



Registered Yoga School

# *Alignment Yoga Catalog*

## *200-Hour Advanced Studies*



*Embarking on the study of yoga is a highly personalized endeavor. Some of us come to yoga for the management of pain, some to maintain their youthful flexibility, while others seek to explore the interplay of body/mind/spirit. Regardless your inspiration, the ancient practice of hatha yoga has proven itself for over 2000 years as an effective means of discovery*

Alignment Yoga

Program Year 2012-2013

# Welcome to Alignment Yoga

Thank you for examining Alignment Yoga's Advanced Studies Program. Whether you desire a deepening understanding of your practice and/or aspire to teach, we have the experience and expertise to facilitate your growth.

This program is based on Scott Anderson's 21+ years of teaching and 17 years training teachers. Participants will receive extensive instruction in the art and science of Hatha Yoga and the skills needed to safely and competently teach this ancient practice.

Many yoga schools teach the outer form of yoga postures (a knee here, an elbow there...), but neglect teaching the art of modifying the techniques to the needs of individuals. We emphasize that form follows function in the practice of Hatha Yoga. Rather than memorizing endless names and details, you will be encouraged to think for yourself as you refine your observational skills. We firmly believe, to paraphrase the old adage, it's better to teach a man to fish than to simply give him a fish to eat.

Trying to be everything to everybody generally dooms an endeavor to mediocrity. Every program director is thus faced with choices – their priority list, so to speak. While our program complies faithfully with Yoga Alliance National Certification Guidelines, we've placed particular emphasis in two areas.

- Our exploration of the techniques of asana, pranayama, bandha and kriya are comprehensive and backed with a rigorous study of anatomy and physiology. You will understand not only the inner workings of these techniques, but develop an extensive array of techniques to transmit your understanding to your students.
- Our study of the history and philosophy of the Hatha Yoga practice is guided by instruction from master Sanskrit scholar and former University of Bombay professor Nagindas Sanghavi. Nagindas, a scholar from India with over 70 years' teaching experience, personally taught the Alignment Yoga staff the grace & beauty of such seminal texts as the *Bhagavad Gita* and *The Yoga Sutras of Patanjali*, and those insights are shared with students.

We are honored you are considering our program. Our quality instructors, low student-teacher ratio (10:1) and many years of teaching experience ensure a rewarding experience. We trust you'll contact us with any questions that may arise.

Namaste,



Director and Alignment Yoga Instructor

# Alignment Yoga Advanced Studies

## ***Mission Statement***

The Mission of Alignment Yoga Advanced Studies is to cultivate the observational qualities of the mind. This is a practice rooted in mind, body and spirit.

- Keeping our minds in the present moment makes possible the release of habituated patterns of seeing, feeling, and behaving.
- The physical practices of Hatha Yoga, such as asana and pranayama, facilitate the free flow of vitality that predicts vibrant health.
- Vitality of body and mind allows us to study more deeply matters of spirit, regardless the form we may choose for that inquiry.
- Encouraging the development of each individual's voice as a teacher, we teach fundamental classroom techniques and effective communication skills.

## ***Employment Opportunities***

Professional opportunities in Yoga are much like professional opportunities in the Arts.

- A fortunate few comfortably employ themselves, while the majority will practice their art as a passion.
- Alignment Yoga offers strategies and suggestions for pursuing Yoga as a career, but does not offer career counseling or job placement.

## ***Location and Facilities***

All classes will be held at Soleil Lune Yoga Center at 29-B Main Street, Oconomowoc, WI.

- Yoga mats and blankets are provided.
- Please bring your own strap and block.
- There will be water and tea provided.
- Restaurants and cafes are nearby.

## ***Class Schedule***

Advanced studies classes are held one weekend per month. The hours are as follows:

### Saturdays

- 12:00-4:00 Class I
- 5:00-7:00 Class II

### Sundays

- 9:00-11:00 Asana Class
- 12:00-6:00 Class III

10<sup>th</sup> weekend will also include Friday and Monday, and the schedule will be the same as above plus Friday and Monday will be:

