



Sol's Advanced 300 Hr (Holistic) Yoga & Ayurveda Teacher Training Program

Starting January 2018

Take your teaching and practice to the next level. Offered just once per year to a limited number of teachers, this comprehensive training program will simply and effectively make you a more sophisticated teacher and practitioner of yoga. Over the course of 8-12 months, our amazing team of experienced local teachers will pair with world class experts and leaders to take you deep into the study of yoga and related traditions - exploring the integrated holistic impact of yoga and Ayurveda on the mind, body and spirit. This program builds on our Yoga Alliance approved, established and respected 200 hour foundational program and exceeds the requirements of Yoga Alliance for your RYT 500 status. But far beyond a certificate, this program will deliver transformational results through high quality content, skilled teachers and facilitators & phenomenal community. Evolve with us. **Become a better teacher, person and practitioner of yoga.**

INCREASED FLEXIBILITY. Our 300 hour program is conveniently split into 2 parts (Part A & B). Part A is offered just once per year and students are required to attend 8 weekends (200hrs) to complete Part A. To complete Part B, you may dive deeper in to your unique area(s) of interest by selecting from a variety of 100 hour tracks, or two 50hr tracks that suit your interests and schedule. Both Part A & B must be completed to obtain your 300 hour certification. To make your training even more robust and comprehensive, you could complete as many elective 100 or 50hr 'tracks' as you would like. Additional CEU's available.

PART A – (200 hours). For 2018, this comprehensive portion of the program will be led by Larissa Hall Carlson & Erin Sprague. These senior teachers will take you deeper into all 8 limbs of yoga (philosophy, asana, pranayama, meditation, including Ayurveda) from an advanced perspective. Additional guest teachers will support the program as well as offer virtual programming throughout the training. Find out more about the curriculum, visit <http://sol.yoga/teacher-training/>. The program spans 6 months and includes eight 20 hour weekends plus four, Friday night 'teaching circles' (TBD). **Weekend Dates are: Jan 12-14, Jan 26-28, Feb 16-18, Mar 9-11, Mar 23-25, Apr 13-15, May 4-6, June 15-17.**

PART B – (100 hours). You may register separately for this portion of the training. Choose from several options (listed in Mind Body Online) with additional options TBD. We recommend you complete part B concurrent to part A or within 1-2 years from of Part A.

- The Art of Touch – 9 day module May 26 – June 3
- Chakra Intensive to Illuminate Ancient & Modern Anatomy w/ Grace Jull – virtual program begins in January + live meetups in April + 4 day live weekend intensive in May
- Ayurveda – weekend program begins March 23, additional dates TBD
- Yoga Philosophy w/ Hari Kirtana Das (50hr) – Virtual & Live Weekends, starting in Feb 2018
- Trauma Sensitive Yoga (50 hrs) – 3 weekends, Sept, Oct, Nov 2018
- Other programs in development including Aerial, Meditation, Kids & Prenatal & More!

HIGHLIGHTS

- Learn from a team of the industry’s most phenomenal teachers of yoga & Ayurveda
- Flexible program fits in your life and allows you to explore the depth and breadth of yoga.
- Integrated scientific and energetic A & P with Anatomy Specialist
- An Integrated, holistic approach to asana & sequencing that promotes wellbeing and healing
- The study of Ayurveda is infused throughout the training with an option to study further.
- Over 35 hours of training in pranayama & meditation.
- Critical feedback, mentorship and guidance about your teaching from insightful senior teachers

