



# MOKSHA YOGA TEACHER TRAINING VICTORIA 2012



**JUNE 1ST- JUNE 30TH**

# ABOUT THE PROGRAM

The Moksha Yoga Teacher Training Program is entirely unique. Combining a one month intensive teaching certification course with an 11-month correspondence component, we help to create an inspiring and deep yoga practice, while providing thorough preparation for the aspiring yoga teacher. We are honoured to bring together authors, scholars, health professionals and senior yoga teachers from across North America as part of our teaching faculty. Each of these experts in their fields contributes to a comprehensive training that meets and exceeds The Yoga Alliance's training standards under its highest 500 hour category. After completion of the entire training program, you will be eligible to register with the Yoga Alliance in the US under their RYT 500 category.

The course is challenging on many levels: physical, mental, emotional and spiritual. In addition to practicing twice daily, there is the study of anatomy, yoga history, yoga philosophy, teaching methodology, posture workshops, the business of yoga (including how to open a studio), Buddhist yoga, functional anatomy, Ayurveda and more.

After the 1 month intensive, the 11-month correspondence component offers the framework and discipline to further the teacher's own practice – the most direct way to improve teaching. The program is wonderful not only for those who wish to become a yoga teacher, but also for those looking to create a spark in their life and momentum in improving health, learning to relax, and beginning a program of self-study.



# PROGRAM PARTICULARS

## WHERE

Moksha Yoga Victoria  
1088 Fort St.  
Victoria, BC, Canada, V8V 3K4  
[www.mokshayogavictoria.ca](http://www.mokshayogavictoria.ca)

## WHEN

June 1st–June 30th, 2012  
Training begins at 12pm on June 1st,  
and ends at 12pm on June 30th.

## TUITION

The cost of training is \$4500 CND +taxes. There is an additional \$50 CND non-refundable application fee that is submitted with your application. The tuition cost covers the 1 month intensive, as well as the 11 month distance learning course.

## ADDITIONAL COSTS TO BUDGET FOR (NOT INCLUDED IN TUITION)

- Travel to Victoria
- Accommodations
- Meals
- Day off activities



## APPLICATION DEADLINE

Applications are due May 1st, 2012\*.

\*We accept applications on an ongoing basis. Please note our trainings generally fill 3 months prior to the start date with an extensive wait list. The earlier you apply, the better!

# COURSE OUTLINE

## **Meditation Practice**

Every morning will begin with a 15–30 minute meditation, and/or pranayama practice led by one of the senior teachers. It is no problem if this is your first time practicing meditation – although the practice will be suitable to more experienced practitioners, no experience is necessary. Beginning the day with meditation is a great way to cultivate a mindful, productive and stress-free day.

## **Asana Class**

All classes will be led by Ted Grand, Jessica Robertson, though there will be several visiting teachers who will also be offering classes. The asana will focus on growth and exploration through the Moksha Yoga Series with one day/week where we introduce a different yoga asana tradition. Variety in teachers and teaching styles will provide tools for how different teachers approach the Moksha Yoga series, and further the process of making your teaching personal and authentic.

## **Practice Teaching**

Emphasis will be placed on preparing the teacher trainer for the actual practice of teaching. Each student will have the opportunity to lead small groups of their fellow trainers through several consecutive postures, full classes, and thematic approaches to teaching. The teaching will be followed by feedback sessions.

## **Teaching Methodology**

This is a chance to learn how to create comfort and confidence within the art of teaching. We explore teaching techniques such as voice projection, utilizing key ‘trigger’ words, body language, and the use of visualization to convey information. Further discussion will revolve around the different ways in which people learn, how to create a supportive environment for new students, and how to prepare oneself mentally before teaching a class.

## **Modifications/Adjustments**

These two sections revolve around one of the most important aspects of teaching: the safe and effective performance of yoga asanas. We will focus primarily on the entry, stasis and exit to and from poses, using both verbal and hands-on adjustments. There will also be discussion revolving around the issues of hands-on adjustments, recognizing limitations, and how to be most effective in directing students to self-adjust.