- 9:00-12:00 Class I
- 1:00-6:00 Class II

## ***Program Outline, Schedule, and Hours***

<p><b>Weekend #1 – January 7 &amp; 8</b></p> <ul style="list-style-type: none"> <li>▪ Course Introduction</li> <li>▪ Alignment Yoga Fundamentals</li> <li>▪ Technique - Asana/Standing Poses</li> <li>▪ Anatomy - Anatomy of Pelvis</li> <li>▪ Asana Class - Subjects for the Advanced Practitioner</li> <li>▪ Teaching Methods- Practice Session</li> </ul>	<p><b>14 hrs</b></p>
<p><b>Weekend #2 – February 4 &amp; 5</b></p> <ul style="list-style-type: none"> <li>▪ Technique - Asana/More Standing Poses</li> <li>▪ Anatomy - Review Anatomy of Pelvis</li> <li>▪ Technique – Practice Sequencing</li> <li>▪ Teaching Methods – Hands-On Adjustments</li> <li>▪ Asana Class - Subjects for the Advanced Practitioner</li> <li>▪ Teaching Methods – Practice Session</li> </ul>	<p><b>28 hrs</b></p>
<p><b>Weekend #3 – March 31 &amp; April 1</b></p> <ul style="list-style-type: none"> <li>▪ Anatomy – Anatomy of Midline Stability</li> <li>▪ Technique – Backbends</li> <li>▪ Teaching Methods – Practice Teaching</li> <li>▪ Asana Class - Subjects for the Advanced Practitioner</li> <li>▪ Evaluation - Practice Quiz</li> </ul>	<p><b>42 hrs</b></p>
<p><b>Weekend #4 – May 5 &amp; 6</b></p> <ul style="list-style-type: none"> <li>▪ Creating Your Yoga Business</li> <li>▪ Teaching Methods – Practice Session</li> </ul>	<p><b>56 hrs</b></p>
<p><b>Weekend #5 – June 2 &amp; 3</b></p> <ul style="list-style-type: none"> <li>▪ Technique – Front Bends</li> <li>▪ Anatomy – Anatomy of Shoulder Girdle</li> <li>▪ Teaching Methods – Introduction to Ayurveda</li> <li>▪ Teaching Methods – Practice Teach</li> <li>▪ Evaluation – Exam #1</li> <li>▪ Asana Class - Subjects for the Advanced Practitioner</li> <li>▪ Yoga Philosophy and Ethics</li> </ul>	<p><b>70 hrs</b></p>
<p><b>Weekend #6 – July 7 &amp; 8</b></p> <ul style="list-style-type: none"> <li>▪ Technique – Twists</li> <li>▪ Anatomy – Shoulder Anatomy Review</li> <li>▪ Anatomy – Anatomy of Breathing</li> <li>▪ Teaching Methods – Working With Wrist and Shoulder Injuries</li> <li>▪ Teaching Methods – Practice Teach</li> <li>▪ Asana Class - Subjects for the Advanced Practitioner</li> <li>▪ Yoga Philosophy and Ethics</li> </ul>	<p><b>84 hrs</b></p>
<p><b>Weekend #7 – August 4 &amp; 5</b></p> <ul style="list-style-type: none"> <li>▪ Technique – The Inversions</li> <li>▪ Technique – Introduction to Pranayama</li> <li>▪ Teaching Methods – Practice Teach</li> </ul>	<p><b>98 hrs</b></p>

