

500 Hour Level Yoga Teacher Training Program with dina Lang

Leaders: Dina Lang, ERYT 500, co-owner of Santosha Yoga
Janci Vandenberg, ERYT 200
Nina Pitzel, ERYT 500



When one teaches, two learn.

~ Robert Heinlein



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SantoshaForEverybody.com

This program is designed for 200 Hour certified yoga teachers to advance their studies in all aspects of the eight limb path of yoga. Certification in this program will elevate the yoga teacher to a 500 RYT designation. The 300 hours of this program will include but not be limited to the following:

- Yoga Philosophy/Ethics/Yogic Lifestyle
- Asana/Pranayama/Meditation practice and teaching techniques
- Yoga Anatomy/Physiology
- Teaching Methodology/Practicum
- Adapting the yoga practice to meet the curative and corrective needs of students dealing with physical limitations, injury, illness and/or disease
- Myofascial release for self-care and practical uses in curative and corrective teaching
- Study of Sanskrit, mantra and chanting the Yoga Sutra
- Sacred text study of *The Upanishads, Hatha Yoga Pradipika and Light on Yoga*
- Ayurveda studies and treatment in the Ashtavaidya tradition in Kerala, India.

Required Texts:

Light On Yoga: Yoga Dipika by B.K.S. Iyengar
The Hatha Yoga Pradipika by Svamimarama and Brian Dana Akers
The Upanishads by Eknath Easwaran
200 Hour Initial Yoga Teacher Certification Manual by Dina Lang
A personal journal

Optional Recommendations for your teaching library:

The Key Muscles of Hatha Yoga, Scientific Keys Volume I by Ray Long, MD FRCSC
The Key Poses of Hatha Yoga, Scientific Keys Volume II by Ray Long, MD FRCSC
The Language of Yoga: complete A to Y Guide to Asana Names, Sanskrit Terms and Chants by Nicolai Bachman
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
The Roll Model by Jill Miller
Yoga Anatomy 2nd Edition by Leslie Kaminoff and Amy Matthews
Your Body, Your Yoga by Bernie Clark

300 Hour TEACHER TRAINING SCHEDULE & TUITION COST

This 300 Hour Teacher Training will run over the course of 7 months, October 2018 through April 2019. There are 6 weekend modules meeting Friday, Saturday and Sunday on the second weekend of the month. The training culminates in a two week yoga retreat in Kerala, India where the final 2 modules (7 and 8) will be completed. ***ATTENDANCE TO ALL SESSIONS IS MANDATORY!** Any missed training hours will be made up in private sessions at your own *additional* expense. (Make-up of modules 7 and 8 is NOT POSSIBLE. These must be completed in India.)

Fri/Sat/Sun Modules:	October 12, 13, 14	* Weekend module Schedule:
	November 9, 10, 11	Friday 7am – 7pm
	December 7, 8, 9	Saturday 7am – 7pm
	January 11, 12, 13	Sunday 7am – 7pm
	February 8, 9, 10	*Weekend modules are held at:
	March 8, 9, 10	9995 NW Cornell Rd, Portland 97229

500 Hour TT Retreat: April 1 -15, 2019 in Kerala, India (Lodging and meals included in the training tuition)
(Airfare to India is NOT included)

In Addition to the **mandatory** Contact Training Hours, in order to achieve certification, Teacher Trainees are expected to:

- Maintain a daily yoga, pranayama and meditation practice.
- Attend a minimum of 2 classes at Santosha Yoga each week (Vinyasa level or higher.) Yoga classes at Santosha are complimentary during the teacher training program. **Teaching at Santosha does NOT fulfill this requirement.**
- Work with 3 separate clients (at least 2 who are NOT family members) individually and privately (outside the contact hours of the training) to help them meet their specific goals and needs. You will conduct a minimum of 3 sessions with each client. Each client's private program will include but not be limited to; intake evaluation, assessment of physical concerns regarding yoga practice, development of yoga program, modifications to yoga program as needed, implementation of yoga program and progress assessment. These will be conducted on your own time, at your own location (or that of your student) and will be recorded in a detailed report for each. These **required** reports will be turned in for leader evaluation.
- Complete an essay assignment accompanying each training module.
- Observance of a Yogic vegetarian or vegan diet.

