

Langara Holistic Yoga Teacher Training Certificate Program Information Guide

**May-August 2019
Summer Intensive**



Our goal is to train Yoga teachers in the classical, therapeutic and holistic practices of Yoga. Through experiential learning, our certified teachers create balanced Yoga classes to support physical and emotional well-being. We recognize Yoga as a valuable health profession that contributes to personal growth and social change.

ABOUT THE PROGRAM:

Align your practice with your passion. Become a **holistically trained yoga teacher** and develop confidence to teach postures, breathing techniques and meditation practices. **Learn to embody the teachings of yoga.** With a skillful blend of pragmatic teachings and philosophical depth, teachers emerge from the program able to teach yoga in contemporary settings while rooted in ancient wisdom.

PROGRAM HIGHLIGHTS

- Holistic, Therapeutic and Classical Yoga Training
- Receive a certificate vetted through Langara College's Education Council
- 50 hours above industry standards, 250-hour public college certified program
- Ongoing mentorship and support throughout program
- Interdisciplinary studies using experiential and active learning models
- Expert teacher trainers dedicated to the lifestyle and integrity of Yoga
- International Association of Yoga Therapists Member School (IAYT)

WHY CHOOSE LANGARA?

Located in Canada's yoga capital, Langara's YTT program is a holistic intensive that immerses students in the rich tradition of yoga practices and philosophy.

Strengthen your credentials with the Langara name behind you. Our student centered approach means that you get the educational experience you deserve.

As the only institution of higher learning offering a certified yoga teacher training in Vancouver, Langara graduates benefit from the **credibility and recognition earned through a decade of experience** in the field. This can be especially helpful when pursuing collaborations with other institutions or teaching in corporate/government environment seeking professional qualifications.

CAREER OPTIONS:

Our graduates are known for their safety, precision of instruction, technical skills and holistic approach to class development. Graduates are currently teaching in: community centers, universities, corporations, health clubs, parks, recreation and seniors centers, yoga studios, wellness centers and social service organizations.



I decided to register in the Langara YTT program because of its holistic approach to teaching, its focus on traditional yoga, and its comprehensive curriculum. By the end of the program, I felt more energized, focused and connected. I also understood more about myself, which helped me develop my own style of teaching.

Tahia Devisscher (2018 Alumni)

PROGRAM LEARNING OUTCOMES

We introduce yoga as a process of living in the present moment through awakening your physical, psychological and spiritual capacities. Take part in classical Ashtanga and Hatha Yoga practices focused on keeping the body and mind healthy and flexible.

- Teach the **Holistic Yoga** class model that brings together mantra, pranayama, warm-ups, asana, savasana, and meditation.
- Prepare **thematic class lesson plans**, and design a progressive series that supports your development as a teacher.
- Teach with an **in-depth understanding of anatomy**, alignment, contraindications and modifications for practice.
- **Discuss common injuries** and how to maintain a safe classroom for students of all abilities.
- **Cultivate self-confidence** with the ability teach, motivate and inspire students.
- Learn to practice and teach beginner **meditation and pranayama techniques**.
- **Articulate a unique vision** for teaching Yoga as a starting point for creating a small business or practice.
- Explore the **subtle energetics of Yoga** as a transformative practice.
- Discover techniques **to develop a home practice** that will support personal growth throughout the program.
- Apply **Ayurvedic practices for self-care**, healing, and well-being.

COURSE CURRICULUM

Holistic Yoga Foundations (YOGA 1000 - 30 hours)

Holistic Yoga is introduced as an integrative and transformative practice that has its' roots in classical Yogic philosophies and practices. **Discover the rich history**, tradition, and philosophy of Yoga, and its' movement towards the West. **Explore the classical Ashtanga and Hatha Yoga systems**, and their relationship to modern postural Yoga practices. **Encounter key historical** figures and texts including teachings and stories from the Vedas, Yoga Sutras, Bhagavad Gita, and Hatha Yoga Pradipika. Practical ayurvedic tips and health guidelines will be explored as a means to complement and sustain a regular self-care practice.

Essential Yoga Techniques (YOGA 1002 - 100 hours)

In this highly experiential course, learn how to safely practice Yoga warm-ups, asana, pranayama and meditation practices to support your physical, emotional and spiritual well-being. **Deepen your personal understanding of Yoga**, as you learn to practice in a holistic and embodied way with attention to the breath. **Identify contraindications**, modifications and props needed for essential practices. Learn to recognize the unique needs of your students as you train from key categories of postures. Explore how the breath, movement and alignment affects the **physiological and energetic systems of the body**.

Kinesiology for Yoga Teachers (YOGA 1005 - 25 hours)

Discover a passion for the human body in this interactive, engaging and experiential course. Study and understand the kinesiology of the human body, including anatomy, physiology, and biomechanics. Apply this knowledge to learning how to teach and practice Yoga postures with anatomical correctness, mobility, stability, balance, and coordination. **Learn the major systems of the body** and how the practice of Yoga supports optimal functioning, and brings about homeostasis. **Discuss common injuries** in Yoga practice, and learn how to maintain a safe and supportive classroom for students of all abilities.

