

Ayurvedic Yoga Specialist Certification



HIMALAYAN
INSTITUTE®
THE ART OF JOYFUL LIVING™

Find Your True North.

Your teachers at Yoga North International SomaYoga Institute (ISYI) and Himalayan Institute are committed to your systematic development in postures, breath, meditation, and towards the goal of knowing yourself. Yoga North International SomaYoga Institute (ISYI) provides quiet reflective space for this self-study and exploration.

4628 Pitt St. Suite 208
Duluth, MN 55804
218.722.YOGA

www.yoganorthduluth.com

www.internationalsomayogainstitute.com

Pre-Requisites:

Applicant must have taken 200 hour Yoga Study program at Yoga North or other qualified studio prior to admittance.

Type of Study:

After completing each of 4 units and participating in optional Case Study sessions, you will have the knowledge and skill to create a dosha balancing specific yoga practice, use food with awareness, and create a basic lifestyle plan for yourself and for your clients based upon their needs/goals. You'll be able to offer basic Ayurvedic consultations, "Ayurveda 101" programs, and you will have access to additional training and supervision from the Himalayan Institute "Graduates ONLY", case supervision sessions. This program has been recognized and is listed with the National Ayurvedic Medical Association (NAMA) and is Himalayan Institute Certified!

Note: Sessions 1, 2 and 3 can be taken as independent workshops. All four sessions are required for certification.

SCHEDULE

- 1) AYS 1 – May 5-7, 2017 – The Macrocosm and Microcosm of Ayurveda and Yoga
- 2) AYS 2 – Online – Psychology of Ayurveda and the Physiology of Yoga
- 3) AYS 3 – Aug. 25-27, 2017 – Improving Our Digestion of Foods, Thoughts, and Actions
- 4) AYS 4 – Nov. 16-19, 2017 – Clinical Use of Ayurveda and Yoga (Session 4 is only open to 200 hour TT grads)

ABOUT CERTIFICATION

Students will learn:

- How prana (life force) and ojas (deep vitality) can be cultivated to regulate and support agni (digestive fire) for optimal health.
- A deeper knowledge of the ayurvedic maps: doshas (constitutions), gunas (psychological tendencies), vayus (winds or movement of prana), and koshas (sheaths).
- How to adapt asana (postures) and pranayama to kindle our agni and better circulate prana for efficient energy management.
- The alchemy of yoga and ayurveda along with diet and lifestyle adjustments to adapt to daily, seasonal, and stage-of-life changes.

How to identify typical constitutional imbalances and know how to address vikruti (imbalances) through asana, pranayama, deep relaxation, meditation and diet, cleansing, and lifestyle adjustments.

ABOUT EACH UNIT:**Session 1: The Macrocosm and Microcosm of Ayurveda and Yoga**

- Yoga and ayurvedic philosophy: understanding purusha (pure consciousness) and prakriti (universal nature).
- The elements manifest in the body: koshas (sheaths) and doshas (constitutions).
- The ayurvedic clock: the hour, season, and stages of life.
- Suggested Reading: The Seven Systems of Indian Philosophy, by Pandit Rajmani Tigunait

Session 2: Psychology of Ayurveda and the Physiology of Yoga

- The architecture of the mind and the gunas; scientific use of asana, pranayama, and meditation.
- Subtle essences: prana, tejas (fire of intelligence), and ojas.
- Circulation of prana via the vayus; practices for seasonal changes and vata imbalances.
- Suggested Reading: Ayurveda and the Mind, by David Frawley

Session 3: Improving Our Digestion of Foods, Thoughts, and Actions

- Agni and digestion. The six tastes and proper diet.
- Internal and external practices to regulate agni.
- Developing clinical awareness of asana, pranayama, meditation and diet/lifestyle.
- Suggested Reading: Eat, Taste, Heal by Thomas Yarema, Daniel Rhoda and Johnny Brannigan

Session 4: Clinical Use of Ayurveda and Yoga

- Yoga and ayurvedic psychology, dinacharya (daily routine), cleansing, and the nadis (energy channels).
- Introduction to tongue and pulse diagnosis.
- Working with private clients using yoga and ayurveda; individual prescriptions

Required Reading:

- Textbook of Ayurveda, Volume One: Fundamental Principles by Dr. Vasant Lad
- Yoga & Ayurveda: Self-Healing and Self-Realization by David Frawley
- These books will be available for purchase on-site and are not included in the cost of tuition.

Location:

Yoga North Studio, 4628 Pitt St. Suite 208, Duluth MN 55804

Meals & Lodging:

Participant is responsible for meals and lodging. Please note that some members of the Yoga North community have opened their homes to trainees for lodging for a minimal charge. You may inquire with the Yoga North office as to the availability of this option. Water and tea are provided at the studio. A refrigerator and microwave are available for use.

