

# 200 Hour Initial Yoga Teacher Certification Program with dina Lang



Leader: Dina Lang, ERYT 500, co-owner of Santosha Yoga  
Specialties lead by: Janci Butler, Nina Pitzel, Robin Parker and Lisa Sullivan



*When you are inspired by some great purpose, some extraordinary project, all your thoughts break their bounds. Your mind transcends limitations, your consciousness expands in every direction and you find yourself in a new, great and wonderful world. Dormant forces, faculties, and talents become alive, and you discover yourself to be a greater person by far than you ever dreamed yourself to be.*

*~ Patanjali*



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SantoshaForEverybody.com

Thank you for your interest in our 200-Hour Initial Yoga Teaching Certification program with dina Lang. This teacher-training program should not be entered into lightly. The rigorous training and practice schedule demands your deepest commitment and allocation of time. That being said, if you approach this training with wonder, dedication, enthusiasm, an open heart and open mind, you will never regret it. Your knowledge about the ancient science of yoga will be greater, your personal practice stronger, and your spiritual life richer. There is no greater contribution you can make to this world than to lead by example, on or off the mat.

In this 200 Hour teacher training we will delve deeply into the eight-limbed path of Yoga.

Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, and Samadhi will be explored at great length to understand how each limb contributes to the whole practice and thereby the whole being. The exploration of the asana practice will be approached in the style of Vinyasa Yoga.

Ethics of Yoga – Yoga philosophy and Living the practice

- The Eight Limbs of Yoga
- Holding yourself to a higher standard
- The qualities of an effective teacher
- Your personal practice
- Yogic diet and personal care
- Living as a yogi in our modern world

The Asanas - Techniques, Teaching Methodology, Practice

- Analyze postures from the ground up (75+ asanas)
- Learn proper alignment
- Benefits and contraindications
- The principles of demonstration
- Assists and adjustments
- Cueing the pose
- Sequencing, creating a Vinyasa Flow
- Finding your voice

Yoga Anatomy and Physiology

- Human physical anatomy/physiology
- How to 'read' the bodies of your students
- How to teach and provide assistance based on what you see
- Myofascial release for self-care and practical uses in teaching

The Subtle Body

- Prana/Apana
- Koshas
- Chakras
- Nadis

Adapting to Special Populations and other styles of yoga

- Senior/plus size/chair yoga
- Gentle/Yin/Restorative
- Teaching Privates

History of Yoga

Sanskrit – The Language of Yoga

Vedic Chanting, Kriyas, Mantra and Meditation

## The Sacred Texts

- The Bhagavad Gita
- The Yoga Sutras

## Practicum

- Working with Mentors
- Teaching Yoga
- Karma Yoga – Selfless service

## The Business of Yoga

- Marketing yourself
- Yoga resume
- Yoga Alliance
- Instructor's Insurance
- CPR certification

## Required Texts:

*Yoga Anatomy – 2<sup>nd</sup> Edition* by Leslie Kaminoff and Amy Matthews  
*The Bhagavad Gita, Pocket Edition* by Swami Nikhilananda  
*The Yoga Sutras of Patanjali* by Sri Swami Satchidananda  
*Yoga Sutras Workbook, The Certainty of Freedom* A translation by Vyaas Houston  
(Available at [AmericanSanskrit.com](http://AmericanSanskrit.com))  
A personal journal to record your journey toward self-discovery

## Optional Recommendations for your teaching library:

*The Key Muscles of Hatha Yoga, Scientific Keys Volume I* by Ray Long, MD FRCS  
*The Key Poses of Hatha Yoga, Scientific Keys Volume II* by Ray Long, MD FRCS  
*The Anatomy Coloring Book (4<sup>th</sup> Edition)* by Wynn Kapit and Lawrence M. Elson  
*The Hatha Yoga Pradipika* by Svamimarama and Brian Dana Akers  
*The Language of Yoga: complete A to Y Guide to Asana Names, Sanskrit Terms and Chants* by Nicolai Bachman  
*Light on Yoga: Yoga Dipika* by B.K.S. Iyengar  
*Light on Life, The Yoga Journey to Wholeness, Inner Peace and Ultimate Freedom* by B.K.S. Iyengar  
*Light on Pranayama, The Yogic Art of Breathing* by B.K.S. Iyengar  
*The Upanishads, Volumes I, II and III* by Swami Nikhilananda (Translator)  
*The Biology of Belief: Unleashing the Power of Consciousness, Matter, & Miracles* by Bruce H. Lipton  
*The Miracle of Mindfulness: An Introduction to the Practice of Meditation* by Thich Nhat Hanh