## **Functional Anatomy of Asana**

Dina Tsouluhas, student of Osteopathy and co-owner of Moksha Yoga Halifax and Montreal, gives an exciting introduction to the larger structures and systems of the body. Her experience in the study of osteopathic medicine, her extensive study of yoga and her passion for anatomy and physiology make what can be a dry topic interesting and fun (body markers included!).

# COURSE OUTLINE

## **Mindfulness Yoga Lectures**

Considering that the Buddha himself was an enlightened yogi, Frank Jude Boccio introduces the Buddha's teachings within the context of the Yoga Tradition. These lectures illustrate that the common aspiration of all spiritual practitioners is to overcome suffering and imbalance, and awaken to our inherent wholeness and union with all things. The essential practice to accomplish this, Mindfulness (satipatthana), will be explained and undertaken. Frank Jude's book Mindfulness Yoga further details these points. The importance and study of Breath Awareness, Meditation and Ayurveda will also be covered in detail as Frank Jude draws upon his own experience as a Zen practitioner and student of the renowned Thich Nhat Hanh.

## **Functional Anatomy of Prana**

Pierre Laurier Desjardins is an accomplished and renowned Doctor of Osteopathy who doubles up his life as a teacher of Functional Anatomy at teacher trainings in Canada and the US. This 15-hour segment covers each pose in the Moksha series in deep detail, so that the teacher trainers can discover the biomechanics of each posture and hence the safest and most effective way to enter and exit each posture.

## **History and Philosophy of Yoga and the study of the Bhagavad Gita, Yoga Sutra and Hatha Yoga Pradipika**

In exploring the roots of yoga, the student can open to a deepened understanding of where yoga is today. These lectures cover not only the chronology of yoga's evolution in the west, but the teachers and circumstance that guided this evolution. You will be introduced to the main yogic texts and their central themes and bring to light ideas on duality and non duality; tantric yoga philosophy; and vedantic philosophy.

## **Journaling**

This is a chance to document the physical, spiritual and emotional journey that students experience throughout the training. Journaling is an opportunity to slow the mind and work through the challenges and excitement that arise in such an intensive training.

## **Presentations**

Each teacher trainer will be required to give a short (10-12 minutes) presentation. Presentation topics will be provided, though trainers can choose to present a seminar on any topic that could benefit the group. This is an opportunity to put public speaking skills into practice in a setting that is more comfortable and varied than a standard yoga class.



# MOKSHA YOGA CO-FOUNDERS

**JESSICA ROBERTSON** is the co-founder of Moksha Yoga, co-founder of New Leaf Yoga Foundation and co-founder of Moksha Yoga LA. She also co-directs Moksha Yoga International. She is a teacher, activist, musician student, and consultant on enlivening yoga philosophy in business and community.

Jess grew up on a farm with her hippie yoga parents in a community guided by her primary teacher Baba Hari Das. She studied yoga from 18–23 before teaching. She is trained to teach Bikram, Sivananda, Phoenix Rising Yoga Therapy, Yin Yoga, Restorative Yoga, Power Yoga and Kirtan. Her greatest learning comes from being in nature and from practicing every day, even when she doesn't feel like it!

Jess's academic background includes studies in History and Anthropology of Medicine and Anatomy at McGill University, graduate work in Buddhism with Peter Harvey in the UK and personal studies in inquiry based learning, effective time management, sanskrit, guitar and bass flute.

Before teaching yoga Jess worked in the not-for-profit sector with Amnesty International, EarthSave, and the Canadian Association for Community Living in Panama.

Jess plays with kirtan group Lila and the indie-rock band Little Scream. She counts being on the faculty of the Moksha Yoga training one of her greatest blessings!



**TED GRAND** created the Moksha Yoga sequence of postures. In creating the series he drew upon 18 years of yoga experience and more than one thousand hours of training in Yoga Therapy, Yoga Teaching, and Traditional Yoga. Approaching this task with patience and tireless research, he modified and perfected the sequence based on the opinions of a wide range of experts and peers in the yoga community.

He has studied teacher training programs under Bikram Choudhury in Los Angeles, Acharya Yoganand Karandikar in Pune, India and with Georg Feuerstein at the Yoga Research and Education Centre in San Francisco. He has also been fortunate to study teacher training with Janice Clarfield (pre-natal yoga), yoga philosophy with Rod Stryker, Anusara Yoga with John Friend, Iyengar Yoga with Patricia Walden, and Restorative Yoga with Judith Hanson Lasater. Ted places an immense amount of gratitude to his teachers with every class he teaches and participates in.

