sessions based on alignment themes.
- 22) Finding your unique expression and style in the art of Teaching Yoga
- 23) Business of Yoga
- 24) Giving and Receiving skillful feedback

PRE-REQUISITES:

*200RYT and/or participation in a bridging program
(please inquire)*

OTHER REQUIREMENTS:

- 1) Attitude of dedication, motivation and cooperation
- 2) Openness to receiving and giving feedback
- 3) Completed *Yoga Flow Teacher Training Application* (\$10 application fee)
- 4) Participation in all sessions , make-up sessions may only be arranged with advanced notice and with a reasonable excuse.
- 5) Observation and written review of 13 yoga classes (can be done one per month)
- 6) Four article reviews (more details to follow)
- 7) Completion and passing of Final take home written Exam

- 8) Completion and passing of Teaching Practical
- 9) Participation in small group and individual projects
- 10) Assist in 6 of Lorraine's 90 minute classes

BOOKS & MATERIALS:

- 1) A required and suggested book list will be given out with acceptance to the program.
- 2) Numerous handouts with the course material be given out as the course progresses.
- 3) You will be required to purchase a large binder with multiple dividers for the course materials.
- 4) You will be asked to bring in various materials for certain group activities.
- 5) Audio recording is allowed
- 6) Cameras for taking photos are welcome

TUITION:

Deposit to hold your space: \$500 by Aug. 23, 2013 (non-refundable)

One Time Payment: \$4160 (minus \$500 deposit) if paid in full by Aug. 23, 2013 (save \$390 off full tuition)

Two payments: \$4290 total (minus \$500 deposit) 2 payments of \$1895 each.

1st payment due by September 9, 2013 2nd payment due by March 5, 2014

Four payments: \$4420 total (minus \$500 deposit) 4 payments of \$980 each

1st payment due by September 9, 2013 2nd payment due by Dec. 9, 3rd payment due by March 9, 2014; 4th payment due by June 5, 2014, 2014

Six payments: \$4550: (minus \$500 deposit) 6 payments of \$675 each

Due dates 9/9/13; 11/5/13; 1/7/14; 3/5/14; 5/2/14; 7/7/14

ABOUT LORRAINE:

LORRAINE AGUILAR , PT, ERYT 500 is the director/founder of Yoga Flow Studio in Glen Head, N.Y. She has been a practicing Physical Therapist since 1991 and specializes in yoga therapeutics and orthopedic manual therapy. Lorraine has been practicing yoga since 1992 and teaching since 1995. Lorraine received her 500hr yoga certification from Beryl Bender Birch of the Hard & the Soft Institute and is part of her teacher training staff. She studied Anusara yoga with John Friend for 14 yrs., and was an Anusara Inspired teacher for 13 yrs. She continues to practice and study Ashtanga, Iyengar and Alignment based yoga. Lorraine offers group and private yoga sessions as well as Teacher Trainings and workshops in Anatomy for Yoga. Lorraine studies and is inspired by Truth and Spirit in all it's forms. She has studied Native American and Women's Ways with Deep Arrow Woman of Moonfire Meeting House, participated in ceremony & teachings with the 13 Indigenous Grandmothers & Shamans of Peru. She has studied Classical Yoga Philosophy with Sal Familia and continues studies in Buddhist psychology with Dr. Miles Neale of the Nalanda Institute in NYC, Meditation and Silence with Adyashanti. These teachings inform her classes and her life. Lorraine's continual quest for living fully & authentically, her students at Yoga Flow Studio, as well as her teachers, studies and practice have inspired her to share her knowledge through this teacher training.

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Additional Presenters:

Anu Butani - *Introduction to AYURVEDA and Yoga Life Style*



About Anu:

Anu is an ERYT 500 hours Certified Yoga Teacher & teaches the Iyengar style of yoga. She is also a Certified Ayurveda Practitioner from Kerala Ayurveda Academy & has an on-going practice of both. She follows an Old Ayurvedic proverb of "Medicine is of no need if diet is right, Medicine is of no use if the diet is wrong"! Yoga & Ayurveda are sister sciences.

Charles Ruland - *Fascia, Postural Imbalances, Introduction to Zero Balancing and it's applications to Yoga*



About Charles:

NYS LMT since 1983
Graduate Rolf Guild for Structural Integration, Boulder CO.
Graduate Hakomi Inst. Body Centered Therapy, Boulder CO.
Cert. Zero Balancer and Zero Balancing teacher

Salvatore Familia - *Classical Yoga Philosophy and Ethics*



About Sal:

Sal began his training in Classical Yoga in 1972. His education included Sanskrit studies, the Yoga shastras (Patanjali's Yoga Sutra, Bhagavad Gita, the Upanishads, etc.), asana, pranayama and meditation. Sal blends his experience of 40 years of Yoga practice and academic study of Eastern and Western philosophy into an accessible, relevant and lively teaching of Yoga Philosophy.