PROGRAM LOGISTICS & DETAILS

<p>Part A Pricing: \$3200 (payments of \$800 can be approved). \$3000 if you preregister and pay in FULL by Nov 15, 2017.</p> <p>Part B: priced per module</p>	<p>Program prerequisites:</p> <ul style="list-style-type: none"> • Approved application for Part A - find application here: https://static1.squarespace.com/static/55eaac04e4b0e16c0cc29c09/t/59d4acc9a8b2b0f97ba2a0e0/1507110096107/2018+SYTT+300hr+Application.pdf • 200 hour Yoga Alliance Yoga approved certificate • *At least 1 year of active teaching, or 50 yoga classes. <p>*if you are interested in this program for personal development, this requirement can be waived.</p>
<p>Program Times: Friday Nights – 630-930pm Sat & Sunday 8-430pm</p>	<p>Weekend Dates are: Jan 12-14, Jan 26-28, Feb 16-18, Mar 9-11, Mar 23-25, Apr 13-15, May 4-6, June 15-17. Additional virtual programming throughout plus monthly Wed or Friday night (630-930pm)Teaching Circles – dates TBD.</p>
<p>Application required for part A. Please email erica@solyoga.org for the application and return it to her when completed. Once accepted, you can secure your place in the training by registering online.</p>	<p>Information available online at www.solyoga.org or follow this link: https://clients.mindbodyonline.com/classic/ws?studioid=3799&stype=-8&sTG=34&sVT=35&sView=day&sLoc=1&sTrn=100000073&date=01/12/18</p>

CONTENT DETAILS – Part A – The 8 Limbs

Yama, Niyama & Yoga Philosophy

Integrating your yoga practice into your life is a hallmark undertone of this program and now as a 200hr trained teacher, you can explore yoga philosophy with a deeper understanding. Part A includes 10-25 hours of learning about ethical precepts and ancient texts from a broad range of skilled teachers and will be applied personally and through your teaching.

- The 5 Yamas - Ahimsa, Satya, Asteya, Brahmacharya, Aparigraha
- The 5 Niyamas – Saucha, Santosha, Tapas, Svadhyaya, Ishvara Pranidhana
- Learn about the six schools of Indian history & philosophy, with a focus on Samkhya yoga
- Tools to infuse yoga philosophy into your teaching
- Discussion + support from fellow yogis, mentors & teachers about what it means to ‘practice what you preach.’
- You can deepen your exploration of Yoga Philosophy by choosing the Yoga Philosophy 50 hr track with Hari Kirtana Das for your Part B.
- Ayurvedic history, philosophy and psychology will be introduced in Part A. Should you want to deepen your understanding of Ayurveda, you can choose to complete the Ayurveda 100 hr track for your Part B.

Asana

As the main component of most yoga classes, each weekend, we will explore a range of asanas and sequences from a holistic, integrated perspective.

- Learn the physical and energetic anatomy of each posture. (alignment, bones, muscles, fascia, chakra, etc)
- Understand the Ayurvedic impact of the posture and how to modify it for different dosha's or imbalances. (introduced in Part A, deepened in Part B)
- Learn a wide range of modifications and variations to make postures accessible to students of all levels.
- Explore hands on assists for each posture (Part B, Art of Touch will enhance this area of training)
- Understand contraindications and ways to work safely with students.
- Advanced class planning, sequencing & delivery
- Flow Yoga – using meditation in motion as a gateway to stillness & exploring ways to deepen the physical practice beyond more asana or trickier poses. Explore free form conscious movement as expression of prana.

Pranayama & Meditation

Led by inspired senior teacher Larissa Carlson, you'll go deep with Pranayama and Meditation. Immerse into deep states of stillness, learn powerful and subtle pranayama practices and discover ways to integrate the practice of postures, pranayama & meditation. In over 35+ hours, you will receive:

- An exploration of the broad range of meditation & pranayama approaches and the various benefits.
- Discussion and lecture on how meditation and pranayama influence healing and well-being.
- Meditation & pranayama techniques & practice with expert guidance.
- How to integrate meditation into an asana and pranayama practice to enhance meditation.
- Teaching tools to bring these powerful practices to all levels of students.

