



300-Hour Advanced Studies Teacher Training Program

Teachers

- Dennis Eagan
- Debbie Gilman
- Leslie Howard
- Dorinda Nyberg
- Diane Valentine

The purpose of this training is to offer yoga teachers and students who have their 200-hour Advanced Studies Teacher Training (ASTT) certification the opportunity to increase their credentials and expand their study to complete a 300-hour ASTT. Space permitting, we also will offer the weekends to interested yogi/yoginis who have been practicing yoga for at least 12 months and who would like to attend part of the weekend training or all of the weekend training as a workshop.

PLEASE NOTE: The required books for this program, as well as any optional reference material, will be announced at a later date.

**Session 1: An In-Depth Study into the
Foundations of Yoga
(100-Hours)
September 2019-March 2020**

Each weekend will be 12:30-6:30 on Saturday and 11:30-5:30 on Sunday.

Weekend 1: September 14-15, 2019

Teachers: Dennis Eagan, Diane Valentine, & Leslie Howard

***Teaching Pranayama, Foundation Starting at the Feet, & the
Upper & Lower Body***

- A. Introductions & Cultivating a Sustainable Home Practice with
Dennis & Diane (Saturday)
- B. Working with Vayus — Teaching Pranayama & Asana Using Breath
Work with Dennis (Saturday)
- C. Freedom of the Feet, Lessons in Apana with Dennis (Saturday)
- D. Shoulders & Upper Body, Lessons in Prana with Dennis (Saturday)
- E. Hips & Lower Body – Pelvic Girdle with Leslie (Sunday)
- F. Anatomy & Physiology of Pelvic & Shoulder Girdles with Leslie (Sunday)
- G. Homework: Reading & Writing Assignments TBA
- H. Home Practice 5x1-hour weekly

Weekend 2: October 12-13, 2019

Teacher: Dorinda Nyberg

Teaching Standing Poses

- A. Standing Poses
- B. Anatomy, Physiology, & Sanskrit — Woven in Instruction
- C. Standing Twists
- D. Use of Props
- E. Hands on Adjustments for Standing Poses & Twists
- F. Homework: Reading & Writing Assignments TBA
- G. Home Practice 5x1-hour weekly

Weekend 3: November 16-17, 2019

Teacher: Dennis Eagan

Teaching Balancing & Inversions

- A. Balancing Poses
- B. Anatomy, Physiology, & Sanskrit — Woven in Instruction
- C. Inversions, Including Preparatory Poses
- D. Hands on Adjustments of Balancing Poses & Inversions
- E. Homework: Reading & Writing Assignments TBA
- F. Home Practice 5x1-hour weekly

Weekend 4: December 14-15, 2019

Teacher: Dorinda Nyberg

Teaching Backbends

- A. Backbends
- B. Anatomy, Physiology, & Sanskrit — Woven in Instruction
- C. Hands on Adjustments for Backbends
- D. Use of Props, Modifications & Contraindications
- E. Homework: Reading & Writing Assignments TBA
- F. Home Practice 5x1-hour weekly

Weekend 5: January 11-12, 2020

Teachers: Debbie Gilman

Teaching Seated Poses, Forward Bends, & Seated & Supine Twists

- A. Ahimsa & Satya — Helping Students Find Their Edge
- B. Seated Poses
- C. Forward Bends: Standing & Seated
- D. Twists: Seated & Supine
- E. Anatomy, Physiology, & Sanskrit — Woven in Instruction
- F. Hands on Adjustments of Seated Poses, Forward Bends, & Twists
- G. Use of Props
- H. Homework: Reading & Writing Assignments TBA
- I. Home Practice 5x1-hour weekly

Weekend 6: February 15-16, 2020

Teacher: Leslie Howard

Forming the Classroom Experience

- A. Sequencing Poses — Creating an Organic Flow
- B. Avoiding Pose Combinations that Cause Strain or Aggravation
- C. Concise Cuing & Communication
- D. Finding Balance Between Control & Chaos in the Classroom
- E. Teaching Mudras
- F. Honing Observational Skills for Necessary Adjustments
- G. Intuitive Touch: Gaining Confidence and Empathy
- H. Modifications & Contraindications
- I. Homework: Reading & Writing Assignments TBA
- I. Home Practice 5x1-hour weekly

Weekend 7: March 14-15, 2020

Teacher: Dennis Eagan

Teaching Vinyasa

- A. Vinyasa Flow — Teaching Proper Alignment in Motion
- B. Common Imbalances that Restrict Movement & Modifications
- C. Gayatri Mantra
- E. Sun Salutations, Standing Pose Namaskars, & Moon Salutations
- F. Anatomy, Physiology, & Sanskrit — Woven in Instruction
- G. Use of Props
- H. Homework: Reading & Writing Assignments TBA
- I. Home Practice 5x1-hour weekly

Session 2: Delving Deeper into Teaching (100-Hours) June 2020 to December 2020

Each weekend will be 12:30-6:30 on Saturday and 11:30-5:30 on Sunday.