<ul style="list-style-type: none"> <li>▪ Teaching Methods – Working with Back Injuries</li> <li>▪ Asana Class - Subjects for the Advanced Practitioner</li> <li>▪ Yoga Philosophy and Ethics</li> </ul>		
<b>Weekend #8 – September 8 &amp; 9</b> <ul style="list-style-type: none"> <li>▪ Teaching Methods – Using Verbal Instructions</li> <li>▪ Teaching Methods – Practice Teach</li> <li>▪ Technique – Continuing Pranayama</li> <li>▪ Teaching Methods – Working with Neck Injuries</li> <li>▪ Evaluation – Exam #2</li> <li>Asana Class - Subjects for the Advanced Practitioner</li> </ul>		<b>112 hrs</b>
<b>Weekend #9 – October 6 &amp; 7</b> <ul style="list-style-type: none"> <li>▪ Teaching Methods – Using Demonstrations</li> <li>▪ Technique – Review Asana</li> <li>▪ Asana Class - Subjects for the Advanced Practitioner</li> </ul>		<b>126 hrs</b>
<b>Weekend #10 – November 9-12 (4 days)</b> <ul style="list-style-type: none"> <li>▪ Teaching Methods – Using Props</li> <li>▪ Technique – Review Asana</li> <li>▪ Technique – Review Pranayama</li> <li>▪ Asana Class - Subjects for the Advanced Practitioner</li> <li>▪ Elective – Round 1 Present Diverse Audiences reports</li> <li>▪ Yoga Philosophy and Ethics</li> </ul>		<b>152 hrs</b>
<b>Weekend #11 – December 8 &amp; 9</b> <ul style="list-style-type: none"> <li>▪ Teaching Methods Lab IV – Practice Teach</li> <li>▪ Elective – Round 2 Present Diverse Audiences reports</li> <li>▪ Asana Class - Subjects for the Advanced Practitioner</li> <li>▪ Yoga Philosophy and Ethics</li> </ul>		<b>166 hrs</b>
<b>Weekend #12 – January 12 &amp; 13, 2013</b> <ul style="list-style-type: none"> <li>▪ Technique – Review</li> <li>▪ Asana Class - Subjects for the Advanced Practitioner</li> <li>▪ Elective - Discuss Highlights of Diversity of Practices Projects</li> <li>▪ Graduation</li> </ul>		<b>180 hrs</b>
<b><i>Additional Requirements</i></b>	<b>Practice Logs</b> <ul style="list-style-type: none"> <li>▪ Maintain a regular practice</li> <li>▪ Document 30 practices of 1 hr min. length</li> <li>▪ Document practice of Yama and Niyama</li> </ul>	<b>210 hrs</b>
	<b>Outside teaching practice or apprenticeship</b> <ul style="list-style-type: none"> <li>• Teach yoga classes or observe a yoga instructor</li> </ul>	<b>230 hrs</b>

# Program Description

## ***Technique***

We will explore asana, bandha, kriya, and pranayama with attention to safe technique and modification for individualized needs. Covering all the categories of asana, (standing postures, twists, back arches, inversions, and forward bends), we'll look at their benefits and possible contraindications. We will also explore the inner techniques of bandhas (inner energy practices), kriyas (abdominal organ exercises), and pranayama (breathing exercises).

## ***Anatomy and Physiology***

We will study gross anatomy and physiology in order to develop a working vocabulary for clear and effective communication. In addition to studying the muscular and skeletal systems, we will study the Eastern view of energy anatomy that includes Nadis, Chakras, and Pranic Flow. Our introduction to kinesiology shows how stabilization predicts freedom of movement. Our recurrent theme is how the innate intelligence of the body keeps its interconnected systems working remarkably well.

## ***Philosophy***

Yoga is more than the cultivation of the physical body. Honoring the body as the gateway to the inner realm, we'll explore ancient texts that describe the pitfalls and benefits of this contemplative practice. Among the texts we'll consult are the Bhagavad Gita, Yoga Sutras of Patanjali and the Hatha Yoga Pradipika.

## ***Teaching Methods***

Being a good yoga teacher is first and foremost about being a good teacher. Borrowing from the advances of Western pedagogy, we'll look at effective teaching methods that take into account individual differences and varying learning styles. Learning how to teach is a life skill that will serve us whether or not we choose to stand in front of a class.

## ***Electives***

Alignment Yoga believes a yoga teacher's success depends on their ability to communicate. Part of communication is recognizing our diversity and individual differences. Both electives are required for Alignment Yoga certification.

- ***Diversity of Practices.*** Present a 15-minute report or create a written presentation or report for the class on a mind/body discipline other than Hatha Yoga. The live presentation may be lecture, demonstration or experiential.
- ***Diversity of Audiences.*** Research teaching methods applicable to diverse populations. This should include interviewing experts working with this population, as well as outreach into the chosen community. A 15-minute presentation to the class will summarize this research.

# Program Goals

## *Asana*

Competently practice the following asanas, or working on an asana or movement that directly leads to that ability. Describe the benefits and cautions to each of these asanas. Competently teach the following asana

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### Beginning Syllabus

#### Quiet Sitting/Lying

Supine Three-Fundamentals Check-in

#### Pre-Yoga

Dead Bug

Psoas Wake-up

Uddiyana Bandha Wake-up

Sumo

#### Standing Poses

Mountain (Tadasana)

Warrior II (Virabhadrasana II)

Extended Side Angle (Utthita Parsvakonasana)

Front Lunge (Virabhadrasana I Prep)

Projected Lunge (Parivrtta

Parsvakonasana Prep)

Standing Wide Legs (Prasarita Padotthanasana)

Standing Front Bend (Uttanasana)

