



200-hour Teacher Training Program

Welcome to Purna Yoga™

“Purna” means “complete” and *Purna Yoga* distills and integrates the vastness of yoga into an invaluable set of tools for transformation and healing. Reminding us that yoga is far more than a system of exercise, *Purna Yoga* offers wisdom and techniques for the union of the body and the mind with the spirit. Using awareness, precision, and concentration, *Purna Yoga* inspires the evolution from our lower nature to our Divine Self. *Purna Yoga* is the art of loving yourself by living from the heart.

Purna Yoga practitioners learn alignment-based asana, pranayama, and *Purna Yoga* Meditation (the art of aligning inner energies for transformation), along with nutrition and yogic philosophy, adapted for our lifestyles today. Like a tuning fork, *Purna Yoga* aligns our entire being with the vibration of truth and the Divine essence within us and all around us.

The lineage of *Purna Yoga* is based on the teachings of Sri Aurobindo and The Mother, the Vedas, Patanjali, B.K.S. Iyengar, and the systems of Ayurvedic, Chinese and Western nutrition, synthesized by the personal experience of Aadil Palkhivala and Mirra, the founders of *Purna Yoga*. With its roots in the past and its reach into the future, *Purna Yoga* is here to help create the world which we have all dreamed of.

It is undeniable that, in order for you to be an inspiring teacher, you must first be an inspired practitioner. Therefore, the classes at The College of *Purna Yoga* first instill within you a deep love for your own personal practice. Only then can you share your love of yoga with your students. As a practitioner, you will learn to integrate *Purna Yoga* deeply into your own body and life. As a yoga teacher, you will learn to teach from this inner experience.

The College of *Purna Yoga* at is a Registered Yoga School with Yoga Alliance, and is part of the *Purna Yoga* network of affiliated yoga teacher training schools. Your courses are taught by select Senior Certified *Purna Yoga* Instructors, valued for their dedication and deep commitment to supporting their students’ growth. Come learn to live and teach the whole of yoga. Discover the difference between yoga from the mind and the *Purna Yoga* approach to practicing and teaching yoga from the heart. We trust you will soon discover that there truly is no other teacher training college like The College of *Purna Yoga*.

“I have been fortunate enough to study with all the “stars” of the yoga world. I learned much from them all. The major difference is that others teach how to perform skills; The College of Purna Yoga teaches a student how to evolve.”

Brad Waites, CPYI and 2007 College Graduate

Certified *Purna Yoga* Instructor and Attorney
Vancouver, BC

The 200-hour Level

Yoga Alliance Registered Yoga Teacher Training School
Gain the Knowledge

“At The College of Purna Yoga we are actually learning how to teach. I’ve attended a beginner teacher training where 75% of the workshop consisted of the teacher trainees performing asana. By the time I began teaching a few classes I was doing the asanas with the students rather than teaching. As I continue at the College I am able to realize there is a difference between teachers who perform for their students and those who are able to actually teach their students.”

Erica Bowen, CPYI and 2007 College Graduate
Purna Yoga Teacher, Performance Artist, Clothing Designer
Brooklyn, NY

At the 200-hour Level you gain the knowledge, confidence and awareness that is essential for becoming an alignment-based yoga teacher. The course covers the foundational curriculum of *Purna Yoga*—alignment-based asana and pranayama, meditation, nutrition and applied yogic philosophy. You will emerge with the ability to teach a variety of classes; the confidence, caring and compassion that keeps your students safe and growing; and the inspiration that makes yoga a powerful tool for transformation. Be prepared to fall in love with your own personal yoga and meditation practice as well, since *Purna Yoga* awakens the joy of living from the heart.

As you learn the foundational curriculum, you will also explore:

- Anatomy and physiology of asana and pranayama
- How to see and understand bodies, and give hands-on adjustments
- The benefits and contraindications of asana, and the use of props
- How to deal with students’ injuries and health conditions
- The energetics of centering your mind and awakening your intuition
- Delivery, presentation and class control, especially in teaching beginners
- How nutrition and a yogic lifestyle affect your students, your teaching, and life
- Ethics, business, and the professional and energetic boundaries of teaching
- How to apply timeless yogic philosophy to your classes and your daily life

Prerequisites

Applicants must have an established asana practice (at least one year of 2-3 classes a week in alignment-based yoga—any yoga system that emphasizes the alignment of the body in asana, such as *Purna Yoga* or Iyengar) prior to beginning the program. The strength of this foundation will support the entirety of the Teacher Training program.

