

# TEACHER TRAINING

SEPTEMBER 5 - DECEMBER 13, 2023

YOGAVIEW WILMETTE

yogaview



The teacher training at yogaview is about more than just teaching. While the success rate of motivated students becoming teachers through this course is exceptionally high, many take the training mainly to deepen the experience of yoga in their lives. The capacity to be a good teacher has a lot to do with understanding how to be a good listener and learner, as well as understanding the nature of yoga. The content of this course encourages open mindedness not only because of its focus on meditation, but because the traditional approaches to yoga asana and philosophy are not just presented, but investigated. One of the advantages of the training being led by multiple instructors is the exposure to various experiences and perspectives. Exploring the rich history of yoga in a realistic way and modern approaches to traditional ideas gives participants the opportunity to creatively uncover and sharpen their own ideas, which can then serve as a real foundation for sharing ones love of yoga with others.

## FACULTY

JENNY KAUFMAN

DEB WINEMAN

CLAIRE MARK

TOM QUINN

# yogaview

## A recent graduate describes her teacher training experience at yogaview:

"When you train at yogaview, you'll be opening your heart to the wonder that is life. The space that is created there is so special, so safe and so complete, that it facilitates change on every level. The teaching is refined, honest, open and accessible. Students are mindfully encouraged, supported and guided in such a way that doorways will open in places that were hitherto unseen. Training at yogaview is so much more than just doing yoga, it's about conquering your fears, letting go of the things that don't serve you and manifesting your dreams."

—Claire Christiansen

## REQUIRED READING

- *Tao Te Ching*  
*Stephen Mitchell*
- *Yoga Beyond Belief*  
*Ganga White*
- *How to Meditate*  
*Pema Chodren*
- *Yoga Sutras of Patanjali*  
*Mukunda Stiles*
- *The Key Muscles of Yoga, Scientific Keys, Volume 1*  
*Ray Long*
- *The Bhagavad Gita*  
*Eknath Easwaran*

## The components of yogaview's teacher training course include:

- > Principles of alignment and sequencing
- > Anatomy
- > Pranayama and bandhas
- > Meditation—practice and exploration of the nature of mind
- > Teaching Yoga
  - The use of hands-on and verbal adjustments
  - Class organization
  - Finding your own voice
  - Teaching practice
  - An introduction to restorative practice and pre-natal yoga
  - How to teach privates
  - Utilizing music and silence during class and practice
  - The pitfalls and possibilities of making money in the modern yoga world
- > Philosophy
  - Investigate Patanjali's yoga sutras, Advaita Vedanta, Tantric philosophy, Buddhist teachings and those of modern illuminaries
- > An introduction to Sanskrit and chanting

In addition to the Tuesday and Wednesday class times, participants are required to attend a minimum of 2 classes a week at yogaview, and practice at least once a week on their own. Participants are required to meditate by themselves or with the group for at least 1/2 hour a day, observe 3 classes during the course, and complete all required reading to receive the yogaview teacher training certificate. Graduates will be able to register with Yoga Alliance at the RYT-200 level.

### Cost

\$3,550

\$3,350 if paid in full by August 1, 2023

A \$500 deposit holds your place in the training and is non-refundable unless your application is not accepted. Full payment must be received one week before the beginning of the course, and no refunds will be given after that time. The cost of the course includes unlimited classes at both yogaview locations from September 5 – December 13, 2023, but does not include books. To pay with a credit card, please include a 3% service charge. Payment plans may be available upon request.

### Class Times

- > Tuesdays, 9:00am-2:30pm
- > Wednesdays, 11:15am-2:15pm

We will meet every Tuesday and Wednesday between September 5 and December 13, except Tuesday, November 21 and Wednesday, November 22.

### Requirements and Application

2 years of consistent yoga practice is required to enroll in the training. To apply, please send us a letter (one page or less) stating your intention for participation, and tell us how long and with whom you have been practicing yoga. Please also include a photograph of yourself with your deposit.

For more information or with questions, please contact us at [jenny@yogaview.com](mailto:jenny@yogaview.com) or call 847-919-0533.