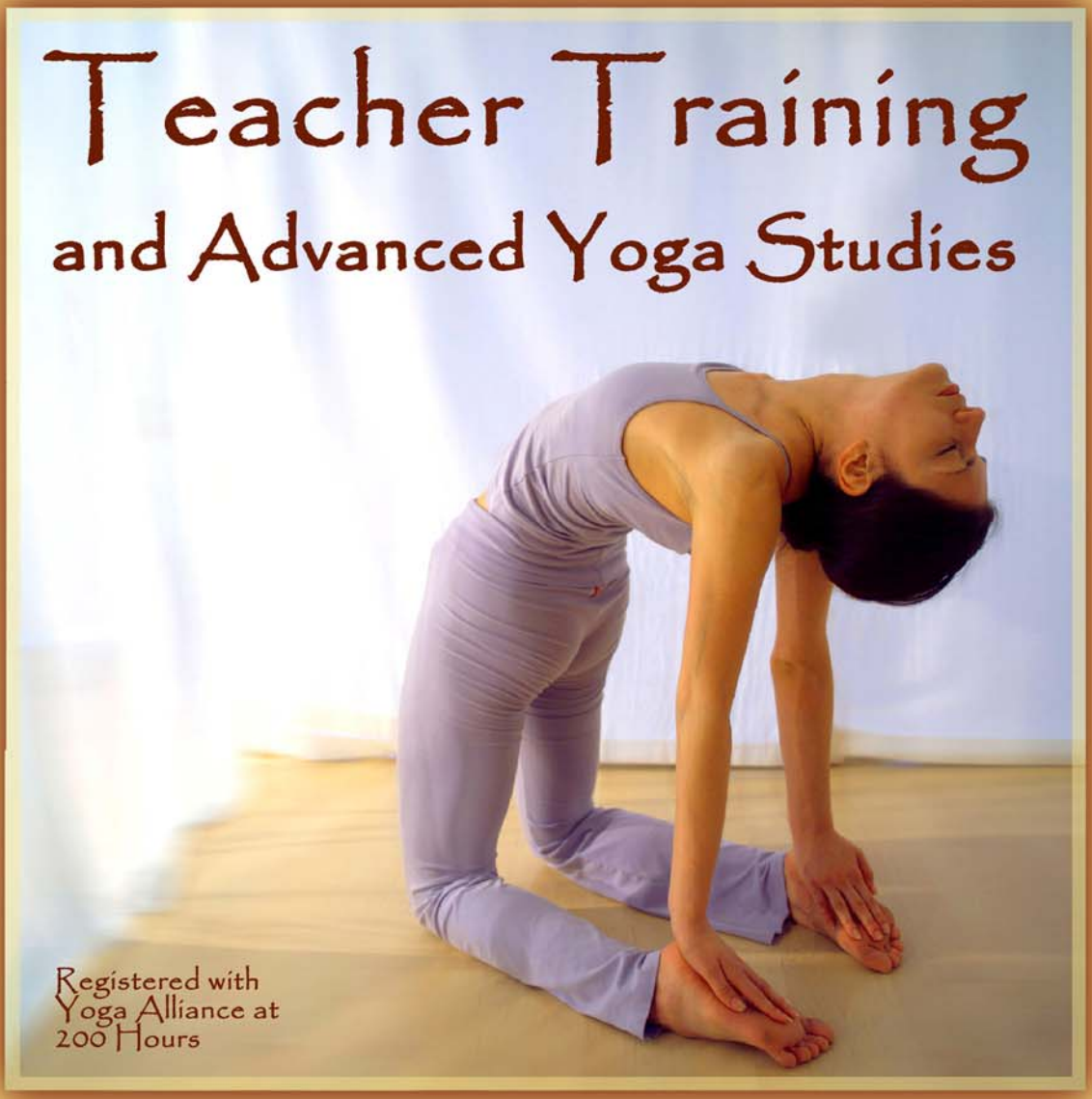
YOGA SHAKTI

Teacher Training
and Advanced Yoga Studies



Registered with
Yoga Alliance at
200 Hours

योगश्चित्तवृत्तिनिरोधः ।

Asana • Philosophy • Ayurveda • Anatomy and Physiology

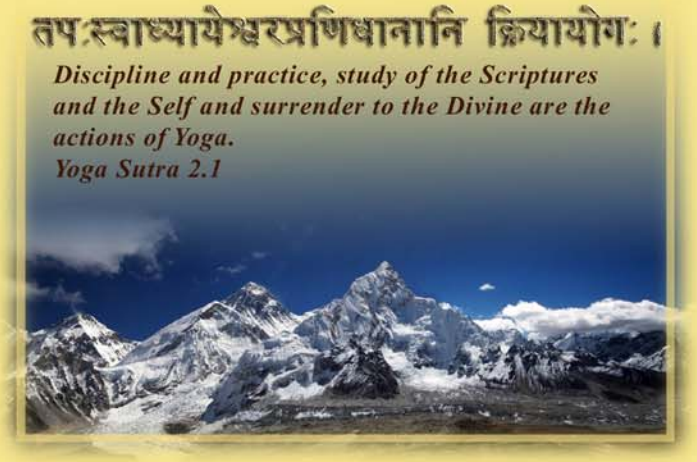


Deepen Your Understanding and Experience of Yoga

with Master Yogi Jnana Nanda Bharati
and Diana Pipaloff, E-RYT 500, CAS, BA

Yoga Shakti's Advanced Yoga Studies and Teacher Training Program is intended for those who seek an education in yoga beyond a mere analysis of asanas and theory. From the philosophy, practices, and underlying concepts of yoga to the history of ancient Vedic and Yogic culture, the course has been designed to help students develop into well-rounded and internally balanced human beings and yoga teachers. Through a process of self-discovery, students learn how to incorporate the subtleties of yogic teachings into their daily lives, enabling them to build their inner strength and experience glimpses of the self-realization that is the true gift of yoga. Yoga Shakti's unique subjective and internal yogic training establishes a solid foundation upon which the yoga teacher training can take firm root. Students are provided with a supportive, nurturing educational environment and whatever assistance is necessary to prepare them for all aspects of their future careers as yoga teachers.

By the completion of the course, not only will graduates of the course have learned about yoga, they will have become better yogis: human beings capable of being balanced, happy, free, and accomplished. Graduates will also have further study, mentoring and assistant teaching opportunities to