## 200 Hour TEACHER TRAINING SCHEDULE & TUITION COST

This 200 Hour Teacher Training will run over the course of 4 months, October 2018 through February 2019. We will meet every Wednesday evening from 6-9:15pm. These sessions will include attendance in dina's Dharma III class from 6-7:30pm and sacred text discussion from 8:00-9:15pm. There are 8 weekend modules meeting Saturday and Sunday for a total of 18 hours per module. The training culminates in a four day yoga retreat where the final 2 modules (9 and 10) will be completed. **\*ATTENDANCE TO ALL SESSIONS IS MANDATORY!**

Wednesdays:	Oct. 3, 10, 17, 24 Nov. 7, 14, 21, 28 Dec. 5, 12, 19 Jan. 2, 9, 16, 23, 30	Wednesday night schedule: 6-7:30 PM Dharma III class w/dina @ Santosha Yoga 8:00PM – 9:15PM Sacred Text discussions
Sat/Sun Modules:	Oct. 6/7, 20/21 Nov. 3/4, 17/18 Dec. 1/2, 15/16 Jan. 5/6, 19/20, 2019	Weekend Module schedule: *Saturdays: 8:00am – 6:00pm *Sundays: 9:00am – 5:00pm *Modules at off-site location (3 mi. from Santosha Yoga)
TT Retreat:	Location TBD (within driving distance) Thursday, January 31 – Sunday, February 3, 2019	

In Addition to Contact Training Hours, Teacher Trainees are expected to:

- Attend a minimum of 4 classes at Santosha Yoga each week. Wednesday night 6pm Dharma III is already built into the schedule, so three additional classes **MUST** be taken each week (Vinyasa level or higher.) Yoga classes at Santosha are complimentary during the teacher training program.
- In addition, attend 3 yoga classes at studios other than Santosha and complete an observation/evaluation of each. Preferably choosing classes of other yoga disciplines than are traditionally part of your practice. These fall **outside** the 4 classes/week at Santosha requirement!
- Attend 3 or more classes taught by your mentor, 1 evaluation class, 1 observation class, 1 assisting class and meet with them 2 times over the course of the training to ask questions and review your program progress.
- Teach 1 community donation class at Santosha. A schedule for sign-ups will be available after the midway point of the training.
- Karma Yoga – 4 hours of selfless service and a brief write up about the experience.
- Book Report – Read one book from the optional reading list or an approved book of your choice and write a 500 word minimum observation on how the reading impacted you in your personal practice, your yoga teaching aspirations and your life as a yogi.
- Observance of a Yogic vegetarian or vegan diet.

Tuition:       **\$3000 if paid in full on or by August 3, 2018**  
                  **\$3250 if paid in full on or by September 3, 2018**  
                  **\$3500 if paid in full after September 3, 2018 or by payment plan** (see dina or Katy for details)

Application window opens May 1, 2018. Upon acceptance into the training, a **NON-REFUNDABLE \$500 deposit** is due to hold your place and will be applied to the total cost.

About dina Lang...

I first discovered yoga in 1987 when I was pregnant with my daughter. I took a prenatal yoga class at the Tualatin Valley Rec Center in Beaverton. What struck me initially about yoga was the power of pranayama (breathing.) An active person by nature, I found the slow pace of prenatal yoga difficult at times, but by the time my long labor and delivery came around I was exceedingly grateful for the breathing practice I had developed. In 1997 I discovered Bikram Yoga and I practiced 3-4 times per week. After a few years my search for something new brought me into the world of Vinyasa Yoga.