Dates

Sept. 2-Dec. 16, 2009

The course meets every Wednesday (8:30 am- 4:30 pm) and three weekends: (Fri. 5:30-9 pm, Sat. 1-6 pm, Sun. 1-5 pm) on Sept. 11-13, Oct. 24-26 and Dec. 4-6, 2009.

Weekend modules are open to outside students. Contact us for more information: 858-454-9355

Cost

Early Bird (paid in full 5 weeks in advance): \$2,495

Regular (paid in full 1 week in advance): \$2,995

Tuition includes a \$100 registration fee, due with your application.

Tuition does not include lodging, food, books and materials, or travel expenses.

How to Apply

Please complete the Application and mail it, with the \$100 registration fee, to:

The College of *Purna Yoga* at Embody Yoga and Physical Therapy Centers

5632 La Jolla Boulevard

San Diego, CA 92037

Applications are accepted any time space allows. However, because courses do fill, we recommend you submit your Application three months before your course begins.

We will contact you by email within three weeks of receiving your Application to confirm your acceptance. To receive the Early Bird discount on the 200-hour course, your tuition must be paid in full 5 weeks before the start of your course.

Book List

Here are the required textbooks for the 200-hour course. Please refer to the Yoga Centers Online Store (www.yogacenters.com) for prices and ordering information:

Fire of Love by Aadil Palkhivala

Teaching Purna Yoga: 200-Hour Program Manual by Aadil Palkhivala (provided to students by Yoga Centers)

The Sunlit Path, by The Mother of Sri Aurobindo Ashram

Trail Guide to the Body, 3rd Edition by Andrew Biel

Refund Policy

Within five business days of receipt by The College of *Purna Yoga* of your signed enrollment agreement, you may withdraw and be refunded all money paid. After five days, but before the program starts, you may withdraw and receive all money paid, except the \$100 registration fee. Once the program begins, refunds are calculated according to the following table:

If you complete this much of the program:	You will be refunded this much of your tuition:
One week or up to 10%, whichever is less	90%
More than one week or 10% (whichever is less), but not more than 25%	75%
25%-50%	50%
50% or more	No refund

Frequently Asked Questions

What certificate will I receive?

With your successful completion of the program requirements (course hours and homework) you will earn the 200-Hour Course Completion Certificate from The College of *Purna Yoga*. This Certificate enables you to register with the Yoga Alliance at the 200-hour level.

What is the Yoga Alliance?

The Yoga Alliance was created to establish national standards for yoga teachers. Over the years, it has grown to become the nationally recognized body of yoga teacher training standards. Yoga Alliance does not certify teachers; instead it provides a list of teachers who have fulfilled certain yoga teacher training minimum standards. Those standards make up the 200-hour level and the 500-hour level of most teacher training programs today. Most studios and yoga teaching venues require teachers to be registered with the Yoga Alliance in order to teach yoga.

When can I register with Yoga Alliance?

With your successful completion of the program requirements (course hours and homework) you will earn the 200-Hour Course Completion Certificate from The College of *Purna Yoga*. This certificate is the documentation that you need to complete your application to become a Registered Yoga Teacher at the 200-hour Level, becoming a “RYS-200.”

What if I miss a class?

To receive your Course Completion Certificate and be eligible for Yoga Alliance registration, you must complete 100% of the classes and requirements. In addition, you must attend the first 5 modules of the course. However, we understand that you may not be able to foresee every conflict, so we have devised the following procedures if you must miss a class.

If you miss more than 30 minutes of a module (4 hour course), either by arriving late or leaving early, you will not receive credit for that module, and the entire module will have to be made-up.

Any missed modules may be made up in the following ways:

- If you miss 1-3 modules (up to 12 hours), you may still complete the program by making up missed classes by taking private lessons with a teacher training instructor. One module (4 hours) = 1.5 hours of private instruction, at a cost of \$120 per 1.5 hour session. Private lesson make-ups must be completed within 30 days of the completion of your course.
- If you miss more than 3 modules, you may continue in the course, but you will not be eligible for a Course Completion Certificate. If you wish to receive a Course Completion Certificate, you will have to retake the course.

Who will be my instructor?

The 200-hour course will be taught by no more than two instructors. This will give you both the opportunity to bond deeply with your lead instructor, and to have a second instructor to add another perspective and teaching style.

