

*Moksha Yoga
Level 2
Teacher Training*



*Nov.17th-Dec.1st, 2012
Blue Spirit Retreat Centre
Costa Rica*

Course Description



The Level 2 Moksha Yoga Teacher Training is based on a similar model to the Level 1 training in that we bring outstanding lecturers to the training in order to create a deep and meaningful learning experience.

The level 2 training will challenge each participant to go beyond their yoga comfort zone, by furthering the depth of study into the rich and rewarding foundations of Yoga. This exploration will be complemented by twice daily asana classes, pranayama and meditation for experienced practitioners.

The Level 2 training faculty represent loving, serious, devout, and playful aspects of yoga, and are all excited to bring you some of the information they feel is essential in deepening one's yogic path. Ted and Jess are also very much looking forward to sharing postures and practices that are more appropriate for experienced teachers.

Please know that this is not just a certificate, or a means to an end. This is a commitment and a challenge.

Because there is limited space studio owners and those that are teaching regularly will be given priority.

Program Particulars

Where: Blue Spirit Retreat Centre, Costa Rica www.bluespiritcostarica.com/

When: November 17-December 1st, 2012

Tuition: \$2000 + HST

- Can be made in one payment, post-dated cheques*, recurring credit card payments
- \$200 early-bird discount for those who apply before March 1st, 2012
- \$100 early-bird discount for those who apply before June 1st, 2012
- \$1,200 + HST for those taking the training a second time**

**Please note that applications for second time attendees will be accepted beginning June 1st, 2012 so that enough room is made for first-time applicants

Accommodations and Meals: \$1,300-\$4,000 (see room descriptions on following page)

- all options are on a first-come, first-serve basis, so if you want simple or fancy accommodations, it is best to apply early.
- accommodations will be arranged after acceptance and based on the available options indicated in your acceptance letter.

Training Deposit and Application Fee:

- \$500+hst non-refundable deposit and \$50 application fee due with application (your deposit will be taken off the total tuition)
- applications will not be reviewed without deposit
- payment can be made via cheque (see mailing address below) or credit card
- credit card payments can be made by leaving the #, expiry date and 3-digit # on the answering machine at 250-537-0011 (the line is secure, as Ted is the only one who checks messages)

How To Apply:

- Email your completed application to teachertraining@mokshayoga.ca
- Pay \$50 application fee and \$500+hst non-refundable deposit via credit card by contacting the office at 250-537-0011 or cheque mailed to:

Moksha Yoga
301 Epron Road
Saltspring Island, BC
V8K 1C7

*post-dated cheques are also accepted over 12 months for \$1900 + tax

Rates and Accommodations

Superior Room

A/C, Superior Ocean views, Private Bath, King size bed
\$4,000 per person single occupancy / \$2,800 pp double occupancy

Ocean View Room

A/C, Private Bath, King size bed OR 2 Twin beds
\$3,400 per person single occupancy / \$2,400 pp double occupancy

Mountain View Room

A/C, Private Bath, King size bed OR 2 Twin beds
\$3,200 per person single occupancy / \$2,300 pp double occupancy

Nature Cottage

A/C, Private Bath & King or 2 Twin beds
\$2,800 per person single occupancy / \$2,100 pp double occupancy

Class Double Room

Private Bath, King size bed OR 2 Twin beds
\$2,500 per person single occupancy / \$2,000 pp double occupancy

Hermitage Single

Private Bath & Queen size bed (good for couples)
\$2,300 per person single occupancy / \$1,900 pp double occupancy

Hermitage Twin

Private Bath & 2 Twin beds
\$2,300 per person single occupancy / \$1,900 pp double occupancy

Eco Cottage

Shared Bath-House & 2 Twin beds
\$1,800 per person single occupancy / \$1,500 pp double occupancy

Platform Tent

Shared Bath-House, Queen size air mattress, linens provided
\$1,400 per person single occupancy

Course Outline

Meditation Practice

Every morning will begin with a 30 minute volunteer silent meditation, followed by a walking meditation and a ½ hour led pranayama practice led by Jess or a guided meditation with Frank.