Weekend 1: June 6-7, 2020

Teachers: Diane Valentine & Dorinda Nyberg

The Old & The New

- A. Sanskrit Test (Saturday morning)
- B. Teaching Yin Yoga with Dorinda (Saturday)
- C. Teaching Restoratives with Diane (Saturday & Sunday)
- D. Anatomy Test (Sunday morning)
- E. Teaching Chair Yoga with Diane (Sunday)
- F. Homework: Reading & Writing Assignments TBA
- G. Home Practice 5x1-hour weekly

Weekend 2: July 11-12, 2020

Teachers: Debbie Gilman, Diane Valentine, & Leslie Howard

Specialized Knowledge

- A. History of Yoga with Debbie (Saturday)
- B. Teaching Therapeutic Yoga with Diane (Saturday)
- C. Working with the Elderly & Injuries with Diane (Sunday)
- D. One-on-one: Working with Private Students with Diane (Sunday)
- E. Sensitivity in the Classroom with Leslie (Sunday)
- F. Ethics of Touch with Leslie (Sunday)
- G. Social Justice with Leslie (Sunday)
- H. Homework: Reading & Writing Assignments TBA
- I. Home Practice 5x1-hour weekly

Weekend 3: August 8-9, 2020

Teachers: Debbie Gilman, Betsy Shandalov, & Leslie Howard

Working with Women & Working Women

- A. Teaching Prenatal: Creating a Safe Classroom with Debbie (Saturday)
- B. Entering the Corporate World & Marketing with Guest Teacher Betsy Shandalov (Saturday)
- C. Pelvic Inquiry — The Story of your Pelvis with Leslie (Sunday)
- D. Asanas for the Gluteal Muscles: How the Glutes Affect the Pelvis with Leslie (Sunday)
- E. Yoga & Breathing for Hypertonicity with Leslie (Sunday)
- F. Menstruation & Menopause with Leslie (Sunday)
- G. Homework: Reading & Writing Assignments TBA
- H. Home Practice 5x1-hour weekly

Weekend 4: September 12-13, 2020

Teachers: Dennis Eagan & Betsy Shandalov

Beyond Asana

- A. Teaching Mindfulness & Meditation with Dennis (Saturday)
- B. Chakras, Zigzag Breathing, & Viloma with Dennis (Saturday)
- C. Samkhya: Theory of Causation & Manifestation with Dennis (Saturday)
- D. Sutras with Dennis (Sunday)
- E. Doshas with Dennis (Sunday)
- F. The Art of Doing Yoga All Day with Guest Teacher Betsy Shandalov (Sunday)
- G. Homework: Reading & Writing Assignments TBA
- H. Home Practice 5x1-hour weekly

Weekend 5: October 10-11, 2020

Teachers: Dennis Eagan

Back to The Beginning

- A. Sacred Sound, OM
- B. Prakriti & the Three Gunas
- C. Koshas — Five Layers of Being
- D. Biosphere, Nature, & Ecology
- E. Teaching the Lessons of Metta & Dharma
- F. Homework: Reading & Writing Assignments TBA
- G. Home Practice 5x1-hour weekly

Weekend 6: November 14-15, 2020

Teachers: Dennis Eagan & Diane Valentine

Classroom Adaptations

- A. Adapting Poses for Beginners: Teaching Different Levels in the Classroom with Diane (Saturday)
- B. Teaching How to Work with Partners with Diane (Saturday)
- C. Observe & Assist with Dennis (Sunday)
- D. Teachings from the *Bhagavad Gita* with Dennis (Sunday)
- E. Homework: Reading & Writing Assignments TBA
- F. Home Practice 5x1-hour weekly

Weekend 7: December 12-13, 2020

Teachers: Dennis Eagan & Diane Valentine

The Sorting Hat

Students will draw a theme for a class from the hat, e.g., Restoratives, Seniors, Backbends, Twists, Beginners, Inversions, etc. The students then will be given time to create a class based on the theme they randomly drew. This will be improvisational and fun. They then will teach this class on the spot. This exercise will be in lieu of a test. The time given to the students to come up with a class lesson plan and to teach will depend on the number of students in the training program.

Session 3: The Apprenticeship (100-Hours) March 2021 to September 2021

Independent Hours

- Mentorship & Practicum
- Creation & Teaching a 3-hour workshop — Depending on class size
- Assisting and Teaching Classes