

Core Yoga Teacher Training

This program provides students with the opportunity to deepen their understanding and experience of the rich tradition of yoga both on and off the mat.

The studies involve the various techniques of yoga- the poses, breathing practices, meditation, cleansing techniques and chanting. Students learn about the history and philosophy of yoga and the lifestyle the practice of yoga encourages.

The curriculum covers the basics of anatomy, and because Core Yoga is focused on tailoring instruction according to the particular needs of individuals, the teacher training emphasizes the various ways one can adapt one's teaching for special populations.

The Core Yoga Teacher Training is registered with the Yoga Alliance at the 200 hour level.

Syllabus

Module One: What is Yoga? Yoga history and philosophy, sun salutation

Module Two: Getting Grounded- The Foundation of the Yoga Practice
Yoga Sutras, personal practice, meditation and breathing

Module Three: Strength and Stability
The trunk and the spine, subtle anatomy, Yoga sutras, standing poses

Module Four: Exploring Higher States
Kashmir Shaivism, positive psychology, guru-disciple relationship, back bending

Module Five: Nourishment
Ayurveda, yogic diet and nutrition, digestion, Bhagavad Gita, seated poses

Module Six: Self-Expression— Exploring Inside Out and Upside Down
A study of relationship through tantra, the Bhagavad Gita, and positive psychology, the neck and shoulders, endocrine system, inversions

Module Seven: Yoga Therapy and Teaching Methodology

Module Eight: Tailoring the teaching and Teaching Yoga

Module Nine: Teaching Practicum

Instructor

Debbie Cohen has been teaching hatha yoga since 1996. She trained first at the World Yoga Center with Ann Farbman-Brown in New York, then in 2001 at SVYASA, a yoga rehabilitation center and research institute in South India. In 2010 she trained at the Kripalu Center for Yoga and Health. She currently studies with Patricia Walden and Barbara Benagh.

Debbie has run the 200-hour hatha yoga teacher training since 2002. Together with Deborah Van Handel she developed the 20-hour BeYoga training for those interested in teaching yoga to children K-12.

Debbie has both a bachelors and masters degree (M.Ed) from Harvard University, and a masters degree from the University of Pennsylvania in Applied Positive Psychology.

Schedule and Information

The year-long training runs from November 2010 through October 2011 with a summer break during July and August. Classes meet weekly on Tuesdays from 5:15 to 7:15pm. Class also meets one weekend each month both Saturday and Sunday from 10:00am to 1:00pm and from 2:00 to 5:00pm.

Weekend dates: Nov. 19-20, Dec. 11-12, Jan. 8-9, Feb. 12-13, Mar. 12-13, Apr. 9-10, May 14-15, Jun. 11-12, Sept. 17-18, Oct. 15-16

The location is the Watertown Center for Healing Arts at 22 Mount Auburn St. in the heart of Watertown Sq.

The cost of tuition, including the weekly classes, is \$3,500.

For more information, contact:
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Teacher Training 2010-2011

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