



interconnected yoga TEACHER TRAINING

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GENERAL PROGRAM INFORMATION PACKET Fall 2017

Interconnected Yoga is

an alignment-based, breath-centered, mindful style of vinyasa yoga
that draws on all 8 limbs of yoga and buddhist practices for awakening.

Interconnected Yoga is interested in the way that mind & body practices-
from ethics to asana to seated meditation-
make for clearer seeing and more skillful actions in our life, families, and greater communities.

Interconnected Yoga Teacher Training's mission is

to educate and inspire experienced, passionate yogis
who wish to pursue meaningful work in their lives.

Interconnected Yoga Teacher Training is a 200-hour school accredited by Yoga Alliance.

I. Coursework

- **Interconnected Yoga** method & philosophy for teaching.
- **Asana**- physical alignment, energetics benefits, adjusting & assisting the postures (verbal & hands-on), modifications, and the art of sequencing.
- **Pranayama**
- **Meditation**
- **Yoga & Buddha Dharma** - ancient teachings translated to modern day practice & life.
- **Anatomy for Yogis**
- **Pedagogy** - the art and professionalism of an embodied teacher.
- **Sanskrit & Chanting**
- **Karma Yoga** - being of service to embody your practice.
- **Your Unique Yoga Brand**, with Kirk Hensler.
- **Individual Reading & Writing** homework.
- **Group** meetings, practices and presentations.
- **Special Weekend Intensive with Michael Stone**, at White Box Theater.
- **Teaching Practice**, Teaching Practice, and more Teaching Practice.
- **Suggested Paths** for getting work teaching yoga.
- **Teaching Opportunity for Qualifying Graduates** via 'Community Class' at Ginseng Yoga.

II. Schedule: October 2017- January 2018

Each Regular Training Weekend:

Saturdays, 12-3:30pm. BREAK. 5-7:30pm.

Sundays, 7:45-9:45am. BREAK. 11:15am- 4:45pm.

- ✿ October 7-8, Training Weekend I
 - ✿ October 14, Second Saturday Sangha*
 - ✿ October 21-22, Training Weekend II
 - ✿ November 4-5, Training Weekend III
 - ✿ November 11, Second Saturday Sangha*
 - ✿ November 18-19, Training Weekend IV
 - ✿ December 2-3, Training Weekend V
 - ✿ December 8-10, Special Intensive with Michael Stone**
 - ✿ December 16-17, Training Weekend VI
 - ✿ January 6-7, Training Weekend VII
 - ✿ January 13, Second Saturday Sangha*
 - ✿ January 20-21, Training Weekend VIII
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- ✿ January 22-28, Week of Final Classes (scheduling TBD)***
 - ✿ January 28 (Sunday), Closing Circle 6:30-8:30pm

* **Second Saturday Sangha**

In addition to the regular training weekends, each month, IYTT trainees will participate in Second Saturday Sangha.

1. SSS Schedule

1:15-3:15 Movement & Breathing Practice

3:45-5:15 Mediation Practice & Talk

2. Dates during IYTT: 10/14/17, 11/11/17, (none in Dec) and 1/13/17
3. SSS is an ongoing community event that takes place on the 2nd Saturday of each month.
4. Each SSS during IYTT takes place at Ginseng.
5. The mission of SSS is to:
 - a) co-create an unhurried deepening of practice for yogis and meditation practitioners, their families and communities in as accessible a way as possible.
 - b) to awaken to the interdependence of our individual and collective lives.
6. Second Saturday Sangha is open to the public! Invite whomever you'd like.
7. SSS is a donation based offering.
 - a) No one will be turned away for lack of funds. Please consider the interdependent nature of all that goes into providing this program, the benefits you receive from it and then, donate with generosity but without regret. Some folks will give less while others may give more. We encourage you to see this exchange as an alive part of your practice of fair trade & generosity.

****Special Intensive Weekend with Michael Stone, Dec 8-10th, at the White Box Theater at Liberty Station.**

All interconnected yoga teacher trainees will be automatically enrolled in this special weekend intensive.