Asana Class

All asana classes will be taught by Ted, Jess or Tracy Sogharti (Yin). Much like Moksha classes, Level 2 classes will be the model upon which we vary the sequence, as well as a showcase for more advanced postures that fit well within the Moksha Yoga flow classes. Yin classes will also be discussed and broken down so that upon graduation students will be able to lead a Yin, and a Yang/Yin class.

Adjustments

In order to effectively move students through a flowing Level 2 class, they will need to know how to make adjustments efficiently and safely. In this 2-part lecture, we will go through some hands-on adjustments that can help a student feel their way into a deeper expression of the pose.

Teaching Methodology

Teaching methodology will be based on studio based scenarios and use collaborative learning to take advantage of the vast and varied experience of our sangha. How to effectively bring variation to the series while maintaining a sense of direction, and cohesiveness will also be covered.

Advanced Yoga Therapeutics

10+ hours of yoga therapy and preventing yoga injuries taught by one of North America's leading yoga therapists with a focus on: main yoga injuries and how to prevent them, the latest science in yoga research, and teaching tips to keep your student healthy and happy.

Buddhist/Mindfulness Yoga

Frank will explore Buddhist meditation through practice and studying text. Frank's lectures will be led with the goal of allowing each graduate to not only bring more groundedness to meditation practice, but the confidence to instruct meditation in the yoga studio setting.

Frequently Asked Questions

Do I have to be proficient in all Level 2 poses in order to take this training?

All Level 2 trainees will be prepared to teach a basic Level 2 class by virtue of their previous Level 1 training. The Moksha Yoga Level 2 classes are built around the foundations of the regular Moksha Yoga series, with a significant amount of vinyasa. Teachers also add in more intermediate (or simply different) poses that fit well within the existing sequence.

How many people will be accepted to the training? The training will be limited to 50 trainees

Will I be allowed to teach Level 2 classes after the 2-week intensive?

Yes! After the 2-week intensive, teachers will receive their certificates and can teach at any studio in our community, at any studio with heating facilities, or out of a home studio. Since the inception of Moksha Yoga, graduates of the teacher training program have been showing us the limitless possibilities in teaching opportunities in different cities across North America and the world. Graduates also learn to honour community by checking with the closest Moksha studio director before teaching within a 10km radius of their studio.

When will I find out if I am accepted?

You can expect to hear two weeks after your application and deposit is received. Once the training is full we start a waiting list – first come-first served is the waiting list policy.

Do we get a day off? There will be one day off, as well as chunks of scheduled free time.

Do we have to attend all classes and lectures?

Yes! 100% attendance at classes and lectures is required.

Do I need to do this training in order to teach Level 2?

Yes, unless you have been teaching L2 for more than 4 years you are required to be certified to teach L2 classes.

Do I need to pay the full tuition right away?

Though this would be preferable, we also understand that circumstances do not always permit paying the full tuition in one fell swoop! Therefore, we are willing to take post-dated cheques for the training as listed above.

Does one have to do the 'Level 1' Moksha Yoga TT before taking the Level 2?

In order to teach the Level 2 classes, trainees will have to have completed the Level 1 training. Applicants are eligible to apply if all assignments from Level 1 have been completed.

