



## Program Details~2017

### Learning Intensive + Teacher Training

**Co-hosted by The Yoga Loft and No Limits Hot Yoga**

Interested in learning to teach? Or looking to deepen your understanding of all aspects of yoga? The Yoga Loft and No Limits Hot Yoga are collaborating with Todd Inouye to offer a unique program that will first deepen your connection to practice, and then layer on the skills you need to teach if you are interested in sharing your love of practice with others. The training is a series of three Immersions followed by two Teacher Training segments. Attendees can commit to the entire program OR begin with the Immersions as a way to build deep personal knowledge of yoga practice. Not sure what you want to commit to? Start with Immersion One and pay for one segment at a time!

All applicants to the Program- including those who will attend only the immersions- must first pay an application fee and fill out a one-time application form to be completed and submitted for review and consideration. The form includes past history, experience, physical considerations and level of student qualification.

Links to the application form and full details re program costs are available on the web site.

#### **APPLICATION PROCESS**

- Applications are reviewed on a first come first served basis. Application must be accompanied by payment of the \$100 application fee.
- Once accepted into the program, your spot is secured with commitment to a payment plan and payment. Links for payment will be emailed to you, as will details re your pre-reading and other assignments to be completed before the training starts.

#### **FORMAT**

- The training occurs as five 5-day segments spread from April to July.
- April to May are Immersion 1, 2 and 3.
- The last two segments in July are the Teacher Training segments- they are separated by a one day break.
- Sessions will typically start at 7pm on the first day- you will gather to set intention, greet each other, and set a firm foundation for the learning to follow. The following 4 days will be full days- typically 8-5:30pm.
- The two hour 8-10am morning yoga practice sessions will be open to the public as a Progression Session, and the rest of each day is focussed on the students who have

entered this intensive program.

- The final day will end with a group meal at noon to celebrate your learning, transformation, and success in the program. **See more details below re structure of the program.**
- Not ready for Immersions or the full Teacher Training but want to explore deeper practice? Join the teacher training group for the 2 hours morning practices – called Progression Sessions. See more details below.

## **DATES**

- April 7-11 (Friday evening to Tuesday 6pm)
- May 5-9 (Friday evening to Tuesday 6pm)
- June 2-6 (Friday evening to Tuesday 6pm)
- July 6-10 (Thursday evening to Monday 6pm) Tuesday off then July 12-16 (Wednesday all day to Sunday noon)
- Complete all 5 modules to complete your 200 hour teacher training.

## **ABOUT THE TEACHER**

### **Todd Inouye**

For 15 years, Todd Inouye has studied and built community in love with the positive transforming benefits of yoga. He was owner and director of Yogapod in North Vancouver and currently leads yoga teacher trainings, and empowering workshops. A Wanderlust Festival presenter, a Design creative director, pretty darn good cook, husband and papa of 3 (not in order of importance) you could say he leads a busy modern life.

He has accrued over 17 years and over 2000 hrs of certified study in several traditions including Anusara, Hot, Vinyasa / Power, Yin, Mindful Meditation. His understanding of the practice woven with Buddhist + Hindu Tantric principals and light sense of humour make his classes accessible, challenging, whimsical and incredibly heart-inspiring. He has offered teacher trainings since 2008.

Todd is the current director of Sri-Life a conscious lifestyle company dedicated to teaching yoga + dharma to generate positively incredible things. That includes individuals, communities, products and companies.

## **ABOUT THE GUEST TEACHER**

### **Lila Rasa Brown**

Lila has been immersed in the yoga industry and culture for the better part of two decades. In her youth she expressed her passion for movement as a dedicated student of ballet, however her years of dance led to injuries and restriction. When she discovered that yoga could not only

liberated her from her former discomfort, but also open a door to a whole new universe of sacred embodiment, Lila was hooked for life. The practice of yoga and meditation led her to what is clearly her calling – helping others to awaken their own authentic nature and find freedom in body, mind and spirit.

After deep and devoted study with a long list of renowned teachers including John Friend, Desiree Rumbaugh and Doug Keller, Lila became a Certified Anusara Yoga Teacher in 2005. The following year she opened Gateway Yoga in Raleigh, North Carolina which she operated for more than 5 years. Although she has stepped away from Anusara, she continues incorporating skillful alignment and action in the body with yogic myths, philosophy and evolutionary astrology to create a rich, profound and soulful experience for her students both on and off the mat.

As the Teachers' Teacher, one of Lila's greatest joys is to guide her students into a space of radical transformation, empowering them to truly embody their own potential as teachers of yoga. Her training programs connect aspiring yoga teachers with their capacity to gracefully lead yoga classes from a well-informed place. Students embark upon a remarkable journey that offers deep and extraordinary transformation on many levels. Each participant travels through the many different facets of what it means to be a yoga teacher, and how to fully answer this deep calling of the Heart. As Creative Director, Lila is responsible for the overall vision, philosophy and management of the Vancouver School of Yoga.

