

Advanced Studies Teacher Training 2020 Information Packet and Application

Let's get to know each other!

Teacher training is a transformational journey. This is an adult learning experience designed to help you deepen your relationship with yourself through self-examination, self-reliance and self-development. Only from there can you hold the space for others to know themselves intimately, deeply and clearly.

Content and Approach

Much like elementary school, a 200 hour teacher training gives a broad-stroke foundation on many topics. It's impossible to cover any topic in great detail in just 200 hours; it's also impossible for trainees to absorb and retain all the information covered.

In the sea of 200 hour teachers, it's essential to continue to develop one's skill and knowledge. This program dives deep into the heart of teaching and will increase your understanding of the body, how to work with people who aren't exactly like you, the importance of language, how the concepts of long ago can help guide us in our challenges today and how to weave that philosophy into your teaching without offering platitudes. And so much more.

Teaching is a life-long endeavor, and learning is a life-long privilege. We have a different vantage point once we start teaching – better questions, more personal interests. Books and online resources are great. *And*, there is no substitute for a structured in-person group program with expert guidance and individual support.

In this 300 hour program, you have access to a finely curated curriculum of science-based anatomy, the nuances of pedagogy, deep self inquiry and the life-long study of teachers like Mary Paffard and Richard Rosen.

The feedback we get from grads of this program is that it is more like full-spectrum Life training. So while we explore asana, philosophy, pranayama, meditation, teaching methodology and anatomy, it is all for the purpose of seeing yourself more clearly. This is Yoga.

This program is for those who have completed a complementary 200 hour RYT training and have teaching experience (for potential 500 hour RYT certification) or those with a serious yoga practice seeking fun and personal growth.

300 hour Advanced Studies Program

it's all yōga

Structure of course

12 months starting January 2020*

Meets the (generally) first weekend of each month as follows:

Friday (hours vary)
Saturday 10-5:30 pm
Sunday 10-5:30 pm

January 3-5 (Friday 12-5:30 pm + Sat/Sun)
February 1-2 (Sat/Sun only)
March 6-8 (Friday 6-9 pm + Sat/Sun)
April 3-5 (Friday 6-9 pm + Sat/Sun)
May 1-3 (Friday 6-9 pm + Sat/Sun)
June 5-7 (Friday 12-5:30 pm + Sat/Sun)

July 11-12 (Sat/Sun only)
August 7-9 (Friday 12-5:30 pm + Sat/Sun)
September 5-7 (Sat/Sun/Mon)
October 3-4 (Sat/Sun only)
November 6-8 (Friday 6-9 pm + Sat/Sun)
December 5-6 (Sat/Sun only)

*Dates subject to modification.

Summary of Hours

Core curriculum – *weekend hours*

75 hours Techniques
70 hours Teaching Methodology
22 hours Anatomy and Physiology
27 hours Philosophy
11 hour Practicum
4 hours class evaluations (post program)

Personalized Program – *mentoring and apprenticeship*

This program is structured to allow you to specialize and tailor your education according to your interests and needs

- Total of 30 hours designed to suit your needs as an evolving teacher: includes personal and small group guidance, check ins, class observation/assisting
 - These hours are outside of weekend hours but are included in the cost/structure of the program and arranged to meet the needs of your schedule
- 45 hours (minimum of 15 hrs with Michelle or Mary) advanced technique intensives or classes
 - These 45 hours are *not* included in the cost of the program and are outside of weekend hours (outside retreats, workshops and/or classes in your areas of interest)

Book List

This list includes some of the books that we will be using during the course. There will be additional material online.

Anatomy

BodyStories by Andrea Olsen

Body Cubed/ Body to the Third Power by Thomas Myers – available online at www.anatomytrains.com

Yogabody by Judith Lasater

Philosophy

We will use and discuss Patanjali's Sutras, the Bhagavad Gita and the Hatha Yoga Pradipika.

Yoga

Original Yoga: Rediscovering Traditional Practices of Hatha Yoga by Richard Rosen

Yoga Body – The Origins of Modern Postural Yoga by Mark Singleton

Yoga and the Quest for the True Self by Stephen Cope

Meditation Requirement

Students will complete a 5-7 day silent vipassna/zen meditation retreat prior to or during the program. If you have completed a retreat like this within 2 years of starting this program, this requirement is waived with a short essay on the impact of this retreat.

If you are unable to attend a retreat or would like an alternative, you will complete a separate online meditation course to meet the requirement.

General

We will use a variety of resources and texts for our online material. There is no **one** book for this kind of yoga and we encourage you to be inquisitive as much as scientific in your approach to yoga inspirations. Both Michelle and Mary use a wide range of cultural muses including poetry, ecological and political references and broader spiritual discussions to inform their own practice and teachings. To the best of their abilities they will share this well of study and voices with you during the program and encourage you to bring your inspirations into the collective cauldron!

FAQs

1. How many hours of homework will be required each week?

You know your learning style and study habits, and those will impact the time required. On average, expect 3-5 hours of homework a week. If you took IAY 200 hour TT, this program has considerably less homework.

