

Teaching Staff Continued

later guided her to India where she was introduced to Guru Pat-tabhi Jois, whom Nancy now refers to as her teacher. Teaching Ashtanga yoga is one of Nancy's greatest joys.

Scott Hobbs first started practicing yoga in 1977 and has been teaching Iyengar Yoga since 1981, after completing Iyengar teacher training with the legendary Martyn Jackson. Scott has studied yoga with B.K.S. Iyengar in India and his senior teachers in the US and around the world. He is past president of the Iyengar Yoga Association of Southern California and, in 1984, he founded the Iyengar Yoga Institute of Los Angeles. Scott's classes not only feature his many years of expertise but a healthy dose of humor as well.

Russ Pfeiffer teaches anatomy for teacher training programs throughout the US. He approaches anatomy from a holistic and integrated perspective, drawing from the depth of his trainings across the spectrum of body-mind disciplines and presents technical information in an engaging, practical and entertaining manner. Russ' method of teaching yoga is grounded in sound anatomical understanding of the body from his 15 years experience as a bodyworker and Rolfer. His yoga studies, mostly through the Iyengar system, have been comprehensive and diverse within a variety of styles. He has studied with numerous teachers including Richard Freeman, Dona Holleman, Shandor Remete, Rodney Yee, Manouso Manos and Lisa Walford.

Students take this course for the sole pupose of deepening their studies however, you must be a RYT-200 teacher to receive a certificate of completion toward Yoga AllianceSM upgrade.

CLASS DATES AND TIMES

One-two Saturdays or Sundays, Noon - 4:00pm
per month with an occasional Friday evening,
7 - 9:30pm. Ongoing 3-Month Quadrants

About the Studio

The Yoga at the Village philosophy is: "Introduce your body to your mind, they just might like each other." Have fun. Be creative and joyful. Embrace the moment. Find patience... for you! That's all we ask.

Registration

Full 300-Hour program is divided into four seasonal Quadrants. Tuition is \$3250 for all four Quads or FULL 300-Hour Program. However, Quads may be taken, and paid for individually. We offer an early registration discount of \$3000 for the Full 300-Hour program if tuition is paid one full month in advance. \$250 non-refundable deposit reserves your space.

Applications are available online or at the studio. Upon receipt of your application, you will be notified regarding your entrance interview date and time and additional information will be forwarded to you. Your course fee includes free unlimited scheduled classes at Yoga at the Village for the entire instruction time of the program (12 months of unlimited classes costs approximately \$1300).

Refund Policy (not applicable to deposit)

1-3 weeks - 70% refund
4-8 weeks - 50%
9+ weeks - 0

For information about payment plans, please call 818-265-9833, or e-mail us through www.YogaAtTheVillage.com. If you don't have online access, please call and we will be happy to mail you an application. Again, all forms and the \$250 application fee are due one month before the start of desired Quadrant. Acceptance into the program is based on availability.

500 Hour Yoga Teacher Training: A Journey to Discovery

Introduce Yourself to Your Inner Master



Yoga at the Village • 1306 Sonora Avenue
Glendale, California 91201

818.265.9833

www.YogaAtTheVillage.com



*This 300-hour will provide you with the additional program hours needed to earn an ERYT-500 registration and meets the professional yoga teaching standards as set forth by Yoga AllianceSM

Our Philosophy

Welcome to the Yoga at the Village Continuing Education for Teachers Program.

Teachers: This Master program consists of over 300 hours of advanced studies and continuing education courses for Yoga Teachers and may be taken to upgrade your Yoga Alliance certification to the 500 hour level.

Yoga Enthusiasts: Join any Quadrant at any time to deepen your practice. You may start at any one of our four revolving Quadrants.

Move deeper into such topics as meditation, the anatomy of asana and alignment, the energetics of adjusting, teaching special populations, sequencing and props, incorporating creativity in your yoga classes, the Yoga Sutras, the Bhagavad Gita, Adaptive Yoga and much more!

Why upgrade your teaching experience to a 500 hour Master-Teacher status?

Many people complete a 200 hour program and yet do not feel prepared to teach the practice of yoga. Others graduate with a 200 hour certificate and want to teach other teachers, open a studio or work in business/insurance settings that would appreciate master-level certification. This 300-hour continuing education course is currently pending registration with the Yoga Alliance.<http://www.yogaalliance.org>

Our Intention

We provide prospective, dynamic Hatha Yoga teachers with excellent vocal, physical and technical skills.

Our Curriculum

The Yoga at the Village curriculum meets the professional yoga teaching standards as set forth by Yoga AllianceSM The course will include:

180+ hours of eclectic Hatha yoga classes, representing and exploring different styles and traditions.

50-60+ hours of yoga philosophy, lifestyle applications, and the ethics of teaching yoga.

30+ hours of instruction on principles of demonstration, assisting, critical observation and adjustments, essential qualities of a teacher, and the business aspects of teaching yoga.

20+ hours of practical anatomy, physiology and bio-mechanics.

20+ hours of practicum, which will include practice-teaching, giving and receiving feedback, and assisting others while teaching.

****Attention will be placed on teaching you to 'think on your feet' and how to handle the 'unexpected' in class. It's all going to happen ;-D**

Teaching Staff

***Elyse Briggs, ERYT 500, NCTMB, Co-Director** is the owner of Yoga at the Village, and the vital-force in building a community that celebrates and benefits all its participants. She is Nationally Certified in Therapeutic Massage & Bodywork, holds a License in Massage Therapy, and is Certified and Nationally Registered to teach both Massage and Yoga Therapy.

***Carl Dawson, ERYT 500, Co-Director**, practiced Yoga for more than 30 years, and has taught for 25. Trainings include: Center For Yoga (White Lotus) Teacher Trainings 1983 & 1984. IYILA ongoing Teacher training 1987-1992. Held public class at: The Center For Yoga 1985-2004. IYILA 1988-2002. Yoga Body & Spirit 2002-2008, Yoga At The Village 2005-2010. Attended workshops with the following Senior Yoga Instructors: Ganga White, John Schumacher, Mary Dunn, Dona Holleman, Maty Ezraty, John Friend, and others.

Leslie Bogart is certified to teach in the Viniyoga tradition. She has worked with people with physical and emotional ailments as a Registered Nurse since the 1970s. Leslie began practicing yoga in 1982, and received her first certification to teach yoga in 1985. In addition to working for a physical therapist, Leslie continued her studies with different yoga teachers, soon immersing herself in Yoga as therapy. She focused on the teachings of Krishnamacarya and Desikachar, mostly as taught by Gary Kraftsow, and has completed his Yoga Therapists' training.

Guy Gabriel, ERYT 200 began his studies over a decade ago at the Taoist Institute studying Shaolin Kung Fu and Taoist yoga and meditation. He is a certified Ayurvedic practitioner having completed a two-year program at the California College of Ayurveda (CCA). Guy is a member of the National Ayurvedic Medical Association (NAMA) and California Association of Ayurvedic Medicine (CAAM). He loves to teach Yoga's sister science Ayurveda for a complete path to vital Health.

Nancy Goodstein began her yogic practice with Alan Finger. It was when Nancy practiced Ashtanga with Dena Kingsburg though that she felt she'd found a physical practice as rewarding for her as what her early studies had been, and it became her path. Dena

*Primary RYT's