Ayurveda

Building on the introductory level of Ayurveda in our 200hr Yoga Teacher Training, an additional 20-30 hours of Ayurveda education is included in Part A. Led by seasoned Ayurvedic trained facilitators, you will gain a deeper understanding of traditional Ayurveda, the sister science of yoga as well as information on how to infuse Ayurveda in your practice and teaching. Topics include, but are not limited to:

- Dosha's vayus, nadi's, guna's, etc – Ayurvedic essential maps, terms & concepts
- Dinacharya & Ritucharya – daily & seasonal routines for optimal health and wellness.
- Basics of Ayurvedic nutrition – digestion, cooking and eating well
- Ayurvedic history & Introductory Sanskrit
- Yogic & Ayurvedic psychology – the role of the mind in creating balance and health
- Study the relationship of between modern yoga & Ayurveda more deeply with a traditional Ayurvedic Vaidya (physician) by selecting our 100 hr Ayurveda Track for your Part B.

Eastern & Western Anatomy & Physiology

Guided by special guest teacher, Grace Jull, an anatomy specialist, you will gain a holistic view of the intersection of traditional western anatomical structure with the eastern anatomical maps of the chakras, marma's and koshas through the exquisite terrain of the body, breath and being. Grace profoundly integrates the frontiers of science and modern anatomical structure including fascial chains, with esoteric insight from the ancient maps. Her inspiring lecture and rich experiential exercises will allow you to inhabit yourselves with more clarity and creativity and support your students in realizing their full creative potential. Part A includes 10-20 hours, and you can continue studying with Grace for your Part B for 100 hrs total. Topics below begin in Part A and complete in Part B.

- Review of physical anatomy & koshas and the intersection of mind and matter
- Grounded and illuminating anatomy instruction about systems associated with the Chakras, particularly fascia, the glands and nervous system
- Introduction to evolution and the formation of the fascial chains, sensory organs and embryological layers
- Lecture and practice about how asana, pranayama and bhandas intersect with fascia, muscle, bone.

- Context about the psycho spiritual essence of each Chakra and how psyche and structure meet
- Experiential exercises and yoga practices that will energize and expand your awareness
- Sequencing and fascial chains
- Postures and bhandas for accessing different regions of the body
- Cultivating language to convey and activate the chakras
- Practice applying knowledge to yoga teaching

Teaching Yoga

Becoming a better, or 'advanced' teacher is three fold – becoming a deeper practitioner, gaining experience and continuing your education and mentorship. This training will develop all of these areas.

- How to teach asana, pranayama and meditation at an 'advanced' level for gentle or vigorous yoga classes, workshops, private lessons and beyond.
- Advanced class planning, sequencing & delivery
- Critical feedback and evaluated practice teaches from experienced and qualified yoga teachers about your teaching and understanding of yoga
- Tips and techniques for planning special classes, events, workshops, privates, etc
- Business & Ethics of Yoga – how to make yourself marketable, attract students and make money teaching yoga.
- Powerful tools for personal transformation
- Invaluable community support to grow and transform

Special Sections

1. Yoga for Stress, Anxiety & Trauma – this bonus material will be introduced to help shed light on how yoga applies to and can help treat the modern epidemic of overwhelm, stress & anxiety. Further specific training on the anatomy of 'overwhelm' and how to teach 'trauma sensitive' yoga to groups and individuals can be acquired in Part B – Trauma Informed + Yoga Psychology.

2. Hands on Assisting Methodology & Training – to help you enhance the experience of your students as well as connect you to your teaching, Part A of this training includes bonus material to help you develop the 'art of touch.'

- Special day long workshop 'The Art of Touch' – tools for cultivating 'seeing' through your hands.
- Specific hands on assists/adjustments & enhancements for common and advanced yoga postures offered in 'asana clinics.'
- To explore hands on assisting, partner and Acro Yoga, and Thai massage you can register for our 100 hr "Art of Touch" Teacher Training for your Part B.
- Introduction to 'energy' work. (Reiki, Healing Touch, etc) will also be lightly explored.

