



Inner Dance Yoga Studio
2610 Spenard Rd, Suite A
Anchorage, AK 99503
(907) 277-7037
www.innerdanceyogastudio.com

June 2010

Dear Friend,

Thank you for your interest in the Teacher Training Program and Expanded Studies Courses at Inner Dance Yoga Studio. These advanced study programs offer a way to deepen your yoga experience. To cultivate a life of yoga is a profound calling, whether your intention is for personal growth or to embark on the path of a teacher. The jewel is in the journey toward one's highest expression. It is profound, transformative, enriching, and deeply personal.

Our Teacher Training program is now in its 11th year. The program is weekend-based and includes courses open to everyone as well as the curriculum specific to Teacher Training. These two tracks of coursework are interwoven through a year of study. Here is a brief summation of our program.

Inner Dance Yoga Studio Teacher Training is an 11-month program that interweaves two currents of training: 1) building a foundation of deep understanding of yoga practice and 2) cultivating the skills of teaching. Expanded Studies Courses concentrate on deepening your experience and understanding of asana, anatomy, pranayama, meditation, philosophy, and history. Expanded Studies Courses are open to all who are interested in deepening their personal study and practice of yoga. The second component of the program is available only to those who are registered for Teacher Training. You will explore topics such as, teaching asana, skills of demonstration, sequence design, observation and adjustment, class themes, developing your own voice, and yoga therapeutics. A detailed list of requirements is outlined on pages 3-4. Completion of all requirements qualifies you to register with Yoga Alliance as a Registered Yoga Teacher, at the 200-hour level (RYT-200).

Schedule of Training: The major portion of program hours occur in a condensed weekend of study, one weekend per month for 11 consecutive months, September 2010 to July 2011. See the complete schedule including non-weekend based courses on page 4. The schedule of elective course options will be provided at the first weekend workshop in September.

Location of courses: All classes and workshops will be held at Inner Dance Yoga Studio located at 2610 Spenard Road, Ste A, Anchorage AK 99503. You will find the main studio entrance on W. 26th Ave. between Spenard Road and Minnesota Drive. We are right next door to the Organic Oasis Restaurant.

Instructors: Primary instructors are Karen Greenwood, MS PT, E-RYT and Bruce Greenwood, RYT. Adjunct instructors include Lynne Minton E-RYT, Alison Till RYT-500, Sarahjoy Marsh RYT-500, Christopher Wallace, M.A, M.Phil, Patty Bielawski, RYT, Lonnie Chace RYT-500, Margi Clifford, LPC, RYT, Jill Brekken, PTA, RYT, and Kira Roberson, Certified Ayurvedic Practitioner. Read more about our teachers starting on page 6.

Application: The application form for the Teacher Training Program can be found on page 8. Please complete and return the application at your earliest convenience. Applications received by July 26, 2010, will be reviewed and notification of status sent by August 1, 2010. If applying after July 26, your application will be reviewed by August 15. (Due to travel schedule, we will not be able to review applications between August 1 and August 10.)

Tuition: Tuition is explained on page 5.

Open House and Introduction to the Teacher Training Program: Please join us at an informal open house to learn about the program, see our studio, meet some of our instructors, and have your questions answered. An open house and introduction to our Teacher Training Program will be held on the following dates.

Introduction Dates: Sunday, June 27 at 12:30 pm or Thursday, July 1 at 8:00 pm.

If you are unable to attend either of these Introductions and have questions about our program, please call me to arrange a time that fits your schedule.

I look forward to meeting you in person.

Namaste,
Karen Greenwood, Director of Inner Dance Yoga Studio
907-277-7037

Teacher Training

The Teacher Training Program includes courses designed to 1) deepen and broaden your understanding of yoga, and 2) cultivate skills of teaching yoga. You will explore the roots of yoga through the ancient teachings and texts of the tradition, learn about practices of Ayurveda, the natural health system that developed as a sister science to yoga, practice diverse styles of asana that make yoga accessible for all levels (flow, power, alignment based, gentle, restorative and prenatal), and dive into the subtle nature of chakras, pranayama, and chanting. From a strong practice base, you will learn, practice, and hone the skills of teaching yoga. Successful completion of all the requirements of the Teacher Training Program, qualifies you to apply for a 200 hour Registered Yoga Teacher (RYT) from Yoga Alliance.