After 10 years of practicing daily, in 2007 I embarked on my first yoga teacher training. Initially not interested in teaching, I really just wanted to develop a deeper knowledge of yoga philosophy and build a stronger practice. However, upon completion of my initial 200-hour certification I was inspired to share my awe over the impact yoga had on me personally. In the difficult times of my life, I found solace, wisdom and peace on my mat. I became passionate about sharing it with others; particularly those who felt that they could “never do yoga” ...they’re my favorite students! ...and thus the yoga teacher in me was born.

While teaching yoga is my career, I still see myself first and foremost as a student. I believe there is no end to the path of self-discovery and I am committed to studying and learning with as many teachers as possible in this lifetime.

Yoga styles I have practiced/studied: Prenatal, Bikram, Power Vinyasa, Hatha, Yin, Restorative, Ashtanga, Acro-Yoga, Therapeutic Yoga, Dharma Yoga, Kirtan, Vedic Chant and Sanskrit.

Yoga Teachers I have had the privilege to learn from: Dharma Mittra, Tiffany Cruikshank, Sarahjoy Marsh, Casey Palmer, Darren Main, Michele Lowe, Rolf Gates, Sarah Kurtz, James Grant, Jill Knouse, Jason Crandall, Tias Little, Sharon Gannon, David Life, Seane Corn, Shiva Rea, Baron Baptist, Rodney Yee, Ana Forrest, Krishna Das, Michael Stone, Sianna Sherman, Rod Stryker and more.

2007 – 200 Hour Initial Certification, Core Power Yoga in Portland, OR  
2008 – Core Power Yoga extensions program – Teaching the Advanced Student  
2008 – Living yoga – Trauma Informed Yoga for Vulnerable Populations with Sarahjoy Marsh in Portland, OR  
2009 – Its Yoga, Kids® Certification for teaching yoga to children with Michelle Wing in San Francisco, CA  
2009 – 500 Hour Teacher Training in Ashtanga Yoga and Yoga Therapeutics with Tiffany Cruikshank  
2010 – Restorative Yoga Teacher Training with Darren Main in San Francisco, CA  
2010 – Opened Santosha Yoga, *Yoga For Every Body* in Portland, OR  
2012 – 500 Hr. ‘Life of a Yogi’ Teacher Training with Sri Dharma Mittra in NYC

I have taught yoga to children undergoing cancer treatment at Doernbecher Children’s Hospital and their parents, inmates at the Coffee Creek Correctional Facility, students at Rosemary Anderson High School, families at Portland Homeless Family Solutions, adult cancer patients, Parkinson’s patients, Rheumatoid Arthritis and Fibromyalgia patients, children with autism, injured athletes and students rehabbing after knee and hip replacement surgeries. I teach children’s yoga, teen yoga, senior yoga, plus size yoga, gentle yoga, yin yoga, restorative yoga, Hatha Raja Yoga, Power Vinyasa, and Dharma Yoga.

I do not consider myself an expert but rather a conduit for the amazing teachers who have guided me over the years. You will not ever hear me criticize other styles of yoga or the many ways this ancient practice can be conveyed. I can only pass on what has been shared with me. My personal philosophy is this: whatever style of yoga brings a student to their mat so they can cultivate the best version of themselves is 100% correct. One way is NOT better or more correct than another. What makes it right is how it resonates with you at this juncture on your yoga path.

I am excited to embark on this journey with you and promise to give *you* the very best version of *me*.

namaste, dina

## **Application for 200-Hour Initial Yoga Teaching Certification with dina Lang**

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip code: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

1) How long have you been practicing yoga?

2) Describe your current practice in relation to:

Asana:

Pranayama:

Meditation:

Yoga Philosophy:

3) How has yoga affected your life?

4) Which books relating to yoga have you read/studied? Elaborate on your favorite and why.

5) Who are your teachers past and present? Why are they great teachers to you?

6) Are you currently teaching yoga? If so, describe your classes; style, students, location? How often?

7) Why are you interested in teaching yoga? If not, why not?

8) Please describe your health, including past and present injuries.

I understand the mandatory requirements of this program in order to become a certified yoga instructor.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Emergency Contact (name) \_\_\_\_\_ Phone \_\_\_\_\_