The lead teacher of the 200-hour Level, Rachel Krentzman, is a Certified *Purna Yoga* Instructor with over 2,000 hours of training, practice, and apprenticing. They are also registered with Yoga Alliance as E-RYT's ("Experienced Registered Yoga Teacher") at the 200 or 500-hour levels (the highest level awarded). They have been hand-selected by *Purna Yoga* founders Aadil Palkhivala and Mirra, and have studied under them personally for many years to achieve the level of being a College of *Purna Yoga* faculty member. The members of the college faculty have made very deep commitments to their own practice of *Purna Yoga* as well as to serving others and carrying on the *Purna Yoga* lineage by training teachers.

"The faculty was extremely supportive, and was always willing to tell me the truth—and it was what I needed to hear to become a better yoga teacher! They carry on the Purna Yoga tradition and operate from their hearts. The entire environment within Yoga Centers is one of love."

Jennifer Weinert, CPYI and 2006 College Graduate
Purna Yoga Instructor and Event Specialist
Papaikou, HI

How many people will be in class?

We require a minimum of 10 students and accept a maximum of 30 students. In most cases, you will have one teacher and one or two assistants.

Will I have homework?

Yes, you will have two short books to read and anatomy worksheets to complete. Expect about 20 hours of homework during the 200-hour course.

How much should I expect to pay for books and materials?

Your books should cost around \$100. You can purchase them at the studio, order them from the Yoga Centers Online Store, or find them at other book retailers.

I am coming from out of town. Where can I stay?

We will provide you with a list of local recommended accommodations, ranging from rooms in houses, to hotels and bed and breakfasts, as well as transportation options. Many students find that they prefer to set up carpools and shared lodgings with their classmates while they are here. We regret that, due to privacy concerns, we are not able to share directory information with students until the course has begun.

After I graduate, where will I be able to teach?

Upon completion, you will be able to apply to teach alignment-based yoga at a variety of venues, such as studios, gyms, park departments, and schools. While there are no legal requirements for teaching yoga, most studios require their teachers to be registered with Yoga Alliance. The 200-hour level of training will equip you to teach basic classes; your teaching repertoire will grow as you increase your level of training.



200-hour Teacher Training Application

Start Date of Course: _____

Name _____

Address _____

City, State Zip _____

Phone Numbers - Main _____

Alternate _____

Email _____

Date of Birth _____

Occupation _____

High School Education

Name, City, State _____

Graduation Date _____

or GED Date _____

College Education

Name, City, State _____

Dates Attended _____

Degree Earned _____

How did you hear about the College of *Purna Yoga*™? _____

How would you rate your overall health? _____

Do you have any current medical conditions? _____

Please answer the following questions on separate paper (typed, no more than 2 sheets total please):

1. What styles of yoga and meditation have you done and for how long? Which teachers have most inspired you?
2. Briefly describe your current yoga and meditation practice. Include you current challenges and breakthroughs.
3. Have you taken any courses in Purna Yoga? If so, which one(s)?
4. Have you done a yoga teacher training course before? If so, which one(s)?
5. Do you currently teach yoga? If so, please describe your teaching style and purpose. If not, why do you wish to teach yoga?
6. What are your expectations of the program? What do you hope to learn?

Thank you!

Submitting Your Application

Courses do fill, so we recommend you apply as early as possible. Send your completed application to:

The College of Purna Yoga at Embody Yoga and Physical Therapy Centers
5632 La Jolla Boulevard
San Diego, CA 92037

Include:

_____ Application (this 2-page document)

_____ Your typed answers to the questions above

_____ Your \$100 Registration Fee

Tuition and Fees

Early Bird Tuition (if paid in full 5 weeks in advance)

\$ 100	Registration Fee - due with application
<u>\$ 2,395</u>	Early Bird Tuition Payment - due 5 weeks in advance
\$ 2,495	TOTAL

Regular Tuition (paid in full one week in advance)

\$ 100	Registration Fee - due with application
<u>\$ 2,895</u>	Tuition Payment - due 1 week in advance
\$ 2,995	TOTAL

What Happens Next?

We will contact you by email within 3 weeks to confirm your enrollment. In order to receive the Early Bird discount, your tuition balance must be paid in full within 5 weeks of the start of your course. For the regular tuition, your tuition balance must be paid within one week of the start of your course.