Purpose:

- To provide a foundation in the practices of yoga including asana, pranayama (breath work), concentration, and meditation.
- To explore the history and philosophy of this rich tradition.
- To cultivate qualities of studentship: steadiness, receptivity, aspiration, creativity, and humility.
- To develop a strong personal practice as the source of inspiration and understanding for sharing the art and science of yoga with students.
- To deepen the understanding of anatomy and physiology, alignment principles, yoga philosophy, and ethics.
- To practice and develop skills of teaching such as using directive language, building poses using placement, alignment, and movement instructions, demonstrating poses effectively, cultivating skills of observation, making effective verbal and manual adjustments, sequencing classes, teaching to the needs of a variety of students, and finding your voice as a teacher.
- To develop understanding of how yoga may benefit students with general health concerns, and teaching students with common injuries or ailments.

Prerequisites:

One year of continuous yoga practice and study, preferably with a Registered Yoga Instructor, and recommendation from your current yoga teacher is required. Preference may be given to those with longevity of study and those who are currently attending classes at Inner Dance Yoga Studio.

Requirements:

To earn a certificate of completion for Teacher Training you must fulfill all classroom and workshop requirements, and pass all written and oral teaching exams. Requirements include:

I. Teacher Training Weekend Program: Attendance and participation in all weekends is expected. For each weekend of the program, you will complete the study guide prior to the weekend and homework assignments after the weekend training. In the event of

extraordinary circumstances, it is necessary to make advance arrangements to account for missed training.

2. Homework: Monthly homework will vary and may include some or all of the following: Reading assignment and study guide to be completed before the weekend; journal writing during the weekend, and reflective writing (one page) and/or class planning due after the weekend.

3. Pranayama: This one week, morning class is required or an appropriate alternative may be arranged in advance. Reading assignments and daily journal required in this course.

4. Meditation: This 5-week series (one hour/week) is required or an appropriate alternative may be arranged in advance. Reading assignments, weekly practice and journaling required in this course.

5. Personal Practice: Applicants enrolled in the program must also attend, as a student, at least one weekly on-going asana class at Inner Dance Yoga Studio. For students who live outside the Anchorage area, contact Karen for a comparable alternative. Students are encouraged to establish a home yoga practice, 2-3 days per week, 30-90 minutes in length.

6. Elective Courses: Students must attend one workshop with a master teacher and two short course electives as part of the required hours. Options for completing these elective courses will be provided at the first weekend of training in September.

7. Apprenticeship: Teacher Training students must complete an apprenticeship and student teaching within two years of beginning the program. This requirement includes 24 hours of assisting a Registered Yoga Teacher (RYT) at Inner Dance Yoga Studio (for Anchorage residents) and 4-6 hours of apprentice teaching. No fees are charged for this component of the program.

Schedule of Training:

The major portion of program hours occur in a condensed weekend program of study, one weekend per month for 11 consecutive months, September 2010 to July 2011.

Required weekends

September 10-12, 2010
October 8-10, 2010
November 12-14, 2010
December 3-5, 2010
January 21-23, 2011
February 25-27, 2011
March 18-20, 2011
April 15-17, 2011
May 13-15, 2011
June 10-12, 2011

Weekend hours

Friday: 3-6 pm, 7-9 pm
Saturday: 9-noon, 2-4 pm
Sunday: 9-noon, 2-4 pm

**July 15-18, 2011 ** Training includes four days of study, Friday – Monday.

Pranayama course M-F, 7-8 am, September 20-24, 2010
Meditation course Monday eves, 8-9 pm Oct 4- Nov 1, 2010

Elective courses

The schedule of elective course option will be available in early fall.

Teacher Training Program Tuition:

The fee for the program is \$3200. If you prefer to make installment payments, the fee can be divided into two installment of \$ 1675, due on September 1, 2010 and February 1, 2011. (total paid \$3350). A four installment plan is also available. Installments of \$875 are due September 1, 2010, November 1, 2010, February 1, 2011, and May 1, 2011 (total paid \$3500).