Training Requirements:

Pre-registration consisting of an application and \$50 registration fee is required. Please submit your application as soon as possible. You will be notified by mail of your acceptance into the program. Please note 200 hour level pre-requisite.

Attendance, Grading and Conduct Policies

All training absences must be made up with same or similar topics and matching hours.

Pass/Fail grades will be given, students must complete all training hours, assigned homework and demonstrate an understanding of all material covered. Students will be treated with respect and dignity and are expected to act with the same moral code when enrolled in training at Yoga North and HI.

School Governing Officials

Ann Maxwell and Molly McManus

All inquiries, complaints and compliments should be directed to info@yoganorthduluth.com

Yoga North is licensed as a private career school with the Minnesota Office of Higher Education pursuant to Minnesota Statutes, sections 136A.821 to 136A.832. Licensure is not an endorsement of the institution. Credits earned at the institution may not transfer to all other institutions.

**MINNESOTA OFFICE of HIGHER EDUCATION
1450 ENERGY PARK DRIVE #350
ST. PAUL, MN 55108-5227**

Cancellation/Refund Policy:

If your application is rejected, you will receive a full refund of all tuition, fees, and other charges. You will be entitled to a full refund of tuition, fees, and other charges if you give written notice that you are cancelling your contract within five business days after the contract or enrollment agreement is considered effective. A contract or enrollment agreement will be presumed to effective on the date of that the institution notifies you that you have been accepted into the institution and you have signed the contract or enrollment agreement. If the notification of acceptance into the institution is sent by mail, then the effective day of being accepted is the postmark on the acceptance letter.

This five-day refund policy applies regardless of when the program starts. If you give written notice more than five days after you signed the contract, but before the start of the program (or first lesson for an online distance education program), you will receive a refund of all tuition, fees, and other charges minus 15%, up to \$50, of the total cost of the program. You will be provided a prorated tuition, fees, and other charges refund minus a 25%, up to \$100 administrative if you provide written notice of your withdrawal after your program has begun, but before 75% program has completed. If you withdraw from your program after 75% of the program has completed, you are not entitled to a refund of tuition, fees, and other charges.

You will receive written notice acknowledging your withdraw request within 10 business days after receipt of the notice and you will receive a refund of any tuition, fees, and other charges within 30 business days of receipt of your withdrawal. Written notice is effective of the date of the postmark if sent by mail or the day it has been hand-delivered to the institution. If you do not withdraw in writing or contact the institution about your absence, and you have not attended your program for 21 consecutive days, you will be considered to have withdrawn from the school as of your last date of attendance.

Core Staff

Kathryn Templeton, MA, RDT/MT, E500RYT, has devoted her life to the health of others. A psychotherapist for more than 25 years, Kathryn is a Master Teacher in the field of Drama Therapy and continues to work both clinically and as an educator specializing in the treatment of individuals with complex trauma. As an E-500 RYT, NAMA-registered Ayurvedic practitioner and Senior Para Yoga teacher, Kathryn has worked to develop specialized treatments integrating the principles of yoga and Ayurveda with clinical therapeutic techniques. Kathryn is currently a faculty member at the Himalayan Institute in Honesdale, PA for the Himalayan Institute Dual Certificate 500 Hour Yoga Teacher Training & Ayurvedic Yoga Specialist program. In addition, she teaches in their 500-hour RYT program along with other yoga teacher training programs around the country and is an Adjunct Professor of Human Development and General Psychology in the Connecticut Community College system. Kathryn is a contributing writer for Yoga International Magazine penning the 'Everyday Ayurveda' column. She holds memberships with the International Association of Yoga Therapists, the National Association of Drama Therapists and the National Ayurvedic Medical Association.

Sarah Guglielmi has been on a personal journey of healing and spiritual growth for over 15 years. She has taught yoga since 2002 in corporate, studio, and clinical settings. Originally drawn to yoga practice to relieve chronic stress and illness, Sarah has not only regained her health, but has discovered a spiritual dimension of life she finds rich and inspiring. Sarah serves on the teaching faculty of the Himalayan Institute and is the Professional Education Manager at their headquarters, where she has lived in residence since 2004. She holds a Masters Degree in Materials Engineering from the University of Delaware, and completed an eight-year engineering career with W.L. Gore and Associates, prior to joining the Institute.