#### Headstand

Prep: Downward Facing Dog (Adho Mukha Svanasana)

#### Back Bends

Prone Mountain (Tadasana Prep)

Baby Cobra (Bhujangasana Prep)

Locust (Salabhasana)

Bridge (Setubandhasana)

#### Front Bends

Supine Leg Stretch (Supta Padangusthasana)

#### Twists

Seated Twist (Twist in Sukhasana)

#### Quiet Sitting/Breathing Exercises

Quiet Sitting (Sukhasana)

#### Relaxation

Corpse (Savasana)

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### Continuing Syllabus

#### Pre-Yoga

Gravity Juice

Uddiyana Kriya

Agni Sara Kriya

Towel Work

Thymus Opener

Yoga Sit-ups

Leg Lifts

#### Sun Salutation

Athletic (Surya Namaskara)

#### Standing Poses

Eagle (Garudasana)

Tree (Vrksasana)

Powerful (Utkatasana)

Lunge Twist (Parivrtta Parsvakonasana)

Triangle (Utthita Trikonasana)

Warrior III (Virabhadrasana III)

Intense Side Stretch (Parsvottanasana)

#### Back Bends

Classic Cobra (Bhujangasana)

Bow (Dhanurasana)

Seated Wide-Legs (Upavistha Konasana)

Auspicious (Swastikasana)

#### Twists

Half Fish Twist (Ardha Matsyendrasana)

#### Shoulderstand

Shoulderstand or prep (Sarvangasana)

#### Quiet Sitting/Breathing Exercises

Balanced Breathing (Sama Vrtti Pranayama)

Uddiyana Bandha

Mula Bandha

Jalandhara Bandha

## Intermediate I Syllabus

### Quiet Sitting/Breathing Exercises

Seated Three-Fundamentals Check-in

### Pre-Yoga

Three-Part Breathing

Prone Mountain (with Spine Bag)

Belted Standing Poses

Elbow Dog

### Sun Salutation

Classic (Surya Namaskara)

### Standing Poses

Warrior I (Virabhadrasana I)

Revolved Triangle (Parivrtta  
Trikonasana)

Ardha Chandrasana

### Headstand

Headstand (Sirsasana)

### Back Bends

Upward Bow (Urdhva Dhanurasana)

### Front Bends

Cow Face (Gomukhasana)

Lightning Bolt (Vajrasana)

### Front Bends

Hero (Virasana)

### Twists

Sage Marichi I (Marichyasana I)

Sage Marichi III (Marichyasana III)

Stretch of West (Paschimottanasana)

### Quiet Sitting/Breathing Exercises

Ujjayi Pranayama

## *Pranayama, Bandha and Kriya*

Competently practice the following techniques. Describe the benefits and cautions to each of these pranayamas and bandhas. Teach those pranayamas and bandhas in bold print. Know the indicators of faulty practice and contraindications.

Pranayamas	Bandhas	Kriyas
<b>Mula Bandha</b> <b>Breathing</b> <b>Sama Vritti</b> <b>Ujjayi</b> Nadi Sodhana Viloma Kumbhakas	<b>Mula</b> <b>Uddiyana</b> <b>Jalandhara</b>	<b>Agnisara</b> <b>Nauli</b>

## ***Quiet Practice***

- Work toward sitting with ease for longer periods of time.
- Consistently engage in a seated meditation practice.
- Describe the benefits and cautions of these practices.
- Teach quiet sitting.

## ***Philosophy***

- Know the eight limbs of Yoga, as outlined by Patanjali's Yoga Sutras.
- Familiarity with The Yoga Sutras of Patanjali.
- Familiarity with The Bhagavad Gita.
- Awareness of the various paths of Yoga.
- Knowledgeable in the ethical responsibilities undertaken in teaching Yoga.

## ***Anatomy and Physiology***

- Correctly identify the major bones and muscles of the axial skeleton, shoulder girdle and pelvic basin.
- Know the subtle-body anatomy, such as the movement of prana, the nadis and chakra system.
- Awareness of the complexity of joint stabilization and kinesiology.

## ***Teaching Methodology***

- Working knowledge of human constitutions, either through Ayurveda, somatypes, 5-element theory, etc.
- Knowledge of the pathologies and cautions to be respected in teaching Yoga.
- Ability to touch (adjust) with respect and purpose.
- Ability to clearly demonstrate a concept (i.e. - to make the visual presentation match simple verbal cues)
- Continue developing skills in pacing a class.