- ♦ Fri 12/8: 5:30-7:00p, evening talk
- ♦ Sat 12/9 & Sun 12/10:
 - 8:30-11:30a, movement & breathing
 - (Lunch break)
 - 1-3p, meditation & talk

Friday evening talk (open to the public, donation based)

How Meditation Really works: The Psychology of Stillness

The body is the basic ground for meditation practice. Learn to connect with the inherent, self-existing wakefulness that is already present within the body. By cultivating a calm, balanced awareness, we can dissolve habits of reaction that entangle our hearts, and discover freedom in the midst of daily life.

Join Michael for a lecture and discussion about the connection between the mind and body, and how stillness can become an anchor in the turbulence of daily life.

Weekend Workshop (all IYTT participants automatically enrolled)

Yoga, Meditation, and Inner Stability: Teachings from the Source.

Morning Sessions

Learn how to merge awareness and breathing into a fine intelligence that awakens the inner body. Combining focused yoga techniques and postures, with the insights of contemporary functional movement practices, we'll explore how to balance both stillness and movement. Michael will teach some subtle practices including mudras, bandhas, and pranayama, along with anatomically informed practices for moving our bodies creatively.

Afternoon Sessions

Combined with guided sitting meditation, we'll learn experiential practices for finding an inner refuge in order to bring more creativity and less reactivity to our moods, bodies, daily interactions, and community. We will study original source Buddhist material (handouts provided).

This workshop is open to beginners. Yoga, Meditation and Movement educators will also learn creative ideas to bring to their classes.

III. Teachers

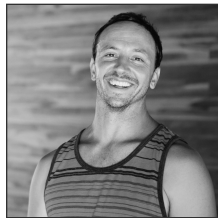
- **Sarah Clark (lead teacher).** Sarah began teaching yoga full time in 2007 in New York City, predominantly at OM Yoga Center (where she also completed her 200-hour training), NYU, and privately. In 2011, she relocated to San Diego, CA and continues to offer community-based yoga & meditation programs, teacher trainings, continuing education, private lessons and retreats. Her teaching is heavily influenced by her own sitting meditation practice, work as a professional contemporary dancer, sense of humor, wrestling with yoga & buddhist ethics, and her teachers, including Michael Stone, Cyndi Lee, Sarah Trelease, and Joe Miller.
www.sarahclarkyoga.com
- **Zaquia Salinas (contributing teacher).** Zaquia Mahler Salinas (E-RYT 200 & MFA Creative Practice: Dance) is a lover and teacher of movement. She has been a dancer all her life and currently works with San Diego Dance Theater. Yoga came into Zaquia's life about ten years ago and she has been cultivating her practice as a teacher since 2012. Her mission is to engage others in a passionate relationship with movement and inspire a deeper sense of excitement, wonder, and curiosity about our physical experience as human beings.
www.zaquiasalinas.com
- **Luke Wientzen (contributing teacher).** Luke has studied and practiced various approaches and under many masters over the past 14 years. One of his greatest teachers was a low back injury that resulted from too much physical rigor, not enough listening, & an external focus. This led Luke to some of the deepest realizations he has encountered on this path of yoga, and in life! Luke finds great joy in sharing breath, body and mind practices in a thoughtful & authentic manner with those he meets along the Way.
- **Kaitlyn Hochart (anatomy teacher).** Kaitlyn is a Registered Nurse and Yoga Teacher based in San Diego. Teaching since 2012, she has received a thorough education through Yoga Medicine on anatomy and physiology and its application application to yoga, and has

studied meditation, pranayama, and philosophy with Sarah Clark. Kaitlyn is passionate about empowering and educating her students to experience their bodies through mindful and intentional movement, and exploring how these teachings can be applied in everyday life.
www.kaitlynhochart.com

- **Michael Stone (special guest teacher).** Michael Stone is a Buddhist Teacher, Yoga Teacher, psychotherapist and author, who presents traditional meditative tools in plain language to facilitate their greater impact in the world. His teachings integrate traditional practices from the Yoga and Buddhist traditions with the insights of Western Psychology. He is the author of numerous books and his podcasts enjoy an international following. **michaelstoneteaching.com**



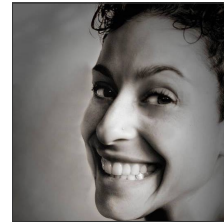
Sarah Clark



Luke Wientzan



Kaitlyn Hochart



Zaquia Salinas



Michael Stone

IV. Requirements

A. Pre-Requisites

1. **Minimum** 2 years consistent asana practice.
2. Participants should be able to practice inversions (at least one without a wall) and backbends.

