

YOGA STUDIO

TRULY



200-HOUR YOGA VINYASA KARMA
TEACHER TRAINING HOSTED BY TRULY.
TEACHER TRAINING CERTIFICATION
CATALOG

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NAMASTE

Welcome to Serenity Yoga's 200-Hour Immersion Vinyasa Karma Teacher Training certification program. Are you ready to share the world of yoga with others? If so, this program is designed to give you the tools, hands-on experience, and confidence needed to teach a dynamic and challenging Vinyasa Yoga class. This program will focus on all aspects of teaching, including asanas, sequencing, philosophy, anatomy, and helping you to live the principles of yoga within a contemporary context and language.

The transition from student to teacher is a rewarding one. If we can pass on even a fraction of the joy and satisfaction we have found through yoga, this program will be a great blessing to you, to your students, and to your students' students. We cannot stress enough how important practice will be. It is the key to fully understanding the Serenity Yoga methodology and being able to teach with confidence and insight.

Our program is more than physical forms. Some students simply want to deepen their practice by diving into the philosophy of yoga, others want to teach. That is why we called our Teacher Training "Immersion". Once you begin to peel the layers of life away and get deep into the core of you're being, life transforms. We are available to answer your questions, assist you in any way we can, and our commitment to you will not end after certification.

We know you will find the 200-Hour Immersion Vinyasa Karma Yoga Teacher Certification Program to be of tremendous value on every level of your life, and we look forward to working with you and getting to know you better.

Namaste

Alyson Leinbach

Owner/Founder of Serenity Yoga Studio

Mission

Our mission is to transform, to heal, to love, and to serve. It is our deepest desire that as you travel along your unique life path, we can help you envision your own limitless possibilities of body and spirit. We are honored that you are taking time to visit us on your journey to healing and self-discovery. Our greatest reward is your personal transformation.

History - ERYT-200, YT-500, RCYT (registered child yoga teacher), Yoga Life Coach and Wellness Coach.

Alyson began practicing in 2003, when she first discovered Iyengar Yoga with Rodney Yee. A former gymnast and new mother, yoga created a sanctuary from the hectic world and trying to balance family and personal needs. She discovered how to get in touch with her own body, mind and spirit on her mat by enrolling in a Children's Yoga Certification program lead by Shakta Kaur, Founder of Radiant Child Yoga. Teaching children and At Risk-Youth helped her understand the importance of yoga. Alyson completed her teacher training with One-Yoga, Vinyasa Flow with Seane Corn, Core Strength Vinyasa with Sadie Nardini, Anatomy with Leslie Kaminoff, and received her 500-hour with Rolf Gates. She opened Serenity Yoga Studio, in 2008 offering, Kid's Yoga, Kids Yoga Teacher Training, Vinyasa Flow, and Yoga for seniors. She enjoys teaching the Vinyasa Flow Yoga, It is here that she encourages students to grow, to experience life to its fullest, and connect to themselves. Alyson is a RCYT (Registered Child Yoga Instructor), E-RYT (experienced Yoga Teacher), 500-YT, and Yoga Life & Wellness Coach.



Sarah Wnenchak, E-RYT 200, Founder of Truly Yoga

Sarah has been practicing yoga ever since discovering its physical and psychological benefits in 2007. She became a 200-hour certified teacher in 2012 after completing her teacher training with One Yoga. Sarah teaches vinyasa style based yoga, which connects a dynamic flow of postures with breath. She has taught all levels of students and believes that yoga is a practice that can benefit everyone. While Sarah believes in having a dedicated yoga practice, she also wants her students to know that it is important to smile and have fun while on the mat. She thinks that it is one of the best ways to release stress and tension. Sarah's classes focus on developing awareness of one's body and mind, in order to express one's true self and live a balanced/healthy life.

Sarah developed Truly Yoga because she wanted to provide people with a peaceful



What is Karma Yoga

The word *karma* is derived from the Sanskrit word *kri*, meaning 'to do'. In its most basic sense, *karma* simply means action, and *yoga* translates to union. Thus *karma yoga* literally translates to the path of *union through action*. Karma yoga is described as a way of thinking, and being willing to orient oneself toward realization by acting in accordance with one's duty (dharma) without consideration of personal self-centered desires. One acts without being attached to the fruits of one's deeds.