## ***Methods Lab***

- Satisfactorily complete the in-service teachings contained within the training program.
- Spend at least 20 hours assisting or teaching classes outside the training.



# Tuition and Fees

## ***Tuition Fees and Terms***

- Tuition for the entire course is \$3300. (Check, Cash, Visa and MasterCard accepted for payment.)
- A limited number of payment plans are available. Please contact us to request a payment plan.
- Consultation with faculty to make up deficient program hours will be charged at \$80 per hour.

## ***Required Reading Materials***

- *Taking Root to Fly* by Irene Dowd
- *Dancing the Flame of Life* by Dona Holleman
- *Alignment Yoga: An Intelligent Approach to Ancient Wisdom* by Scott Anderson
- *The Inner Tradition of Yoga* by Michael Stone
- *Teaching Yoga* by Donna Farhi
- *Anatomy Coloring Book* (third edition) by Kapit and Elson
- *Pelvic Power* by Eric Franklin
- *Creating Your Yoga Business* by Lisa Antoniotti
- *YTT-200 Class Materials*

These texts are available through the Alignment Yoga Store:

- *Taking Root to Fly* by Irene Dowd
- *Dancing the Flame of Life* by Dona Holleman
- *Alignment Yoga: An Intelligent Approach to Ancient Wisdom* by Scott Anderson
- *Creating Your Yoga Business* by Lisa Antoniotti
- *YTT-200 Class Materials*

## ***Estimated Cost of Reading Materials***

- Expect to pay \$125-\$175 for required textbooks
- Textbooks may be purchased at any retailer. Alignment Yoga does not require that textbooks be purchased through them.

## ***Additional Costs***

- Budget another \$100 for project materials for each of the elective classes (\$200 total)

# School Policies

## ***Non-discrimination***

- The Alignment Yoga Teacher Training Program does not discriminate on the basis of age, gender, marital status, national origin, sexual orientation, race or religion.

## ***Attendance and Tardiness***

- Attendance in all sessions is strongly advised. If you foresee absences, please reconsider your participation in this course.
- Attendance is noted at each class.
- In the event of an absence, those working toward a course completion certificate and Yoga Alliance teacher certification must confer with the instructor to develop a strategy to learn the course content and fulfill the required hours.
- Conferences, make-up (including make-up exams), and review resulting from absences will be charged \$80 per hour.
- Punctuality is expected. More than 10 minutes late for a session deducts one hour from your contact-hours total.
- For those without Yoga Alliance teacher certification intent, it is expected that missed course material will be reviewed prior to the next class. Arriving to classes ill-prepared is not fair to you, the instructor and particularly, your classmates.

## ***Leave of Absence***

- We offer no leave of absence from the 200 Hour Advanced Studies Program. In the event a participant must discontinue the training and wishes to complete their Alignment Yoga Teacher Training, they will need to start anew in a future class.
- The refund policy will apply to unused tuition.

## ***Advanced Standing***

- We do not offer advanced standing for previous training or course-work.

## ***Graduation Requirements and Make-up Hours***

- Meeting the program goals as outlined in this catalog
- 200 Hours of Training including a minimum of 160 contact hours.
- Alignment Yoga staff is available to fulfill deficit contact hours at \$80 per hour.

## ***Student Records***

- All student records will be stored for a period of ten years from date of graduation. Records are private and can be accessed only with a written request from the teacher trainee. Records will only be sent to the teacher trainee - no records will be forwarded.

## ***Evaluation of Student Progress***

- For the following subjects, there will be a total of three written exams: philosophy/ethics, anatomy/physiology and teaching methods. The written exams will require a 70% or higher score to pass.
- One month prior to each exam, students will receive a written copy of the material they will be tested on. Exams are about encouraging mastery of the material, not to inflict stress. All attempts will be made to encourage passable mastery of the material.
- The following classes will have a skills exam that will be graded pass/fail: methods lab, asana technique and pranayama technique.
- The Elective courses will receive a pass/fail grade on the basis of their presentations
- In the event of insufficient exam scores, students will be allowed to retake exams up to two more times, for a total of three attempts per exam.
- In the event progress has been deemed unsatisfactory, students will be notified immediately to schedule a meeting with the School Director to discuss strategies for future success and to remedy past insufficiencies.
- Students may continue to attend classes, regardless their performance on exams. Probation and termination only applies to situations described below in student conduct.