Ted is co-founder of Moksha Yoga Uptown, Moksha Yoga Danforth, Moksha Yoga Montreal, Moksha Yoga Halifax and Yaletown Yoga in Vancouver. He has been teaching yoga for many years now, and works to support beginners as well as more experienced students with finding a path to peace through their yoga. His love of yoga is infectious and can be felt in each and every class he teaches. At heart, Ted is also a proud husband and father, an organic farmer, and an environmental/social activist.

# TEACHER TRAINING FACULTY

**Frank Jude Boccio** is an interfaith minister and longtime student of Thich Nhat Hanh who integrates the practice and philosophies of yoga, Buddhism, and Ayurveda. His background includes a 700-hour training program under the guidance of the renowned teacher Georg Feuerstein, and Dharma Teacher Training under the guidance of Korean Zen Master Samu Sunim. Frank is a certified yoga teacher/therapist and leads workshops and retreats on Mindfulness Yoga at The Omega Center, Kripalu, Zen Mountain Monastery and other highly respected spiritual retreat centres. For more information on Frank visit [www.mindfulnessyoga.net](http://www.mindfulnessyoga.net).



**Laurier-Pierre Desjardins** (just call him Pierre) is a yogi and renowned Doctor of Osteopathy. He has been practicing traditional yoga since 1975. Pierre teaches Advanced Functional Anatomy for Moksha Yogis working with the knowledge of the living physical body, its construction, and how to relate this with the proper practice of the Moksha Yoga series. Pierre navigates the links made between Yoga, its practice and the human being's potential. He looks at the concept of Prânic flow and how to achieve the best health at all levels of being with that practice.

**Dina Tsouluhas** is an avid student and teacher who lists “learning” as one of her favourite things to do. With an unwavering passion and innate curiosity about the human body, Dina is a dedicated student in her final year of Osteopathy and an adored teacher of Basic Anatomy at each Moksha Yoga Level 1 and Moksha Flow training. Dina has the amazing ability to inspire each student to approach and appreciate their bodies in a whole new way, leading them to explore not just the physical, but also fundamental workings of each movement and breath in asana. Co-Director of Moksha Yoga Montreal, Halifax, NDG and West Island, Dina T is not only a loved member of our faculty, but also our Moksha family.



**Deena Robertson** is the co-owner of Moksha Yoga LA, co-founder of Moksha Yoga Danforth in Toronto and Moksha Yoga London in Ontario. Her background in competitive Basketball, Volleyball and European Handball was the seed for a strong passion to find ways to challenge the body while being mindful and attentive to long term health. Deena has coached countless teachers from shyness, insecurity and many other barriers toward teaching with amazing authenticity, focus and strength. Deena is also a musician and forms part of the kirtan collective Lila with her sister Jess and cellist Rebecca Foon. Deena grew up with yoga and is ever grateful to all of her teachers, especially her mom JJ, Baba Hari Das, Swami Sadasivananda, and Gurmukh

# TEACHER TRAINING FACULTY

**Mira Shani** has been teaching yoga and philosophy for over a decade and brings her passion, expertise and accessible teachings to our training with an in-depth look at The Yoga Sutra's, The Hatha Yoga Pradipika and The Bhagavad Gita. Her playfulness and sincerity make the sometimes esoteric ancient teachings accessible for beginners and deeply engaging for dedicated students, alike. Moving deeply from her Buddhist studies with her heart teacher, Geshe Michael Roach, she is also an Anusara Inspired Teacher and studies closely with John Friend. Mira teaches trainings and workshops internationally. For more information: [www.mirashani.com](http://www.mirashani.com)



# TRAINING PRE-REQUISITES

A letter of recommendation from your Moksha Yoga studio owner indicating they approve of your application to the teacher training and will provide you with guidance and support after the 30 day intensive. Applications will only be considered with a recommendation letter from a Moksha Yoga Studio Owner\*.

