

# 500 Hour Level Yoga Teacher Training Program with dina Lang

Leaders: Dina Lang, ERYT, 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

Thank you for your interest in this 500 Hour Advanced 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.

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 hour content 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 studies of *The Dhammapada*, *The 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 Svatiarama and Brian Dana Akers

*The Dhammapada*, Translated by Gil Fronsdal, Foreword by Jack Kornfield

*Science of Yoga – Understand the Anatomy and Physiology to Perfect Your Practice* by Ann Swanson

[ *200 Hour Initial Yoga Teacher Training with dina Lang manual*

**From the** [ *The Bhagavad Gita, Pocket Edition* by Swami Nikhilananda

**200 HR TT** [ *The Yoga Sutras of Patanjali*, Translated and Introduced by Alistair Shearer

A personal journal

#### 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 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 2<sup>nd</sup> 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 2019 through mid-April 2020. There are 6 weekend modules meeting Friday, Saturday and Sunday on the fourth 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.

Fri/Sat/Sun Modules:	October 25, 26, 27	* Weekend module Schedule:
	November 22, 23,24	Friday 7am – 7pm
	December 27, 28, 29	Saturday 7am – 7pm
	January 24, 25, 26	Sunday 7am – 7pm
	February 21, 22, 23	*Weekend modules are held at:
	March 27, 28, 29	9995 NW Cornell Rd, Portland 97229

500 Hour-Level TT Retreat: April 1 -15, 2020 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 of whom 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 sessions 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 are to be turned in for leader evaluation within two months of the training's completion.
- Teaching, anatomy/physiology and myofascial release practicums in small and larger groups.
- Complete an essay assignment accompanying each of the training modules.
- SEVA – Karma yoga of selfless service – 15 hours
- Observance of a Yogic vegetarian or vegan diet.

Tuition: **Program cost is \$5000**  
**Early bird cost is \$4599 if paid in FULL by August 1, 2019**  
**Airfare to India is NOT included.**

\*Monthly payment plan is available, please see dina or Katy  
(\$500 deposit by August 1, \$750 **by the first of each month** Oct through Mar, 2020)

Application window opens May 1, 2019. 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 cost.

About the Leaders...

**~ dina Lang, ERYT**

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, and more.

Group classes I have taught over the years: children's 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 patients, Rheumatoid Arthritis and Fibromyalgia patients, children 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

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**~ Janci Vandenberg, ERYT 200**

Certified by Nutritious Movement™ as a Restorative Exercise Specialist

Janci has been teaching yoga in Portland for more than two decades. 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 a healthier and more fulfilled life.

She integrates many different styles into her yoga instruction, and considers herself a life-long student. Her varied experience and training allows Janci's teaching to be comprehensive, intuitive, gentle and always fun. Her teaching emphasizes the link between the breath and the 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 program, 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."

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**~ 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.