Adjunct Faculty:

Molly McManus ERYT 500, PYT, AYS, CSE. Clinical Somatic Educator, owner of Yoga North Molly has flirted with yoga and Eastern philosophy all her life and when she found her home in Duluth committed to the practice and teachings at Yoga North. Molly's passion is around helping students out of pain – from her work with chronic pain classes to her development of the SAD (Yoga for Stress, Anxiety and Depression) class she is always looking for new ways to help empower students to heal and love themselves. She enjoys teaching the teachers in training, asana, philosophy and therapeutic yoga as well as seeing clients for Somatic Education, Ayurveda and Yoga Therapy. Molly is a speaker for regional conferences on SomaYoga, Adaptive Yoga and Yoga and SAD. She engages continuous training in Ayurveda, anatomy, therapeutic yoga, adaptive yoga and neuromuscular reeducation techniques as well as any great yogic philosophy courses she can find. The diversity in her interests, background, education and experience help her to create a relaxed, inviting and fun atmosphere to teach the wildly beneficial life skills of yoga.

Ann Maxwell, MAed, ERYT 500, PYT, CSE. Clinical Somatic Educator, owner of Yoga North studio since December 2001, holds a masters degree as well as certification in Hatha Yoga, Yoga for Cancer Survivors and is an experienced teacher trainer and yoga therapist. She gets great satisfaction in supporting the teachers in training to find their niche, grow their skills and become great yoga teachers and therapists. She lives on the edge of the wilderness in Yoga North's retreat center on Jasper Lake in Ely, MN. Ann brings the spirit of adventure and curiosity to her expertise as a yoga instructor and business owner, grounding her ability in the practicality and expertise of the body. Ann is a model of yogic living for her students and brings a sense of wisdom and fun to the daily practice of yoga.

Jodi Christensen E-RYT 500, C-IAYT, CSE. Jodi's education in the healing arts began in at the Utah College of Massage Therapy, where she earned certification as a Massage Therapist. She is also a certified practitioner of Reiki and Quantum-Touch. She continued her education in Hatha Yoga of the Himalayan Tradition with Yoga North where she completed their 200 hour and 500 hour teacher training. Jodi has also received training as a Clinical Somatic Educator. Most recently she completed certification as a Yoga Therapist with Yoga North ISYI.

Teri Sanders, BA, ERYT200, RYT 500, C-IAYT believes it is important to follow one's passions, and is particularly passionate about adapting yoga for physical disabilities, the benefits of yoga for mental health diagnoses and applying yoga to be more efficient and free in all movement practices. Teri has been instrumental in establishing an Adaptive Yoga Program in Duluth. She truly enjoys bringing yoga into all aspects of life - bringing the physical practice into outdoor/sports activities; and bringing the philosophical and spiritual practices to everyday life.



Yoga North International SomaYoga Institute hosting Himalayan Institute Ayurvedic Yoga Specialist Certification

Dates

May 5-7, 2017
Aug. 25-27, 2017
Nov. 16-19, 2017

Program Cost:

\$1396 (plus \$50 application fee) with a \$350 deposit due upon acceptance into program and balance due before the first unit. Payment options include cash, check, Mastercard or Visa.

Tuition includes one booklet/manual per training. Students must purchase their own textbooks. **Early enroll in all sessions by 2/15/17 and receive a free pass to the Thursday Night Ayurveda Master Class Series.**

If preferred, a payment plan (arranged in advance of first weekend) may be chosen with an additional \$100.00 administration fee, please inquire with the office for this option.

To register:

1. Send completed application with \$50 application fee to Yoga North.
2. Send copy of 200hr certificate
3. Upon acceptance to the program send \$350.00 deposit to hold your space in training
4. Before May 5 make final arrangements for payment in full or enroll in payment plan option.

Enroll to deepen your practice, to deepen your learning, or to become a skilled and nationally certified yoga instructor.

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APPLICATION FOR Ayurvedic Yoga Specialist Certification



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Name:

Address:

Phone:

Email (will be kept confidential):

\$50 application fee enclosed _____

On a separate sheet please answer the following:

Prerequisite: Completion of RYT to 200hours

When and where did you complete your RYT 200?

What significant learnings did you glean from your teacher training programs?

In what ways did the 200 hour teacher training program impact the core of who you are and how you think of yourself?

Please provide the completion certificate from your school.

Current Practice, Teaching Experience and Occupation

What is your current occupation?

Please describe your teaching experience.

What shape does your personal practice take?

What style or lineage of yoga do you practice?

Do you have any previous experience with Ayurveda?

Why AYS?

What do you hope will change for you in your personal and professional life because you have immersed yourself in the AYS program?

Where do you see yourself applying this AYS work?

How did you hear about the program and why do you want to study with HI and Yoga North International SomaYoga Institute?

Include anything else you want to tell us about yourself or your hopes for this program.

\$50 non-refundable fee enclosed_____

Signature:

Date:

Email Applications to info@yoganorthduluth.com

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