It is a sequential outline for attaining peace and artful liberation. When practicing asana, one links breath with inner intentions and outer actions. We correlate yoga postures with conscious breathing and divine intention. By arranging postures in a sequential format we work to transform the body, mind and spirit. The breath is the thread that links our movement to the sequence of postural changes. When you practice in this way you will notice change is always occurring. We encourage you to not be swayed by the constant fluctuation of change; instead move through transitions peacefully, gracefully and artfully. Your practice can be a succession of changes undertaken with a single pointed intention, free from fluctuations of the mind.

Vinyasa Karma is articulated by knowing the essence of the sequence and keeping a solid continuous flowing pace in a steady unbroken stream, similar to composing music. Move with grace and sweet intention during your asana practice. In all asana sequences, you are the artisan of that moment in time, continually creating a **BODY OF WORK**. Your body becomes the rhythm of artful and peaceful living. When practicing Vinyasa Karma, the breath and movement are seamlessly united in such a way that each action encourages and supports the other, similar to a drummer supporting a guitarist to create a song. Your body joins with your breath to create a vehicle for peace. As long as we are in this body, life is changing, artfully explore the transitions and **MOVE WITH GRACE**.



Students will meet at Truly Yoga Studio on Thursday evenings from 5:30 - 10:00 p.m. and two weekend intensives that will be combined with Serenity Yoga Studio and held at Serenity Yoga Studio.

Dates:

Saturday & Sunday, September, 30th - October 1st (combined with Serenity Yoga Studio)

Thursday's: October, 5, 12, 19, 26

Thursday's: November, 2, 9, 16, 30th (no class on the 23rd)

Thursday's: December, 7, 14th

Thursday's: January: 4, 11, 18, 25th

Thursday's: February: 1, 8, 15, 22nd

Thursdays: March, 1, 8, 15, 22, 29th

Thursday's: April, 5, 12, 19th

Saturday & Sunday: April - 20th — 21st (combine final weekend at Serenity Yoga)

Days & Hours:

Saturday & Sunday	8:00 a.m. - 6:00 p.m.
Thursday's	5:30 - 10:00 p.m.

Requirements:

- Attend all eight weekend intensives
- Maintain a daily journal and meditation practice
- Practice a minimum of 2x a week at Truly Yoga Studio
- Assist one Yoga Class Series in its entirety

Program Curriculum ***200-Hour***

Techniques	100 hours
Teaching Methodology	25 hours
Anatomy and Physiology	20 hours
Philosophy/Ethics/Lifestyle	30 hours
Practicum	10 hours

Definitions:

- **T** Techniques: includes asanas, pranayamas, kriyas, and meditation. Hours in this category include both training and practice of the techniques.
- **TM** Teaching Methodology: principles of demonstration, observation, assisting/ correcting, instruction, teaching styles, qualities of a teacher and the student's process of learning.
- **A&P** Anatomy and Physiology: includes both physical anatomy and physiology (bodily systems, organs, etc.) and astral/energy/subtle anatomy and physiology (chakras, nadis, etc.)
- **PLE** Philosophy/Ethics/Lifestyle: study of yoga scriptures (Yoga Sutras, Bhagavad Gita, etc.), ethics for yoga teachers, 'living the life of the yogi', etc.
- **PR** Practicum. The students will co-teach, assist and practice each week.

Required Books:

Books will be emailed to all students one-month prior to training date.

Tuition, Fees and Refunds

Tuition is \$2,700 (10% off if paid in full by May 1,2017) Required books are additional cost. An Application Registration is required along with a \$500 non- refundable deposit to hold your spot for our next Teacher Training. Please do not send the application without the deposit.

Cancellation Policy

A full refund minus the \$500.00 deposit will be made to any student who cancels the enrollment contract within one-month prior to the training date. Once the training begins, Serenity will not refund, however we will honor your spot for the following year.