\*If you do not practice at a Moksha Yoga studio or live near a Moksha Yoga studio, we will absolutely accept and consider your application. We ask that you be familiar with the Moksha Yoga series and present a clear vision of why you want to take the teacher training in your application.

An understanding that this is an intensive program, and as such requires a firm commitment to hard work and enthusiastic participation. **All required reading must be completed, and attendance at all classes is mandatory.**

A strong commitment to participating in the 11-month distance learning program that follows the month-long intensive.

A minimum of 1 year yoga experience (or 6 months with a letter of approval from your senior teacher/studio owner).

A \$1000 CND **non-refundable** deposit (taken off of the tuition) + \$50CND application fee submitted before your application can be reviewed.

Full payment is due one month prior to the training start date.

A good level of physical and stable mental health. This training should not be considered part of a healing regimen for mental illness, as it can be a very revealing and mentally challenging experience.

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 one that 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 alcohol-free for the duration of the training (abstaining from caffeine and tobacco as well).

Each teacher trainer should have the ability to not take themselves too seriously.



# FREQUENTLY ASKED QUESTIONS

## **HOW MANY PEOPLE WILL BE ACCEPTED TO THE TRAINING?**

We limit the size of the training to about 60 students so that there can be ample room for everyone while still having a large enough group to create a cohesive community. If you are very interested in the course apply early to ensure there is space available.

## **WHERE DO I STAY?**

Trainee's are responsible for finding their own accommodations at the training. Many people find great sublets and rentals through [www.craigslist.com](http://www.craigslist.com) or [www.kijiji.com](http://www.kijiji.com). You will want to look for places near Fort and Cook St's in Fairfield, Cook St. Village, Fernwood or downtown Victoria.

## **WHAT IF I WANT A ROOMMATE OR TO SHARE ACCOMMODATIONS?**

We will set up a facebook group for the trainee's about 2 months prior to the beginning of training as a way for everyone to get to know each other, exchange resources and chat about rooming options. Most of our questions/answers are posted on the facebook page as well, so it's a great way to gather information and meet everyone in the process!

## **WHERE DO I EAT?**

Meals are not included in the training. There are many, many great options for places to purchase food near the Moksha Victoria studio. Most trainee's bring their meals for the day and store them in the fridges provided. There are wonderful farmers markets, healthy grocery stores and inexpensive shops to find great produce. If you're strapped for time and need to buy pre-made food, there are great salad, sushi and sandwich shops all within walking distance!



## **WHAT IS INCLUDED IN THE TUITION?**

The tuition includes the one month intensive and 11 month distance learning course, as well as all taxes.

# FREQUENTLY ASKED QUESTIONS

## WHAT IS A SAMPLE DAY LIKE?

Training runs 6 days/ week with one day off per week. Each day begins at 6:30am until 7pm with two asanas (one 90min, one 60min). Lectures and subjects vary on a daily basis. Below is an example of a typical training day:

6:30am	Meditation
6:45am	90 min asana
8:30am	Breakfast
9:30am	Posture Workshop
12pm	Lunch
1pm	Basic Anatomy
2:15pm	60 min asana
4:15pm	Teaching Methodology
7pm	Day ends



## WHAT IS THE DISTANCE LEARNING COURSE?

As a way to support your growth and development as a teacher, the Moksha Training includes an 11-month distance learning course where each trainee submits a monthly project in order to receive their final 500 hour training certificate. The projects are based on Moksha's 7 Pillars (please see our website for a complete breakdown of the pillars) and offer an excellent opportunity to explore elements of asana, yoga philosophy, buddhism, karma, and many other topics to help deepen and strengthen your teaching. You must complete all projects within the 11-month time frame in order to continue teaching Moksha Yoga. Please note: the projects do not require you to live near a Moksha Yoga studio and can be completed if you are living abroad or traveling for the year.

## CAN I TEACH MOKSHA AFTER THE 30 DAY INTENSIVE?

Yes! After the one month intensive teachers will receive their first of two certificates and are **qualified to teach at any Moksha Yoga studio**, at any studio with heating facilities, or out of a home studio (**with the permission of the closest Moksha studio owner**). Your certificate will be for 300 hours and conditional on completion of your projects. At the end of the 11 month distance learning course, you will receive your final 500 hour certificate and be eligible to apply for the Yoga Alliance. There is also an application process available that allows teachers to teach "Moksha Inspired" classes at non-Moksha studios, gyms or home.

