

ABOUT LORRAINE:

Lorraine Aguilar PT, ERYT is the creator of **Sacred Elements Yoga Therapy** and **Yoga Flow Studio** (now a traveling yoga studio). She offers group and private yoga sessions, workshops, trainings and retreats in Yoga, meditation, yoga therapy and anatomy for yoga. Lorraine has been a practicing **Physical Therapist** since 1991 and specializes in combining hands on physical therapy techniques with the practices of yoga.

Lorraine has a passion and skill for "reading and realigning bodies." She has been practicing yoga since 1992 and teaching since 1995. Lorraine continues to study and practice Ashtanga, Iyengar and Alignment based yoga. Her passion for nature, ritual, understanding of the body and therapeutic alignment principles infuse her teachings. Her aim is to create a transformational experience that inspires, informs and connects students to their truth, their bodies, the earth and the bigger picture. She wishes to support others in living fully and authentically.



YOGA FLOW STUDIO

LORRAINE AGUILAR

YOGA

Align & Flow



200 HOUR ADVANCED TEACHER TRAINING

WITH LORRAINE AGUILAR, P.T., ERYT 500

March - December, 2016

Indeed this long awaited training is finally happening! Through the inspiration of many wonderful students and clients I have worked with and my many hours of practice and study with teachers of many traditions, I offer this opportunity to you!

Whether you are longing to deepen your knowledge and practice of yoga and/ or aspire to teach, this training promises to be an intimate immersion into the journey that yoga offers. This unique training will give you a strong foundational entry point to acquire the knowledge and skills to begin teaching yoga and integrate the practices into your life. It offers an opportunity to be in the company of like minded seekers who are looking to transform their lives and help transform the lives of others!

I hope that this training will be in your plan as you choose what to do 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

Lorrain Aguilar Yoga &
Therapy, the Traveling
Yoga Flow Studio
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ADDITIONAL PRESENTORS:



Salvatore Familia

Classical Yoga Philosophy and Ethics

Sal began Classical Yoga training and study in 1972 and has been both an active participant in and astonished witness to the evolution of yoga in the US ever since. He began teaching Yoga in the late 70's before the "branding" of asana. An early interest in the philosophy and psychology of Yoga led him to an academic education in Western and Eastern Philosophy (SUNY Stony Brook), and economic needs led him to a career in Information Technology, web design, publishing and non-profit development. 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.



Anu Butani

Introduction to Ayurveda and Yoga Lifestyle

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 ongoing 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.

Lori Pappas

Kundalini Yoga Teacher

Marcella Clavijo

Iyengar Yoga teacher and Buddhist nun

Mary Reilly Nichols

Yoga and Tantric yoga philosophy teacher

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 Feb. 5, 2016 (non-refundable)

Early bird Tuition: One time payment by February 5, 2016 \$2900 (\$100 savings)

Tuition after 2/5: One time payment by February 29, 2016 \$2500 (plus deposit)

Payment Plans:

- (1) Two Payments of \$1275 each + \$500 deposit = \$3050 total (due dates: Feb. 15th & July 15th)
- (2) Four Payments of \$650 each + deposit = \$3100 (due dates: Feb. 15th; May 3rd; July 15th; Oct. 15th)
- (3) Six Payments of \$450 each + deposit = \$3200 (due dates: Feb. 15th; April 15th; May 15th; July 15th; Sep. 15th; Nov. 15th)



SCHEDULE FORMAT:

This 200 hour training will take place on one 16 hour weekend per month for 10 months as follows:

March 4-6
April 1-3
May 13-15
June 3-5
July 8-10
August 5-7
September 9-11
October 21-23
November 11-13
December 9-11

Fridays: 6:30 - 8:30pm

Saturdays 10am-1pm; 2-6:30pm (includes a 1/2 hr. break)

Sundays 9:30-12:30; 1:30-5:30pm (includes a 1/2 hr break)

Each weekend is made up of 16 hours of training. Additional training and practice will include: observations, assisting, taking classes, reading and written assignments.

LOCATION OF TRAINING:

Our Lady of Grace Center, a beautiful retreat house located at:

29 Shelter Rock Road
Manhasset, NY 11030
516-627-9255
www.sistersofilm.org

The peacefulness of the surroundings and the charm of the estate will provide for us the perfect atmosphere for learning, practicing, sharing, reflecting and rejuvenating.



CONTENT OF TRAINING:

Approximately 160 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 and Tantric Yoga 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) Intro to Restorative Yoga
- (19) Intro to Chair Yoga
- (20) Intro to one-on-one private session
- (21) Observation, Assisting and lots of Practice Teaching in:
 - a.) group sessions - all levels
 - b.) Create sequences for group sessions based on inspiring themes
- (22) Learning, practicing and teaching a basic therapeutic yoga session
- (23) Creating sequences for one on one and group sessions based on alignment themes.
- (24) Finding your unique expression and style in the art of Teaching Yoga
- (25) Business of Yoga
- (26) Giving and Receiving skillful feedback

OTHER REQUIREMENTS:

- (1) Attitude of dedication, motivation and cooperation
- (2) Openness to receiving and giving feedback
- (3) Completed *Yoga Flow Teacher Training Application* (\$100 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 10 yoga classes 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 5 yoga classes and keep a record of it
- (11) Attend a minimum of 3 yoga classes monthly with Lorraine or other approved teacher and keep record of attendance.
- (12) Students must arrive on time for all sessions or otherwise advise ahead of time.
- (11) Hand in all assignments at the end of the training in one packet