Tuition: **Program cost is \$5000**
Early bird cost is \$4599 if paid in FULL by September 1, 2018
***Airfare to India is NOT included.**

*Payment plan is available, please see dina or Katy

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

About Your Leaders...

dina Lang

I have been practicing yoga since 1987. I have been teaching yoga since 2008. 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 teachers I have had the privilege to study with: Sri Dharma Mittra, Tiffany Cruikshank, Sarahjoy Marsh, Darren Main, Cheryl Oliver, Dave Oliver, Tias Little, Michael Stone, Rod Stryker, Jason Crandall and more.

Group classes I have taught over the years: children's yoga, family yoga, teen yoga, senior yoga, plus size yoga, gentle yoga, yin yoga, restorative yoga, hatha raja yoga, power Vinyasa and Dharma yoga. Additionally I have experience teaching 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, children under acute psychiatric care, adult cancer patients, Parkinson's patients, stroke victims, Rheumatoid Arthritis and Fibromyalgia patients, children and adults on the Asperger's/Autism spectrum, injured athletes and those rehabbing after shoulder, knee and hip replacement surgeries.

I do not consider myself an expert in any regard, but rather a conduit for the amazing teachers who have guided me over the years. You will never 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

Janci Vandenberg

Janci has been teaching yoga in Portland for more than a decade. Yoga practice and teaching has had a profound effect on her life, leaving her with a strong desire to bring the joy and transformative power of yoga to people who want to lead healthier and more fulfilled lives.

She integrates many different styles into her yoga instruction and considers herself a life-long student. Her varied experience and training means Janci's teaching is comprehensive, intuitive, gentle and always fun. She emphasizes the link between the breath and resulting movement of the body.

An anatomy guru at heart, Janci dedicates much of her time studying the body and functional movement. She brings this insight into every class she teaches. "As a leader of the teacher training programs, it is important to me that trainees fully understand how to 'see' their students. Through this yoga anatomy lens, the teachers coming out of this program are thoroughly equipped to help each of their students develop a safe and effective yoga practice."

Nina Pitzel

RYPT 500, Certified by Nutritious Movement™ as a Restorative Exercise Specialist, Certified Yoga Tune-Up® Teacher

A student of hatha yoga plus therapeutic and functional movement modalities, Nina specializes in awakening the mind and body to gain insight to bracing habits. Using self-massage, various props and Yoga Tune-Up therapy balls, students are able to locate and target patterns and find answers to their own fascia's missing links. Her passion is to help improve health and balance and reduce pain through motion and proper alignment.

Nina is committed to helping Teacher Trainees develop an embodied map and inner compass of their own soft tissues and structures. "I want trainees to sharpen the kinesthetic awareness of themselves and their students."

Application for 500-Hour Level Yoga Teacher Training with dina Lang

Name: _____ Date of Birth: _____

Address: _____

City: _____ State: _____ Zip code: _____

Cell Phone: _____

Email: _____

Emergency contact; name and phone number _____

1) List all Yoga Teacher Trainings and certification programs you have completed? (Please attach a copy of your most recent 200 Hour level or higher teaching certification.)

2) Describe your current yoga practice. How often do you practice weekly? What style of yoga do you practice? How often and how long are your practice sessions? How often do you practice dedicated pranayama and meditation?

3) How has practicing yoga impacted your relationship to self, others and the world around you?

4) How has teaching yoga impacted your relationship to self, others and the world around you?

6) Why are you interested in this teacher training program?

7) Please describe your health, including past and present injuries, allergies and dietary restrictions.

I certify the above information to be true and I understand the **mandatory requirements** necessary to attain Yoga Teaching Certification at the 500 Hour Level.

Signature: _____ Date: _____