## VENUE

Training will be held at the Yoga Loft and No Limits Hot Yoga in their second studio which is a non-hot studio.

## INVESTMENT

GST is not included in listed prices. Upon acceptance to the program you will be emailed a link where you will make your tuition payment.

### **Full 200 Hour Program (April to July)**

Early Bird Rate February 14	\$3300
One Payment Rate	\$3000
Three Part Payment Plan	\$3495

### **Immersion Program (Commit to April, May and June Sessions)**

Early Bird Rate February 14	\$2000
One Payment Rate for All 3 Sessions	\$1900
Three Part Payment Plan	\$2175

### **Immersion Program- One Session Only (must attend in sequential order)**

Payment for Single Session	\$850
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### **Progression Sessions- 2 Hr Morning Practice With TT Group- Offered in April + May**

Single Session	\$25
Register for all 4 sessions	\$85

For a full explanation of the Program costs, including one time payment and payment plan options, early bird rates, refund policy, and list of resources go to [www.youryogaloft.com](http://www.youryogaloft.com)

## **PROGRAM DESCRIPTION AND STRUCTURE**

The program consists of 3 “Immersion” followed by a 2 part Teacher Training segment.

### **3 Part Yoga Immersion**

In separate single modules or as a whole 3 part progression, this dynamic Yoga Studies Immersion will lead students on a empowering journey of self discovery through exploration of mind / body connection. Complimented with yoga philosophic principals, the course is well rounded as an introduction to incredible practices and life affirming direction of the Yoga tradition.

Meeting for 5 days per month over 3 months, each session has been designed to enable intimate knowledge of Anatomy, Physiology, Kinesiology from the lens of the Yoga tradition. A matrix of the body in optimal blueprint will be deeply taught and understood while expanding upon the rich dharma and incredible history of yoga.

The philosophical underpinnings of the Yoga Tradition as presented in this course are non-sectarian and will be presented in such manner as to embrace and embody all faiths. It does ask that you come open minded and respectful of other traditions and be willing to objectively discuss, ask questions and explore ideas of spirit.

Further goal of the 3 part series is to enable and empower each individual with a deep visceral understanding of what hatha yoga does to maintain, therapeutically heal, and manifest greater health, happiness and positive generating possibility.

Completion of this 3 part immersion is prerequisite to the last 2 part Teacher Training Modules where further refinement of skills will prepare graduates to teach entry level Yoga Classes (See below)

### **Immersion I: April 7th – 11th**

Initiations, Anatomy, Alignment Principals

Prerequisite Reading: Light on Life. BKS Iyengar, Immersion Manual

### **Immersion II: May 5th – 9th**

History, Refining Alignment, Developing Mindfulness and Awareness

Prerequisite Reading: the Bhagvad Gita. Translation of Choice, Immersion Manual

### **Immersion III: June 2nd – 6th**

Philosophy, Kinesiology, Energetic Anatomy, Devotion

Prerequisite Reading: the Deeper Dimension of Yoga, Immersion Manual

### **July Teacher Training Segments**

Teacher Training I: July 6th – 10<sup>th</sup>

Teacher Training II: July 12th – 16<sup>th</sup>

Having completed the 3 Part In-Depth Yoga Immersions, the 2-part Teacher Training specific segment in July will offer additional necessary elements to refine personal understandings so that cuing of asana for beginner and all level hatha yoga classes becomes more clear and systematic.

The program will review techniques in systemizing alignment principals, verbalizing, sequencing, and will encourage continued refinement into subtle realms of the energetic body. Short practicums will be introduced towards the end of the training followed by one on one meetings with the lead teacher reviewing insights, strengths and where continued focus can be directed to increase teaching most effectively.

The course will also cover the “Seat of the Teacher” reviewing responsibility, expectation, code of ethics and possibilities within the modern business of Yoga. Complementary to the pragmatics of teaching, students will study the energetic body, refine advanced breath technique (pranayama) and explore the benefits of mantra and meditation.

### **Yoga Alliance Certification**

Completion and graduation of all 5 modules (In-depth Immersion and Teacher Training) will meet minimum requirements for personal registration to Yoga Alliance for the Yogapod/Sri Life 200 Hr Yoga Teacher Training.

### **Early Morning Progression Sessions**

Interested in learning more but not ready for a full Immersion or training? Join us for dedicated and deeply enriching 8-10 AM practices that start the day for all Yoga Trainees. The morning classes are an incredibly rich and energetic way to start the day while taking an inquisitive look through the lens of a yoga immersion / teacher training. The classes can be taken as drop-ins, but are best assimilated as a 4 day commitment as the classes are lead progressively.

Progression Session I: April 8th – 11<sup>th</sup>

Progression Session II: May 6th – 9th

Progression Session III: June 3th – 6<sup>th</sup>

Progression Session 4: July 7th-10<sup>th</sup>

To Register for any or all of the Progression Sessions see the Yoga Loft web site.