Sample Daily Schedule

6:30 Meditation

6:45 L2 class - Ted

8:30 Breakfast

9:30-11:30 Yoga Therapy

12 Lunch

1 Preventing Injuries

4 Yin - Ted

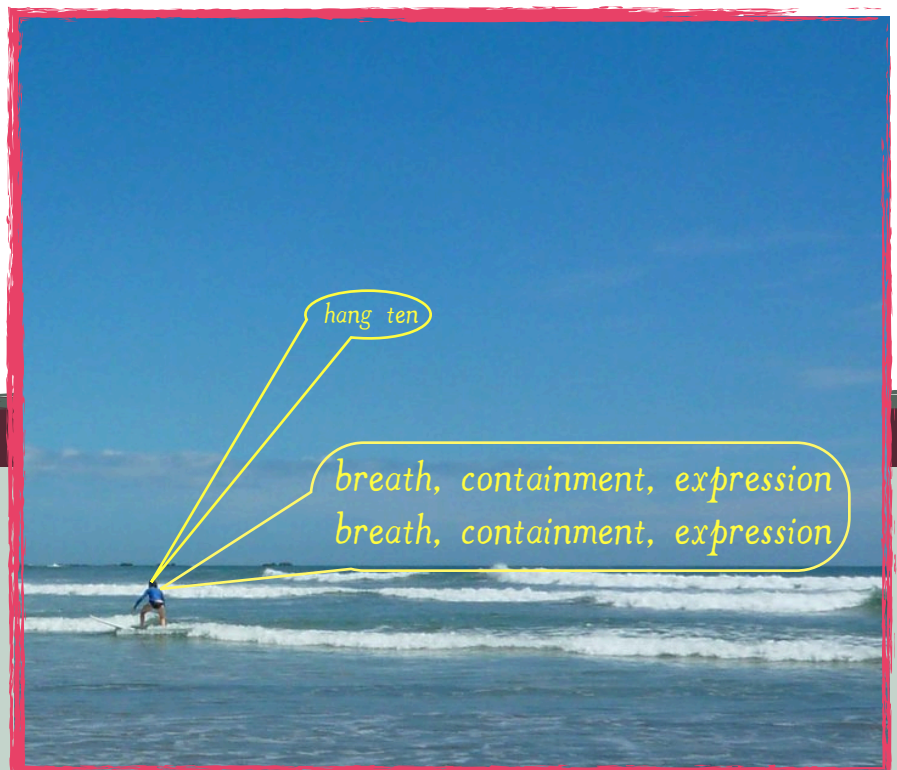
6 Dinner

7 Lecture - Frank

9 Finished for the day!

Pre-Requisites and Requirements

- An understanding that this is an intensive program, and as such requires a firm commitment to hard work and enthusiastic participation. Attendance at all classes is mandatory.
- Completion of the full Moksha Yoga Level 1 teaching training, including completion of all distance learning projects by August 2010.
- Full tuition paid with application, or post-dated cheques with application.
- Stable mental health.
- Each teacher trainer is required to participate actively in a non-judgmental and non-competitive environment.
- Each teacher trainer must be in agreement that this training is not about physical practice alone, but also entails an exploration of the mental and spiritual foundations of yoga
- Each teacher trainer must bring with them a commitment to remain drug and tobacco free for the duration of the training.
- Each teacher trainer should have the ability to not take themselves too seriously



The Application

Please copy and paste these questions and submit as a .pdf attachment or in the body of an email to: teachertraining@mokshayoga.ca

Name:

Address:

Phone Number:

Email Address

Date of Birth:

Emergency Contact:

Please answer the following questions carefully.

1. How long have you been teaching Moksha Yoga, and what was the year and month of your graduation?
2. What are the three most significant things you have learned about yourself through teaching?
3. What has been the hardest thing about teaching yoga?
4. Why do you want to do the Level 2 teacher training?
5. What is your favourite memory of teaching?
6. What is the most challenging situation that you have found yourself in while teaching a class?
7. What is the most important thing in life?
8. What training/study have you done beyond the Moksha Yoga Teacher Training program?
9. If you could sit down and have lunch with any historical figure, dead or alive, who would it be? Why? What would you ask?
10. Do you plan to teach Level 2 classes and if so are you looking to teach part-time or full-time? Where are you hoping to teach?
11. Describe 5 things you do consciously in your life that makes the world a better place?
12. Describe a challenging situation in teaching that you are not sure you handled in the best way, or a situation that you would like to be discussed by your peers in Teaching Methodology.
13. What are you most excited to study in this training, and why?
14. Do you have any physical limitations that could affect your participation in this teacher training?
15. What 2 injuries/ailments do you get the most questions about in teaching?

Required & Recommended Reading

Required Reading

Being Peace, Thich Nhat Hanh
Anatomy and Asana: Preventing Yoga Injuries, Susi Hately-Aldous
Yinsights, Bernie Clark

Recommended Reading

Light on Pranayama, B.K.S. Iyengar
Hatha-Yoga Pradipika, Any Translation
Heat, George Monbiot
Anatomy of Hatha Yoga, H. David Coulter
The Yoga Tradition, Georg Feuerstein

For questions about the Level 2 Teacher Training or Blue Spirit,
please email Bryde at teachertraining@mokshayoga.ca.