# HOW TO APPLY

Once you have read through this entire package and have met the Training Pre-Requisites, you can begin your application process. To start, read through the application questions on the following page, and begin responding once you are ready.

## A COMPLETE APPLICATION INCLUDES:

1. A written application emailed to [info@mokshayoga.ca](mailto:info@mokshayoga.ca) with the subject line stating “Teacher Training Application – Victoria 2012”
2. A \$50 CND **non-refundable** application fee and \$1000 CND **non-refundable** training deposit to be used towards your tuition (see payment details below). If you need to withdraw your application after you have been accepted, you can apply your non-refundable \$1000 CND deposit to a future training. **Please be confident of your application and ability to attend the training prior to applying!**
3. A letter of support from your Moksha Yoga studio owner. **Letters from studio managers, Moksha teachers, or studio owners from non-Moksha studio’s will not be accepted.**

## PAYMENT OPTIONS

We accept credit card, cheques, money orders and bank transfers.

1. To pay via credit card, please visit [www.mokshayoga.ca](http://www.mokshayoga.ca) and find the links to pay your application and deposit fee on the registration page of the teacher training section of the site.
2. To pay via bank or money transfer, please send to [info@mokshayoga.ca](mailto:info@mokshayoga.ca)
3. To pay via cheque, please send 2 separate cheques (one for \$50 app fee and one for \$1000 training deposit) payable to MOKSHA YOGA and mail to:

**Moksha Yoga Inc**  
301 Epron Rd,  
Salt Spring Island, BC V8K 1C7

# THE APPLICATION

**PLEASE CUT AND PASTE THESE QUESTIONS INTO A WORD DOCUMENT OR EMAIL AND SEND TO [INFO@MOKSHAYOGA.CA](mailto:INFO@MOKSHAYOGA.CA)**

**PLEASE DO NOT PRINT THIS APPLICATION! WE, AND THE TREES, THANK YOU!**

**Name:**

**Address:**

**Phone Number:**

**Email Address**

**Date of Birth:**

**Emergency Contact:**

**Name you would like on your graduation certificate:**

Please answer the following questions carefully.

1. How long have you been practicing hatha (physical postures) yoga?
2. What does yoga mean to you?
3. Why do you want to teach yoga (if you already teach, why do you? If you are not planning on teaching after the training, please indicate below)?
4. Why do you want to do this particular teacher training?
5. What is your most positive character trait?
6. What is your favourite memory?
7. What is your favourite yoga pose and why?
8. What is the most important thing you ever learned in a yoga class?
9. What has been the most challenging thing you have faced in your life, and what do you think the big lesson is for you in that challenge?
10. What is your favourite animal, and why?
11. Do you plan to teach and if so are you looking to teach part-time or full-time? Where are you hoping to teach?

**CONTINUED on the next page...**

12. Do you hope to open up your own yoga studio one day? If so:
  - a. Where?
  - b. What would be your studio's vision statement?
  - c. What would you do differently than other studios?
13. What would be your biggest obstacle to overcome when you begin teaching?
14. Describe your best experience in a yoga class?
15. Does the teacher training schedule look like it will be: Too easy? Too hard? Just right? Why?
16. What are you most excited to study in this training, and why?
17. What previous training do you have that could help with becoming a teacher?
18. What steps are you taking in your life to be environmentally aware and conscious? What further steps are you hoping to adopt in the next year?
19. Do you have any physical limitations that could affect your participation in this teacher training? If so do you know how to modify the postures in the series to be safe and mindful with these limitations?
20. Do you have any allergies that we need to know about? Medical conditions?
21. Please note which training you are applying for—dates,city,year.
21. What Moksha Yoga studio do you practice at? If none, please indicate where you practice yoga primarily.
22. Have you talked to your Moksha Yoga Studio Owner about your application? Have they agreed to write a letter of support on your behalf?

Thank you for taking the time to complete the Moksha Yoga Application! We hope it gave you a chance to reflect on your practice and strengthen your intention to teach yoga. It's a very exciting first step!

We look forward to hearing from you!