

# YOGA LOKA

34 Bridge Street - Suite #2 Frenchtown, NJ 08825  
908-268-7430 [www.yoga-loka.com](http://www.yoga-loka.com)

## Teacher Training *and* Yoga Immersion 2008/2009

*New training will begin September 2008  
Applications due by August 15th.*

To get to know ourselves for who we really are is one of the greatest gifts we can give ourselves in this lifetime, and one of the greatest gifts we can give to the world we live in.

Yoga practice is a vehicle for this unfolding.

In the YOGA LOKA Teacher Training/Yoga Immersion program the focus will be on this journey of getting to know ourselves, our bodies and our relationship to our world. It is from this foundation people who teach yoga can be most effective. The teaching of yoga is a continuation of the practice in a truly graceful form; however, it is not the only vehicle. Even if you choose not to teach, this course will draw you closer to a place of understanding yourself. The training will be 10 months long, beginning in September 2007. We will meet 2 weekend days per month (either Saturday or Sunday in the afternoon), and one Friday per month (in the evening).

Much of your study time will be done during asana classes that you can take from the regular schedule. You will have specific assignments to work on during some of your class time (minimum 2 classes per week), and with partners or small groups which you can schedule according to your available time. There are also reading and writing assignment. Mentors will be assigned to each student.

The tuition for the training is \$3000. This will include five 20-class blocks at Yoga Loka and 10% discount on all books and boutique items and most workshops at Yoga Loka. The training meets the requirements of the Yoga Alliance 200 hour Teacher Certification Program.

*Bonnie Pariser, the founder and director of Yoga Loka, teaches this training. Bonnie has been teaching yoga nearly a decade and practicing for over 20 years. She has lead many trainings at Yoga Loka and has been a staff member for teacher trainings at Saraswati River Yoga in New Hope and Yoga on Main in Manayunk PA. She has studied extensively with Kirin Mishra (Parvathi Nanda Nath Saraswati) the founder of the Saraswati River Method in New Hope and Mukunda Stiles who is the founder of Structural Yoga and Structural Yoga Therapy and the author of several books on the practice. She assists Mukunda in the Structural Yoga Therapy Certification course run at Integral Yoga in NYC. Bonnie is registered with the Yoga Alliance at the 500-hour level and is also a certified Structural Yoga Therapist. In addition she has completed many years of intensive Tantra Shakti Training with Parvathi receiving Tantric Level 1 certificate in her Bhairavi Training. Bonnie's teachings are based on continued guidance from her teachers and the Kashmir Shaivism lineage.*

The training will include the following:

**Structural Yoga Therapy** - Study of therapeutic uses of yoga in a class setting and individual, one-on-one setting. Emphasis will be on Structural Yoga and its holistic view of yoga practices.

**Asana Workshop** - In-depth study of Yoga Asana. Alignment, energetic components, benefits and contraindications are explored. Also verbal cueing, sequencing and modifications are explored.

**Assist Clinics** - Assists for specific asanas are reviewed and practiced on fellow students. Focus will be on how to modify poses for specific conditions thru verbal and non-verbal cueing as well as the physical assists. Also emphasized will be empowering students to find their unique expression and safety in their asana. *Steerum Sukam Asana.*

**Anatomy** - Skeletal and muscular anatomy, Kinesiology, and neurological and circulatory effects of asanas will be covered.

**Ayurveda**- How the 3 doshas can be pacified through asana, diet and yoga practices.

**Pranayama** –Work with the breath and subtle body awareness to understand prana and how we can use it for health of body and mind.

**Chanting and Sanskrit** –Use of the vibration of Sanskrit as a practice. Through this we begin to understand the devotional aspects of Yoga.

**Philosophy** - Historical view of yoga presented thru texts. Bhagavad-Gita and The Yoga Sutras will be studied in depth. Tantric Yoga as it relates to asana class and the yoga practitioner's life will be studied and discussed.

**Svadyaya (Self study), Sadhana and Meditation** – Develop a practice thru guidance, support and personal experience will be part of the mentorship offered. We will use practical application of the texts and theory to help uncover your true nature.

**Methodology and Practicum** - Ethics of teaching, understanding the relationship with students and the beneficial structure of classes. Observing and assisting in classes, reviewing class techniques and studio visits are an example of self-study assignments.

**Building Community (Sangha)**- The benefits of spiritual community as support to the unfolding that often accompanies yoga will be best understood as we participate in the very community we create thru the training. How to build community in your own area will be discussed.

Guest faculty will be scheduled throughout the training.

A personal practice, reading, and writing assignments will also be required.

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## Application for 2008/2009 Teacher Training and Yoga Immersion Program

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Email Address: \_\_\_\_\_

Telephone Number: \_\_\_\_\_ Cell Phone number: \_\_\_\_\_

Birthday: \_\_\_\_\_

How long have you been practicing Yoga and who have been your teachers?

What does your current (spiritual and/or physical) practice include?

Why are you interested in pursuing this program?

Deposit included: (Minimum \$300) \_\_\_\_\_ Check #: \_\_\_\_\_

Please return your application To Yoga Loka by August 15th. You may use additional paper for your answers if necessary. Deposits will be returned if for any reason your application is not accepted.