Additional expenses for students of Teacher Training include cost of required texts, electives (10 hour workshop with Master Teacher and 2 short course electives), and weekly class attendance. During the 11 months of the program, you will receive 10% off all merchandise at Inner Dance Yoga Studio Barefoot Boutique, including books required for the program.

A \$500 deposit is due with your application. Upon acceptance into the program, you will receive an acceptance letter and contract. The balance of the first payment will be due by September 1, 2010. If you decline acceptance into the program, your deposit, less \$150 processing fee will be refunded.

Refund Policy: If you cancel your enrollment in the program before September 10, the studio will process a full refund, less \$150 administrative fee. If you cancel your enrollment after September 10, 2010, you will receive a refund of the balance paid, less \$20/contact hour and \$150 administrative fee. No refunds are available after Feb 1, 2011. To cancel your enrollment, you must submit a request in writing to the studio mailing address: 1231 W. Northern Lights Blvd #487, Anchorage, AK 99503.

Other Information:

Enrollment is limited to 18 students in the Teacher Training Program.
A list of required and optional texts will be available by August 1, 2010.

Expanded Studies Courses

For students interested in this component of the program, the schedule of courses will be available in late summer.

Primary Instructor

Karen Greenwood, MS PT, E-RYT-200

Karen has been teaching yoga since 2002 and teaching teachers since 2007. She is a physical therapist, an Anusara Inspired™ Teacher, and director of Inner Dance Yoga Studio. She is passionate about helping students access their greatest potential on the mat and inspiring students to take their practice into life, cultivating skills to step toward the edge of transformation. She continues her studies in the Anusara® tradition with over 500 hours of advanced studies with Denise Benitez, Sarahjoy Marsh, John Friend, Christina Sell, Darren Rhodes, and Desiree Rumbaugh.

Adjunct Teaching Staff

Patty Bielawski, RYT

Patty began yoga practice over 20 years ago and began teaching in 2007. She has a deep love for the natural world and for yoga philosophy and infuses her teaching with themes from both. Her classes inspire students to discover the interweaving of the eight yoga limbs of classical yoga into their physical yoga poses. A lifelong Alaskan, Patty teaches in Anchorage and in Hope and also teaches Teacher Training Sutra Study.

Jill Brekken, PTA, RYT

Jill completed Teacher Training at Inner Dance Yoga Studio in 2003. Jill has been a student of Lynne Minton and Karen Greenwood since 2000; studying both Iyengar-based and Anusara® style of Yoga. She has been a meditator since 2003 and completed a meditation retreat at Expanding Light Ananda Village in Nevada City, California in 2007. She has taught meditation since 2008. Meditation has become a welcome addition to her life and she feels strongly about its ability to heal the body, the spirit, and ultimately; the world. (But she would be happy with just calming her mind.) Jill is an avid yoga practitioner, loves the outdoors, and teaches a mindfulness based meditation practice at the Studio.

Lonnie Chace, RYT-500

Lonnie has been teaching yoga since 2000. In addition to earning an Advanced Studies Certificate from the Yoga Room in Berkeley, training with Donald Moyer and Mary Lou Weprin, she has advanced training and years of experience teaching prenatal yoga and teaching teachers. Lonnie will teach Prenatal Yoga in the Teacher Training.

Margi Clifford, LPC, RYT

Margi is a Licensed Professional Counselor and Yoga Therapist, an outdoorswoman and world traveler. She works in private practice and at The Children's Hospital at Providence, specializing in the development and application of integrative therapies that encourage whole body wellness, especially during life's transitions. Margi is thankful to her many teachers, inspired by her students, and committed to the practice of mindfulness.

Bruce Greenwood, RYT

Bruce has embraced personal growth since he began meditating in the 70's. Bruce's yoga practice began in the early 90's and he's been teaching yoga since 2002. He is an Anusara Inspired™ Teacher with nearly 700 hours of advanced training in hatha yoga with 500 hours in the Anusara® method. Coming to the world of yoga after years and miles of running, horse-back riding, bicycling, skiing, and otherwise shortening hamstrings, Bruce understands the strong and tight body of an athlete. Bruce brings his insight from his own journey to his teaching.