hone their skills as instructors. And the curriculum's emphasis on experiential education and practical application, as opposed to programs which simply convey information, ensures that graduates are as prepared for a successful teaching career as they are for a successful yogic life.



TEACHERS

Master Yogi Jnana Nanda Bharati's unbroken spiritual lineage, or parampara, in the esoteric Shri Vidya tradition can be traced back for thousands of years in India. Only a handful of yogis in India are initiated into this tradition, considered by many spiritual masters as the highest path, which combines Vedanda, Tantra, and the strict body and mind disciplines of Yoga. Jnana Nanda Bharati has been taught and tested through intense spiritual studies, as well as many tests of his character with his Guru and other Himalayan masters to whom his Guru has repeatedly sent him for specific training. Accordingly, he is highly proficient in the Vedic sciences of Yoga, Pranayama, Mantra, Tantra, and others, and is well-versed in a number of ancient texts, including the Yoga Sutra of Patanjali, which he followed in developing the work of Shakti Yoga.



Diana Pipaloff started yoga in her teens, after years of practice in martial arts. She delved into yoga with passion and devotion, knowing that she had found her path and developed an intense desire for a true teacher and an authentic spiritual practice. This deep thirst for spiritual growth lead her to her Guru, Jnana Nanda Bharati. Under his tutelage, she has been initiated into the philosophy and spiritual practices of the Vedic and Yogic traditions. Diana teaches Shakti Yoga and holds workshops in Yoga and Ayurveda.

