



Thanks so much for your interest in Blue Banyan's Yoga School...

Blue Banyan offers two courses of study.
Teacher Training and **Yoga Immersion**

Our **Teacher Training Program** is nationally recognized and certified by Yoga Alliance at the 200 hour level. The program is designed to support the growth and development of skilled, inspired teachers of Vinyasa Yoga by offering a comprehensive, foundational curriculum. Graduates of this program should expect to leave capable of planning and teaching a creative, integrated, and safe Vinyasa Yoga class - and fully equipped to pursue work as a yoga teacher should they choose to do so.

The **Yoga Immersion Program** is a non-certification course of study. This is designed for those who are interested in deepening their practice and understanding of Yoga, but who are not necessarily interested in teaching. Whereas, the Teacher Training Program prepares the student to translate personal experience into a classroom setting, this track focuses primarily on the personal experience itself.

Students can expect both tracks to be challenging, inspiring, and wildly transformative!

Curriculum

We will study a wide range of topics within the practice of Yoga, including:

- **Asana** – go deep into the practice of over 50 foundational yoga postures/poses – with a focus on alignment, energetics, and sequencing (participants of the TT program will also study teaching methodology and hands on adjustments)
- **Pranayama** – learn to practice and teach energizing breath techniques
- **Philosophy** – explore Patanjali's Yoga Sutras and the Bhagavad Gita
- **Anatomy** – considering the skeletal, muscular, nervous and endocrine systems as related to and affected by the practices of Yoga
- **Anatomy ('from an Eastern Perspective')** – discover the energy systems of the body including Chakras, Nadis, Koshas and more
- **Meditation** – dive into the practice of Mindfulness Meditation
- **Ancient Ayurveda** – an integrative 'health care' system and awareness
- **Sanskrit and Chanting** – exploring the practice of Nada (sound) Yoga
- **Practicum and Pedagogy** – TT participants will have plenty of practice-teaching opportunities throughout the program and will engage in an in-depth study of the art and science of teaching Yoga

Schedule

The 2012 semester runs February 10th - June 23rd.

Teacher Training meets most weekends. Yoga Immersion will meet every other.

A general weekly schedule is:

- * Fridays 5:30-9:30pm
- * Saturdays 11:00 - 4:00 pm
- * One Sunday each month (1:00-6:00pm)

(specific dates TBD)

Tuition

- Teacher Training \$3000
- Yoga Immersion \$1800

This includes:

- Over 14 hours each week of in-class time with Sophie and Jake. (9hrs/wk for Yoga Immersion.)
- Unlimited Free Yoga for the duration of the program (approx. 5 months)
- Interactive/Online Component
- All Workshops with our Inspired Adjunct Faculty
- Study Materials (books not included)
- TT's will also participate in the Buddy Program (a peer support system) and the Mentor Program (an opportunity to meet and work with other seasoned Blue Banyan teachers)

Faculty

Sophie Simpson, director

Jake Miller, director

Adjunct Faculty

Patricia Cornelius, ERYT - Chakras & Yogic Philosophy

Deborah Cooper, Meditation

Dr. Damien Ciasullo, Anatomy