B. Attendance

1. In order to receive your 200-hour yoga certification, participants will need to maintain PERFECT attendance in this program. Please understand, this training must be made a priority for its duration; scheduling of other important events such as birthdays, holidays, religious observances, etc must be rearranged around this program. There will be one make-up weekend in February as an absolute last resort for extreme circumstances. *A fee will be charged to attend the makeup weekend, as well as specialized homework to complete prior to it. Please discuss with Sarah if you have any concerns regarding attendance.*

C. Participants will be required to attend 25 group yoga classes at Ginseng by the completion of the program.

1. These 25 classes are included in the cost of tuition.
2. At minimum, 15 of these classes should be vinyasa classes. The other 10 are up to you! Diversifying a bit is encouraged.

- D. All written homework, reading assignments, group projects, tests, and final class must be completed by the end of the program to receive your 200-hour yoga certification.

V. Application

- A. An Electronic Application must be submitted and accepted in order to enroll in IYTT.
1. Link to IYTT Application: <https://goo.gl/forms/Y5NjqwE5EvlG6oD3>
 - a) You can also find this link on Sarah's websites **sarahclarkyoga.com**.
 2. You will be notified of acceptance via email within a week of submission.
- B. In addition to the Electronic Application, please also send the following to Sarah at interconnectedyogaTT@icloud.com:
1. One photo of just you, with your face clearly visible.
 2. A Letter of Recommendation from one of your yoga teachers. This need not be terribly formal, just to offer a bit more information for Sarah. Please ensure Letter of Recommendation includes contact information of your teacher, should Sarah have any questions for her or him. (If Sarah is your primary teacher, please email her to have this requirement waived).
 - Please send both the Letter of Recommendation and the Photo together in a single email, within 1 week of submitting this Electronic Application. **Please make the subject line: IYTT APPLICATION MATERIALS - your name.**
- C. Upon application acceptance into IYTT, a \$100 initial deposit is required to hold your place in the training. All payments can be made through Ginseng.
1. Once we reach our minimum enrollment of 10 students, we will notify you that we have met this threshold, and thereafter, another \$600 will be due within two weeks. You will then have paid the required first payment of \$700 to ensure your place on the roster. (See TUITION below for further payment options.)
 - a) In the event we do not meet the minimum enrollment of 10 students, you will be refunded \$75 of your \$100 deposit (less a \$25 administrative fee).

VI. Tuition

- A. Paid In Full Option:
1. \$2600, paid in full by October 7, 2017 (start of training).
- B. Payment Plan Option:
1. Four \$700 payments.
 - a) Payment one due upon acceptance into the program to hold your spot on roster. Then, three more automatic payments made on Nov 1st, Dec 1st, and Jan 1st.

(1) Those wishing to utilize the Payment Plan Option must set up automatic payments through Ginseng upon acceptance into the program.

C. All Payments can be made through Ginseng.

online: https://clients.mindbodyonline.com/asp/main_enroll.asp?fl=true&tabID=8

in person: 2985 Beech Street

San Diego, CA 92102

619.338.YOGA

D. Tuition INCLUDES:

1. All 8 Weekend Regular Trainings.
2. Second Saturday Sanghas during IYTT.
3. Special Intensive Weekend with Michael Stone Dec 8-10.
4. 25 classes at Ginseng.
5. Accessibility to open studio time at Ginseng to practice teaching with your IYTT peers, specific dates/times TBD.
6. Opportunity to teach "Community Class" at Ginseng for qualifying graduates.
7. Certificate of Completion upon successful graduation, enabling grads to apply for 200hr Registered Yoga Teacher status with Yoga Alliance®, should they so choose.

E. Tuition does NOT include:

1. books and writing materials
 - a) 'Required Books & Materials' list will be provided to you upon acceptance into the training.
2. fees for registering with Yoga Alliance®

Questions?

email: InterconnectedYogaTT@icloud.com

or

attend one of our FREE INFO SESSIONS

FREE INFO SESSIONS

at Ginseng

Tues, June 13th, 5:30pm

Sat, July 15th, 11:15am

Tues, Aug 15th, 6:30pm

Sat, Sept 2, 11:15am