2. What if I have to miss a day or a weekend?

Missing a weekend (or two) is common. Make up hours are possible through workshops, additional assisting/observing and future trainings. We will work together to ensure hours made up are within the topics of hours missed. A total of three weekends can be missed and made up.

3. Will weekend hours or topic be available for drop in if you are not in the program?

Some sections, including practice sessions with Mary will be available for drop in. This opportunity will be announced in upcoming newsletters through www.michellemarlahan.com.

4. I can't do [fill in the blank] pose. Can I still take the training? Will I be tested on my [fill in the blank] pose?

This is not that kind of training – you are not required to be able to do any certain poses in order to complete the program. There will be active asana and we will explore a wide range of poses including inversions, but part of the opportunity in having a range of experience and considerations in the room is that we all learn variations on poses. There is no “final pose.” This program is for everyone, no matter what poses you can or cannot do. The only thing required is your interest.

Many people are interested in the program for their own practice and not as teachers. This is a wonderful setting for that.

5. Can I do a payment plan?

Absolutely. Contact Michelle to discuss payment plan options.

6. What other teachers will be involved and how much time will there be with each person?

Most of your hours will be with Michelle and Mary. You will have hours on specialty topics with guest teachers on subjects like anatomy, therapeutics, Ayurveda, the business of yoga and trauma sensitive yoga. There will be some guest teacher hours each weekend.

7. Who is Mary?

Mary Paffard has been practicing yoga and meditation since the early 70s (read more about her at maryyoga.com). She's been Michelle's teacher since 2006. She brings a deep wisdom, a practical approach to yoga (as a lifestyle practice), and a strong foundation in meditation and Buddhism to her teaching.

8. What “other hours” are involved?

You will attend one class a month at Ritual Yoga. The Sunday 9 am class is recommended. You will observe one class a month at Ritual Yoga. (You select these classes to fit in your schedule.) You will have one assigned small cohort group meeting a month (to be scheduled by you). And you'll have a phone check-in with Michelle each month.

In total, it's 2 classes, one small group gathering and one 30 minute phone call each month.

9. What are the 45 “additional hours” that are required?

In addition to the core weekend hours we spend together, you need 45 additional hours to complete the full 300 hour required for Yoga Alliance registration. You can meet these hours through workshops, retreats and classes. By having you do outside hours, you get to personalize your niche or areas of interest. We could also keep tuition down by not paying those guest teachers. There are so many amazing opportunities to study in the Bay Area, it made sense for you to choose what speaks to you, rather than us decide on teachers/topics and pay people to travel here. 15 of these hours must be with Mary or Michelle.

10. Why is this YTT more expensive than others I’ve looked at?

Compared to a 200 hour program, this training is competitively priced – it’s 100 more hours on specialty topics with senior teachers. This is Master’s Degree-level work. And it’s rare to find a 300 hour program in Sacramento.

The real value comes from the quality, depth and benefit of this program. You could spend thousands of dollars on a life coach, a therapist, an anatomist, and private yoga sessions, and you still wouldn’t have the power of doing this work, with these teachers, in a group like this.

You also won’t get lost in a room of 20-30 other students. Our maximum is 14. That’s a very different experience.

In 10 years of teacher trainings, every single person has answered on their post-tt eval that the money was 100% worth it (many have volunteered that they would have paid more).

Questions? Want to speak to a past graduate?

Any of our past graduates are happy to chat with you. Consider your questions and circumstances, and we can hook you up with someone who can speak to them. For example, if you are concerned that you are too young or too old, if you have an injury, if you work full-time, we have had students in those situations who can speak from their direct experience. Please email michelle@michellemarlahan.com to get set up.

Ready to take the next step?

If you not at least a little nervous about the prospect of this program, then it might not be worth doing. If you are a little scared and equally pulled toward the journey, let’s do this – complete the application!

2020 300 hr YTT Application

Name: _____

Email: _____

Address/city/zip: _____

Birthdate: _____ Cell Phone: _____

Please feel free to include additional sheets for answers.

What is your background and experience with yoga? How many years have you been practicing?

Describe your home practice (asana, meditation and pranayama).

List teachers you have worked with and where you practice.

Where/when did you take your 200 hour teacher training?

Are you teaching now? If yes, please describe.

Please describe any special medical concerns you have.

**300 hour
Advanced Studies Program**

it's all yoga

What is your educational and professional background outside of yoga?

Why do you want to take this training?

Do you have any questions of us?

**Thank you for your interest in our program.
Once your application is received, we will contact you within 7 days.**

Tuition

\$4200 (installment plan available; total due by start of program)

A \$500 deposit is required with your application, which will be credited toward tuition upon acceptance. Balance is due prior to the start of the program.

Price does not include books, 45 required workshop/class hours, or Yoga Alliance registration fees.

All refunds include a \$200 admin fee. A refund after 1/15/20 will be given less \$325 per week. We regret that we cannot issue a refund after 1/31/20.

Yes!

I have read, understand and agree to the information and terms listed about the Advanced Study program requirements, payments and refunds and I am in!

Signature and Date:

Please submit your application by mail to:

Michelle Marlahan
Yoga School
2758 13th Street
Sacramento, CA 95818

Thank you!