## ***Complaint Procedure***

- Students with concerns or complaints are encouraged to bring them to the attention of the Director of Alignment Yoga. The Director's decision on all complaints is final.
- If resolution cannot be reached, students may contact the Wisconsin Education Approval Board for further assistance at (608) 266-1996.

## ***Student Conduct and Drug Policies***

- Participants are expected to behave maturely. Students displaying disruptive behavior will be terminated from the program.
- Disruptive behaviors include, but are not limited to: harassing other students, possession or being under the influence of drugs or alcohol, or abusive language.
- The ethics statement outlines our behavioral expectations. It is expected that teacher trainees will be familiar with these issues and strive to uphold their essence.

## ***Termination Policies***

- Students who behave inappropriately will receive a written warning.
- A second infraction of conduct policy will result in termination from the program.
- One year after termination, student may reapply for admission to an upcoming class. Admission is not guaranteed.

## ***Cancellation and Refund Policy***

- The student will receive a full refund of all money paid if the student cancels within a three-business-day cancellation period.
- A student who withdraws or is dismissed after attending at least one class, but before completing 60% of the instruction in the current enrollment period, is entitled to a pro rata refund as follows:

<b>After completion of at least</b>	<b>Prior to completion of</b>	<b>The refund will be</b>
N/A	First day of class	100%
1 unit/class	10% of the program	90%
10%	20% of the program	80%
20%	30% of the program	70%
30%	40% of the program	60%
40%	50% of the program	50%
50%	60% of the program	40%
60%	N/A	no refund

- As part of this policy, the school may retain a one-time application fee of no more than \$150. The School will make every effort to refund prepaid amounts for books, supplies and other charges. A student will receive the refund within 40 days of the termination date. If a student withdraws after completing 60% of the instruction, and the withdrawal is due to mitigating circumstances beyond the student's control, the school will refund a pro rata amount.
- A written notice of withdrawal is not required.
- Students who utilize the cancellation privilege will receive a full refund within 10 business days.



# Alignment Yoga Ethics Statement

As a teacher of yoga, it is my responsibility and privilege to support the physical, mental and spiritual welfare of my students, and to uphold the dignity and integrity of the yoga teachings. Thus, I agree to abide by the following guidelines.

## ***Relationships with Students***

In recognition of the trust placed in me by my students, I agree to:

- Show only the highest regard for my students' personal beliefs and values.
- Offer my services of teaching yoga to all persons, regardless of sex, race, color, ancestry, religious creed, national origin, physical disability, mental disability, medical condition, age, marital status, political affiliation, or sexual orientation.
- Avoid any action that I know will conflict with the higher interest of my students.
- Avoid taking unfair advantage of students financially, sexually, romantically, or otherwise.
- Refrain from initiating a romantic or sexual relationship with a current student, even if invited by the student.

## ***Professional Conduct***

In conducting my teaching practice, I will:

- Offer only those services that I am competent to provide.
- Not attempt to diagnose a student's physical or psychological condition, prescribe a treatment, nor suggest or approve going against a physician's advice.
- Take continuing education in yoga teaching on a regular basis.
- Be honest, straightforward, fair and conscientious in all business dealings.
- Manage my business finances according to accepted business and accounting practice.

## ***Advertising***

In brochures, advertising and other descriptions of my services (including verbal), I will:

- Make no exaggerated claims as to the benefits of yoga practice or my classes.
- Represent my training, qualifications, abilities and affiliations accurately and unambiguously.
- Not falsely imply sponsorship by, representation of, nor endorsement by any organization.

## ***Ownership and Governance***

Alignment Yoga is the owner of the Alignment Yoga Advanced Studies Program. Scott Anderson is the school director and Andrea Russell is the Head Instructor. The school board consists of Scott Anderson (School Director), Andrea Russell (School Instructor), and Alicia Wright (Assistant Instructor).

# Faculty



**Scott Anderson, School Director**, is a nationally recognized yoga teacher. He founded the Blue Mounds Dharma Center in 2005 and became director and co-owner of Mound Street Yoga, Madison, WI's oldest yoga center in 2008. He was also one of the original founders and director of the St. Paul Yoga Center from 1993-1996. Scott began practicing yoga when he was 16 in 1982. His yoga teaching career began at 22. Scott has studied extensively with Dona Holleman and since 2003, Scott makes annual trips to Mahuva India for ongoing in depth study with Morari Bapu.