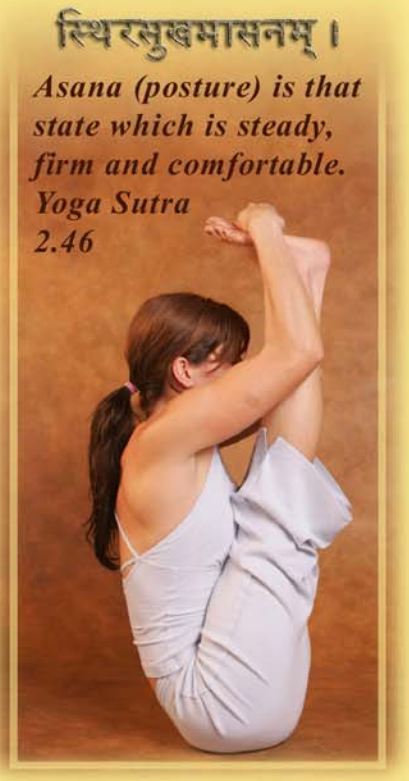
Diana holds a BA Degree in Health Psychology from UC Irvine, from which she graduated cum laude. She is registered as an E-RYT 500 through Yoga Alliance, the highest level available. She is also a Clinical Ayurvedic Specialist through the California College of Ayurveda. Diana is the director and co-founder of Yoga Shakti Studio and Wellness Center, with two locations in Orange County, California.

Laura Galuhn is the co-director of wellness services for the Yoga Shakti Wellness Center and teaches the anatomy portion of the Yoga Shakti Advanced Yoga Studies and Teacher Training Program. She brings to the classroom an impressive variety of skills and associated experience. Apart from her 36 years as an operating room nurse, she has studied Iyengar yoga for the past 10 years under the guidance of internationally renowned teachers John Schumacher and Ramanand Patel. She received her Devi Yoga Iyengar Teacher Training Certificate in 2000, and is also a graduate of the Shakti Yoga 200-Hour Teacher Training Program. In addition to these, she has a private practice at Yoga Shakti Wellness Center as a certified Clinical Ayurveda Specialist and Pancha Karma Specialist. Currently Laura practices Shakti Yoga and is studying under Master Yogi Jnana Nanda Bharati.

TEACHER TRAINING PROGRAM MODULES

The Yoga Shakti 200-Hour Teacher Training Program covers all aspects of yoga and wellbeing, including an in-depth study of beginning to intermediate classical yoga poses and Sun Salutes, anatomy and physiology for yoga, and an introduction to Ayurveda and the yogic diet, as well as a thorough examination of and practical training in yoga philosophy through a study of the ancient text, the Yoga Sutra of Patanjali.

The training deepens one's yoga practice, enhances one's ability to live in Yoga, and imparts invaluable tools and practices to keep oneself balanced physically, mentally, and spiritually. If taking the program for personal enhancement and growth any of the modules can be taken separately. However, those who complete all four modules (and pass the final written and practical exams) will receive a Yoga Shakti Teacher Training Certificate at the 200-hour level and will be well-prepared to teach beginning to intermediate Yoga asana classes with inspiration, poise, and confidence.



Shakti Yoga 105: Yoga Asana

- Classical and contemporary Sun Salutes: their alignment, structure, pranayama, and drishti during practice, and an examination of the significance of each
- Beginner to intermediate traditional yoga poses, their proper practice, Sanskrit namsealignment, structure, breathing practices, and bandhas
- Adjustments and modifications both for deepening a student's practice and working with injuries and physical limitations
- Methods for teaching clearly, effectively, and confidently
- Techniques for establishing a comfortable, healthy classroom atmosphere and a positive a positive learning experience for each student
- Asana sequencing development for beginner to intermediate classes
- Professionalism in teaching yoga and establishing a business as a yoga teacher