MORE ABOUT THE TRAINERS

Larissa Hall Carlson & Erin Sprague will co-lead Part A of Sol Yoga's 2018 Advanced Yoga Teacher Training.



Larissa Hall Carlson, E-RYT 500, 1000-hr Kripalu Teacher, and former Dean of the Kripalu School of Ayurveda, Larissa is an experienced Yoga Teacher Training Director, Ayurvedic Practitioner, Ayurvedic Yoga Specialist and Reiki practitioner.

She is passionate about empowering and encouraging people to live in harmony with the rhythms of nature through the time-honored teachings of yoga, Ayurveda, and Mindfulness.

Regularly presenting at Yoga Journal Live events and Wanderlust festivals, Larissa has been featured in numerous publications including *Yoga Journal*, *Men's Journal*, *Elephant Journal*, *InStyle*, *Origins*, *NY Yoga + Life Magazine*, *Yoganonymous*, *MindBodyGreen*, and *Dr. Oz: The Good Life*.

As a life-long student, Larissa has studied with some of the world's most distinguished, knowledgeable, and esteemed teachers of yoga, meditation, and Ayurveda. A sample of Larissa's yoga & Ayurveda teachers: Rodney Yee, Gurmukh Kaur Khalsa, Shiva Rea, Jon Kabat-Zinn, Stephen Cope, Zhander Remete, Dr. Robert Svoboda, Dr. Vasant Lad, Dr. David Frawley, Dr. Claudia Welch, Dr. Scott Blossom, Dr. John Douillard, Dr. Sunil Joshi, Dr. Partab Chauhan, Dr. Jay Apte, Dr. Rosy Mann, Dr. Jyothi Bhatt, Vyaas Houston, Manorama, and Dr. Satya Narayana Dasa.

Larissa has shared the teachings of these ancient wisdom traditions with students across the country, including those at Princeton, Harvard, Lawrenceville, and Emma Willard. Creator of the CDs *Meditative Yoga Flow*, *Pitta-Pacifying Yoga*, and *Ayurvedic Pranayama and Meditation for the Doshas*, and several online videos, Larissa teaches workshops, directs yoga and Ayurveda trainings, and provides Ayurvedic consultations. When not on the road, you can find her writing, teaching, and consulting at Kripalu Center for Yoga & Health in Stockbridge, MA.



Erin Sprague, RYT 500, E-RYT-200 and Ayurvedic Yoga Specialist accidentally and serendipitously, "found yoga at a moment in my life when I needed a tool to be calm in my own body, life and mind. My first yoga class I felt like I had been introduced to the real journey that needed to go on inside of me. It felt like the perfect integration of spirituality and physical release." Many years since that moment, Erin has continued to fall into the hands of many inspiring local and international teachers that have broadened her understanding of yoga and ultimately fueled a deep passion for Ayurveda, which she has studied extensively at Kripalu. Under the guidance of Larissa, Dr. Rosy Mann and many others, Erin has completed and assisted numerous trainings and programs at Kripalu with Dr. Robert Svoboda, Dr. Scott Blossom, Dr. David Frawley and more. She has been pivotal in growing the Ayurveda program at Sol Yoga and attracting and hosting many world class teachers to Frederick. Erin is a much loved and senior teacher at Sol Yoga and gracefully offers all levels of yoga & Ayurvedic consultations. She is charismatic, fun and loves connecting with people and community. You'll be sweating, laughing and loving your yoga experience right from the beginning. "If I had a hope of something that people would take away from yoga it would be self-acceptance - accepting where they are in their yoga practice, in their lives, in their bodies."

Many other senior teachers will support this program including: Dorcas Quynn McWilliams, Grace Jull, Dr. Rosy Mann, Kristina Molinari, Christine Dimonte, Alicia Barmon, Shelley Pentony, Sylvain Broucke, Hari Kirtana Das and others.