Yoga Teaching Methodology (YOGA 1008 - 40 hours)

Learn the key methods for teaching and designing Holistic Yoga classes. **Discover your unique presence** as a Yoga teacher, and develop the confidence to lead transformational Yoga classes. Understand how to teach postures using verbal cues, observation and demonstration of techniques. **Create a safe teaching space** in your Yoga classes through classroom set-up, boundaries, and language. Develop technical skills to teach, and deliver classes with creativity and passion. **Learn key modifications** for postures to work with a diverse population of students.

Specialized Yoga Training (YOGA 1009 - 15 hours)

Explore various fields of specialty within Yoga. **Enhance your teaching toolbox** by learning from leading Yoga teachers in the community, as they share their personal and professional practices. Gain new technical skills in the area of Therapeutic Yoga for Pain Management, Therapeutic Yoga for Trauma and Resilience, Chair Yoga, Pre and Postnatal Yoga, and Children's Yoga.

Professional Development (YOGA 1010 - 40 hours)

Learn the profession and vocation of Yoga, as well as the business of being an authentic Yoga teacher. Discuss the ethics of teaching Yoga, and explore key aspects of the teacher-student relationship. Receive ongoing mentorship, feedback and evaluation throughout the program, as a means to improve your instructional and technical skills. **Attend community classes**, and design and teach a beginner Yoga series. Practice teaching the techniques learned in class with peers, and within your community. **Discuss best practices**, and apply techniques and methodologies learned in the program for successful class development. Inquire, reflect on, and cultivate your personal and professional teaching goals.

**"Yoga is about health, integrity,
community and the realization of
Unity." *Zamir, Instructor***



INSTRUCTOR BIO

Zamir Dhanji, B.A. is a yoga teacher, dharma artist and avid explorer of consciousness and culture. He completed his 500 hr YTT with David Goulet, who studied Rishi Culture Ashtanga Yoga from Swami Gitananda in India. Integrating different branches of classical yoga and strongly influenced by developments in modern science, his training provides a holistic approach to yoga. He is also an initiate of Ati-yoga under the guidance of Wisdom Master Maticintin, founder of HÜMÜH Clear-Mind Buddhism, with whom he's studied meditation and Buddhist logic with for the last eight years.

Anuradha Hannah has been studying and teaching Yoga for over 40 years. She received her formal Certification in Classical Ashtanga Yoga in 1981. Inspired by her heart and her teacher, Baba Hari Dass, she continued her practice and immersion in Yoga life at the Salt Spring Centre of Yoga, as a founding member and manager for many years. Anuradha specializes in pranayama, meditation, philosophy and the practices of Bhakti (devotional) Yoga. She received her teacher's certification in education from Regina College. It is her belief that Yoga can bring universal love and peace to the world, one heart at a time, beginning with ourselves. Her passions are photography, music, and dance.

Jes von Henzke, Registered Massage Therapist, has been teaching Yoga for nearly a decade as well as the owner/operator of Sadaya Yoga and Massage since 2009. She has over 500 hours of combined Yoga teacher trainings, in the styles of Hatha, Iyengar, Anusara, and Prenatal. She has always had a keen interest in the human body - both its' function and form. When not in the studio, you can find Jes enjoying her family, bodybuilding at the gym, climbing a mountain, or reading on the beach.

Naseem Gulamhusein, MEd, is an educator and certified yoga therapist. She has worked in field of holistic health for 20 years. As a program designer, she developed the Langara Holistic Yoga Teacher Training (YTT) Program, which is the first of its' kind in a public college in Canada. She has trained hundreds of yoga teachers in BC, and authored a holistic yoga training manual. Naseem has presented traditional yoga at Canada India Networking Initiative (CINI) conference, and the United Nations International Day of Yoga. Her work has been featured in articles and published in local magazines. She enjoys public speaking, building community, family time and dancing.

SCHEDULE: includes in class and professional practice/distance learning hours.

Wednesday (6-9pm)

- May 6,15,22,29
- June 5,12,19,26
- July 10,24
- Aug 17,21

Friday (6-8pm); Saturday (8:30-5:30pm); Sunday (8:30-4:00pm)

- May 4/5/6
- May 17/18/19
- May 31; June 1/2
- June 14/15/16
- June 28/29/30
- July 12/13/14
- July 19/20/21
- August 9/10/11
- August 23/24/25

ADMISSION REQUIREMENTS: PERSONAL/PROFESSIONAL PRACTICE: Yoga practice and/or professional background related to field of study. Open to yoga practitioners, teachers and health care practitioners (Nurses, RMT's, Chiropractors, Doctors, Physiotherapists, etc.)

EDUCATION AND LANGUAGE REQUIREMENTS: (see website)

APPLICATION STEPS: 1- Complete application form (see website)

PROGRAM COSTS:

- Tuition: \$4295 includes program manual + retreat (accommodation, food)
- Early bird Tuition: 10% discount if paid in full by April 15th:
- Payment Plans: May be paid in full or over 2 academic terms without discount
- Additional Costs: Books, Completion of a 1-day Emergency First-Aid course in order to apply for graduation at end of program.

To learn more about our program, and teacher training faculty, visit our website at:

www.langara.ca/yoga

This training can assist you with challenges in every area of your life. If you want a truly traditional experience of yoga beyond the asanas, then register today. It's a beautiful journey.

Judy Lyon (2015 alumni)