Sarahjoy Marsh, MA, RYT-500

Sarahjoy has been dedicated to the heart's awakening through yoga since 1990, and teaching since 1994. Sarahjoy founded Amrita: a sanctuary for yoga in Portland, Oregon. Sarahjoy is dedicated to exploring the depths of personal transformation and masterfully teaches from a profound understanding of anatomy and the energy of spirit. A lover of the mystical traditions of the world, she lives and teaches with joy, sincerity, and passion.

Lynne M. Minton, RYT-500

Lynne began teaching yoga in 1977 and studied the Iyengar method at the Iyengar Yoga Institute of San Francisco's Teacher Training Program and at the Ramamani Iyengar Memorial Yoga Institute in Pune, India. Lynne was certified to teach Iyengar Yoga by BKS Iyengar in 1984. Lynne founded the Inner Dance Yoga Studio in 1982; started the Teacher Training Program in 1999, and continued to direct the growth of the Studio until 2008. Now living in Arizona, she migrates annually to Alaska to teach workshops.

Kira Roberson, Certified Ayurvedic Practitioner, Certified Yoga Teacher

Kira Roberson is a graduate of the Ayurvedic Institute and a Certified Ayurvedic Practitioner. Kira studied in Nepal, working at the Devi Ma Kunja rural hospital. During this time she worked directly under the renowned Dr. Sarita Shrestha. Kira is also certified in Sivananda Yoga and has been teaching yoga since 2005. Kira teaches Ayurvedic classes at the Studio and has a private practice in Ayurvedic Medicine.

Alison Till, RYT-500

Alison Till has practiced yoga since 1980. She completed the Inner Dance Teacher Training Program in 2001 and the Advanced Studies Program at the Yoga Room in Berkeley in 2005 (RYT-500). Her experience at the Yoga Room gave her a passion for developing her powers of observation and adjustment, and in deepening her ability to teach asana for diverse body types.

Christopher D. Wallis, M.A, M.Phil.

Christopher's in-depth study of yogic and mystical traditions is enhanced by his extensive experience teaching Yoga Philosophy to students at UC Berkeley, giving him the ability to communicate the ancient teachings of India in a fresh and accessible way. In addition to his university teaching, Christopher teaches philosophy at Yoga Tree yoga studios in San Francisco.

inner dance yoga studio

Application for Teacher Training Program

Name _____ Date ____/____/____
Address _____ City _____ State ____ Zip ____
Email _____ Phone Day/Eve _____/_____

Application Questions

On a separate page please answer the following questions.

1. Briefly describe your yoga background. Include years of study, styles of yoga you've practiced, influential teachers, and your current studies or practice. Who is your current teacher? May we contact her or him for reference?
2. Describe any training or experience you have in anatomy/physiology studies.
3. Do you teach? Yoga or other? If so, for how long and how often?
4. List any physical limitations and/or injuries, include old as well as current injuries.
5. Why do you want to enter this program? Do you have any special area of interest that you would like to pursue in yoga teaching?
6. Are you prepared to make the commitment necessary to complete the program? This includes a commitment in time, self-study, and personal practice and growth.

Program Summary: The Teacher Training program is approximately 180 hours of study in a mostly weekend workshop format. The course fee covers these hours of study. Additional expenses include books, one public class per week at Inner Dance Yoga Studio, and 15 hours of workshop format electives.

Payment: A \$500 deposit is due with this application. If accepted into the program, an administrative fee of \$150 is non-refundable. The balance of your first installment is due September 1, 2010. Please see page 5 for complete information on tuition.

Refund Policy: If you cancel your enrollment in the program before September 10, the studio will process a full refund, less \$150 administrative fee. If you cancel your enrollment after September 10, 2010, you will receive a refund of the balance paid, less \$150 plus \$20/contact hour. No refunds after Feb 1, 2011.

Please enclose deposit of \$500 with completed application form. Mail your application and check to the studio address below or deliver to the studio. Checks will be held until confirmation of acceptance into the program.

Signed _____ Date ____/____/____