**Nagindas Sanghavi, Philosophy of Yoga**, hails from Bombay, India. At 90+ years of age, Nagindas has practiced yoga daily for over 60 years. He is renowned as a political scholar and is considered one of the world's foremost authorities on Gandhi. As a retiree, Nagindas turned his considerable energy to studying the Sanskrit and philosophy he first learned as a boy. A portion of Philosophy and Ethics will be based on his insights into this topic.



**Andrea Russell, Head Instructor**, has been studying yoga and meditation since 1996 and began teaching in 2000. Registered with Yoga Alliance at the 500-Experienced Level, she has completed teacher trainings in Ashtanga, Alignment and Therapeutic Yoga. In addition to yoga, she is a nationally and state certified massage therapist who specializes in Neurovascular Integration/Craniosacral Therapy. Detailed information can be found on [www.andrearussell.com](http://www.andrearussell.com).



**Alicia Wright, YTT-200 Assistant Instructor**, is a busy and dedicated yoga mama with three boys. She has been practicing and studying yoga for five years. She has completed 200-hour certification in Alignment Yoga teacher training with Scott Anderson and is in training for her 500-hour certification. Alicia passionately believes in the power of yoga to help us live a simple life in a crazy world!



**Pema Lisa Antoniotti, Director of Program Development**, is a RYT 200 hour level yoga teacher, a 500 hour graduate, and a Dharma teacher in the Tibetan Buddhist tradition. She is also the Co-Founder of Joyful Path Meditation and Healing Center. As a result of 18 years working in various aspects of state government, nonprofit and corporate settings, including a focus on small businesses, Pema has developed an extensive breadth of management, training, and organizational development skills. Pema currently teaches the business modules of the YTT-200 course.

# Admission Information

## ***Admission requirements***

- Applicants should have attained 25 years of age. (Exceptions will be considered upon submission of additional application materials)
- Submit a \$150 nonrefundable application fee.
- Complete and submit the application form.
- Complete a satisfactory admissions interview.
- Applicants are expected to have a regular yoga practice.
- Candidates must have a mature understanding of themselves and others. This could be acquired through activities including college coursework, workshops, individual or group psychotherapy, or a regular contemplative practice.
- Applicants are expected to be computer literate. This means being comfortable with sending/receiving e-mail and navigating websites. Most course materials and correspondence will occur electronically.

## ***How to apply***

- After receiving the completed application along with the \$150.00 application fee, an admissions interview will be scheduled. Application to the program does not guarantee acceptance.
- All applicants are required to have an interview with Andrea Russell. Applicants are encouraged to bring any questions you have about the program to the interview.
- Applications are due by December 15th, 2011. Students are encouraged to submit applications early, as spaces in the course are filled as qualified applications are received.

## ***Certification***

- Upon successful completion of the course, you will receive teacher certification from Alignment Yoga. You will also qualify to apply for Yoga Alliance 200 hour certification.

*Alignment Yoga Advanced Studies Catalog updated June 2011.  
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# Application for Admission

To enroll in the Alignment Yoga Advanced Studies/Teacher Certification Program, please submit the application letter, reference letter, resume and the \$100 deposit.

**Letter of Application** – This is the heart of the application in which you communicate who you are, and who you are becoming... and what major events and influences have helped shape you. What has shaped your approach to yoga, your practice, your way of carrying yourself in this world? What do you hope to gain from attending this training? Why are you choosing to apply to *this* training? Include a history of your yoga training, practice and teachers.

**Resume** – Using an outline form, summarize your educational and employment history. List your participation in other trainings and workshops. Describe your leisure time pursuits. Be sure to include your mailing address, telephone number(s) and e-mail address.

**Letters of Recommendation** – You may obtain a letter of recommendation from your yoga teacher(s). In the event you have difficulty procuring a letter from your primary yoga teacher, please include a letter from a colleague, other teacher or friend describing your suitability for advanced studies in yoga.

**Acceptance and Notification**–You will be contacted upon receipt of application and an admissions interview via telephone will be scheduled.

**Deposit** – The deposit will be refunded in full in the event you are not admitted to the program. Once your acceptance letter has been mailed, the deposit is non-refundable.