Shakti Yoga 101: Yoga Philosophy

- Study of the Yoga Sutra of Patanjali with Master Yogi Jnana Nanda Bharati
- The relevance and application of the Eight Limbs of Yoga in daily life
- Direct experience of esoteric yogic practices of the higher Limbs of Yoga, including pranayama, dharana (concentration), and pratyahara (withdrawal of the senses)
- Understanding the true purpose and meaning of yoga and the means to achieve it
- Learning to live in yoga and training the mind to be strong, happy, and free
- Practical application of the Yoga Sutra teachings through a daily practice

Shakti Yoga 104: Yoga of Health and Wellness

- Foundational principles of actively creating health and preventing disease
- Introduction to Ayurveda and yogic diet and lifestyle
- The connection between a healthy body and a healthy mind, and how it can be achieved through yoga and Ayurveda
- Easy and simple ways to replace unhealthy habits with healthy ones
- The physiological effects of sugar, caffeine, and other stimulants and stress on the immune system and our mental state

Experiential Anatomy and Basic Physiology for Yoga

- Western and Eastern concepts of the human body as they pertain to yoga practice
- Examination of the musculoskeletal system, both through visual study and experiential application of movement in yoga asanas
- Energetic and structural alignment for enhanced energy flow
- Physiology of respiration and breathing techniques
- Anatomy of the basic Ayurvedic body types
- Tailoring a yoga practice according to one's innate strengths and weaknesses

Enhancing and Deepening Your Personal Yoga Experience

- Stilling the mind and balancing the body with daily practice of yoga, pranayama, and mantra, and gaining the foundation for a meditation practice
- Deepening your own practice of yoga through both independent and guided study of the poses, the breath, and the mind
- Learning proven yogic tools for transformation and spiritual growth
- Gaining control over the mind, developing discipline, and directing your intentions
- Studying directly with a true yoga master and understanding yoga as the ancient seers intended it to be.
- Understanding the relationship between yoga and Ayurveda, and how to use this knowledge to enhance your health and lifestyle and to fine-tune your personal yoga practice

PROGRAM SCHEDULE

The Advanced Yoga Studies and Yoga Shakti Teacher Training Program is designed to fit into your busy schedule. Please visit www.yogashaktistudio.com to download the program schedule and application.

CERTFICATION

Upon completion of the program, graduates receive a Yoga Shakti Yoga Teacher Certificate, registered at the 200-hour level with Yoga Alliance. This certificate is required for continuation to the Advanced 500-Hour Teacher Training Program. For graduation each teacher trainee must meet the following conditions:

- Complete all required hours of the training
- Pass all written and practice exams with a grade of B or higher
- Pay all dues in full
- Demonstrate knowledge and ability to practice the asanas covered
- Display ability to teach the asanas
- Successfully design a yoga routine and teach a class
- Complete all required reading and writing assignments from the Teacher Training manual, as well as any supplementary reading assigned

TUITION AND POLICIES

Program Tuition: $2,700 for early registration; $2,900 after. See www.yogashaktistudio.com for early registration dates. Tuition fee includes unlimited yoga classes for the duration of the training, a course manual, and all instruction.

Deposit: $500 nonrefundable deposit required to register, with full payment to be received prior to the start of the program (unless a payment plan has been established).

Payment Plans: Half of the tuition fee ($1,350) must be paid prior to the start of the program, with the remaining half split up in two or three payments which must be scheduled as automatic charges on a credit card. A $50 processing fee will apply on all payment plans.

The following courses may be taken individually and not as part of the Teacher Training certification:
Yoga of Health and Wellness: $250
Yoga Philosophy: $375 (includes three yoga classes per week for the duration of the course)

CANCELLATION POLICY:
For any tuition paid above the nonrefundable $500 deposit, refunds are available for cancellations made 30 days prior to the start of the program. Cancellations made after after this date will not be refunded in whole or in part, although any remaining balance can be transferred to a future Teacher Training Program. No refunds or credits are available for cancellation within 14 days prior to the start date of the course. However, the program may be transferred to another student with a $50 processing fee. A $25 fee will also be assessed for any returned check. Yoga Shakti reserves the right to modify this policy at its sole discretion as deemed necessary.