Application materials may be sent to:

**Alignment Yoga Advanced Studies Program**  
**Box 144**  
**Blue Mounds, WI 53517**

(608) 437-5931  
yoga@AlignmentYoga.com  
www.AlignmentYoga.com

# Alignment Yoga Advanced Studies Program Code of Etiquette

## ***Promptness***

The Alignment Yoga Advanced studies program encourages promptness. A friend of mine coaches college swimming, and the rule for his team is *less than 15 minutes early is considered late*. While that may be a bit extreme, the sentiment rings true to the practice of yoga. In consideration of those around you, one of the fundamental tenets of yoga practice, it's imperative that you arrive at least 5-10 minutes early to place your mat and get settled. If you arrive exactly at the appointed time, by the time you've set your mat out and gotten any needed props, you'll either have delayed the start of class or disrupted its flow. For those of you intending to teach, it's wise to develop the habit of arriving to teach 15 minutes before class begins. Why not start the habit now?

## ***Questions***

The freedom to ask questions is a vital part of a healthy learning environment. Very often if one person is ready to ask a question, there are a half-dozen people with the same question, though for whatever reason, are not asking it. We've all been in groups, however, where a few people hijack the discussion with their unthinking questions. This can be very distracting to the group, and can derail the trajectory of a discussion. When asking a question, please pause for a moment and consider whether this question has the potential to facilitate the growth of the group. If you're confident your question is for the benefit of all, please ask. If you're unsure, please hold your question until a break, when you can ask one of the assistant teachers. When you do ask questions, please be sure to sit or stand up tall and project your voice for all to hear.

## ***Focus***

In stepping onto the path of yoga, you're stepping into a practice that instills mindfulness, compassion and the potential for personal transformation. All this asks you to move beyond habituated patterns into a place of greater health, vitality and peace. What's the catch? The catch is you have to pay attention. For that reason, we ask you to practice focused attention during all class hours. This includes, but is not limited to: sitting or standing upright (no slouching), no gum chewing, minimize fidgeting, no cell phones, and silent attention during lectures.

There will be a few times in the program when several hours or an entire day is spent on instruction. People interested in yoga tend to be more kinesthetic and can become antsy when sitting for longer periods of time, but the ability to be still and present is an important part of being a yoga teacher and continuing yoga student. We will do our best to minimize long periods of sitting, but we also encourage students to take these opportunities to become more capable.

During the few times when a training day will be primarily sitting, we will send a message ahead of time, so students can have a more vigorous physical practice that morning if needed.

## ***Leaving Class***

Despite our best intentions, sometimes it's necessary to leave class. Perhaps you're feeling fragile from the depth of work, a family emergency has arisen or you're not feeling well. Regardless the cause, be sure to inform a faculty member that you're leaving. This is to ensure adequate care for you, and to prevent worrying your classmates.

## ***Audio Recording***

Recognizing that different students learn in different ways, we will record some of the lectures, question and answer periods, and yoga classes. When classes have been recorded, audio files will be made available shortly afterwards on the blog, as an additional resource for current and future training sessions. If you have questions you would rather not have recorded, please direct them to staff in between sessions, by email or phone.

## ***Drinking Water***

Proper hydration is vital for good health, though we've found the interest in hydration often masks mind states contrary to the path of yoga. For this reason, please refrain from drinking water during the Sunday morning asana class. In the past few years, we've observed many students gulp a sip of water to avoid the discomfort (and potential for positive change and growth) as they encounter previously unconscious patterns. Yoga allows us to identify and move beyond previously unconscious reaction patterns, and thwarting that experience inhibits our growth in yoga. Ironically, we often use positive activities such as drinking water as a means to avoid the discomfort of growth.

If you're concerned about dehydration, please drink an extra 8 ounces of water immediately prior to the session. During the lecture and demo portions of the weekend, you're welcome to drink water at any time.

## ***Photographs and personal recordings***

Alignment Yoga strives to provide an environment that is conducive to study. Alignment Yoga staff may take photographs and videos for use in future Alignment Yoga Advanced Training programs and associated marketing. Videos of current or previous sessions will be available for your reference. If you do not wish to be filmed, please discuss this with the Director before the program begins.

Students are permitted to take photographs of the session for personal purposes only when it is not distracting to the class and at the discretion of the lead instructor. There will be no flash photography without the permission of the lead instructor. Personal photos may not be distributed outside of the class participants without express written permission of Alignment Yoga and the participants who appear in the images. You may share photos via the Alignment Yoga 200 Hour Advanced Studies Blog.