



Yoga for Mental Health: Insight Teacher Training and Certification

August 2022 - December 2023

Program Director and Lead Teacher: Margi Clifford



Mission Statement

Yoga for Mental Health is a therapeutic counseling and educational practice where mindful movement, meditation, and insight based techniques promote healing, growth and vitality.

Our Insight Teacher Training and Certification Program is intended to help students develop insight, on and off the mat, and in their roles guiding others.

Course Overview, Educational Philosophy and Objectives

This is a module based certification and continuing education program for both aspiring and working yoga professionals. Key concepts guiding the program include: **inquiry, service, gratitude and beauty**. The classical eight-limbed path of yoga and related teachings, particularly as taught in the Iyengar and Vipassana traditions will be central. Modern neuroscience and psychology will be addressed and explained. Moral, behavioral, postural, breathing, sense and mental attributes of practice will be considered. Successful students will demonstrate a growth mindset and the application of physical practices over time.

While this program is almost entirely online and offers both synchronous and asynchronous opportunities to connect with teachers, in person training is also required for all students requesting certification. Our aim is to support and prepare sensitive, skillful, ethical, and well-rounded teachers. Our students learn how to integrate therapeutic intent and technical skills in the application of yogic principles. It may be used for both personal and professional development purposes.

This program follows the guidelines, established by Yoga Alliance, for 300 hour yoga teacher training programs. It provides opportunities for advancement for dedicated yoga professionals. The Program Director, Manager and Faculty will provide encouragement, information, feedback and space for students to develop competence. Students will be asked to commit to home practice and to collaborate with other yoga practitioners by participating in group teaching sessions. Individual consultation and supervision will be available to support personal and professional development as needed. Upon completion, students will receive certification which will allow them, in conjunction with their 200 hour training, to register with the Yoga Alliance as RYT, Registered Yoga Teacher, 500 Level.

Prerequisites, Application and Enrollment

Successful applicants will have completed basic (200 hour) yoga teacher training or have commensurate experience. A demonstrated commitment to generosity, community, health and wellbeing in addition to an acute awareness and appreciation of the physical is essential. Accommodations for injuries and special learning needs will be addressed by the instructors to the

best of their abilities. Thoughtful reflection on your application will help the instructors to understand your needs.

The application for admission is available online. The application must be turned in with a \$75 non-refundable application fee to be considered. Candidates for enrollment may be invited to set up an enrollment interview with the Director. Upon acceptance into the program, an enrollment contract must be signed and submitted along with applicable fees before the first day of classes.

Facilities and Materials

All synchronous livestream classes will be held on ZOOM. Classes will be recorded and available exclusively to program participants for the duration of the program. Inquire with individual teachers about asynchronous options. All attendance exceptions must be approved by the Program Director.

Students must have

- a reliable high speed internet connection
- a ZOOM account to join livestream practices
- a Yoga for Mental Health account to access recordings
- a microphone and camera enabled device
- a safe space to practice yoga and meditation
- yoga props as requested by individual teachers (household items can be used or substituted in most cases)
- texts
 - Yoga Sutras reference
 - Anatomy reference
 - Light on Yoga by BKS Iyengar

Anchorage location:
Yoga for Mental Health
1912 Logan Street
Anchorage, AK 99508

In the event that location(s) were to change during the course of this Program, the Program would continue at the new location. Students whose ability to participate may be effected by such a change will be entitled to renegotiation of terms in their Enrollment Contract.

Faculty and Staff

Margi Clifford, Program Director

MS: Master of Science, Counseling Psychology

LPC-S: Licensed Professional Counselor-Supervisor

ERYT 500: Experienced Registered Yoga Teacher 500 level

C-IAYT: Certified - International Association of Yoga Therapists

YACEP: Yoga Alliance Continuing Education Provider

Margi Clifford is a licensed professional counselor and yoga therapist who integrates yoga, insight meditation and psychotherapeutic techniques to promote well-being in individuals and communities. She founded Yoga for Mental Health in 2006 and has since offered training opportunities to students and professionals and, direct therapeutic care to individuals, groups and organizations. Lynne Minton from the Iyengar tradition has been her primary teacher and mentor since 2003. Margi offers consultation and training, retreats and classes in Alaska, online and abroad. Her optimistic spirit is infectious; her dedication is inspiring; and her classes are provocative, fun, and relaxing.

David Westlake

E-RYT 500: Registered Yoga Teacher 500 Level

David Westlake serves as yoga, meditation, and mindfulness guide. He co-founded Turiya of Alaska which provides accessible and inclusive yoga to those outside the conventional settings. David teaches in a variety of places ranging from corporations, correctional centers, and local non-profits offering yoga based trainings. He feels strongly that yoga is a universal practice with numerous life applications that stretch beyond the mat and meditation cushion.

Leigh Lubin

MAT: Master of Arts in Teaching

Alaska Teaching certificate in Science

ERYT 500: Experienced Registered Yoga Teacher 500 level

Leigh Lubin is an exceptional teacher dedicated to exploring, practicing, and moving from the inner body. She has found that the inner expression of a yoga pose is the most powerful and effective path towards personal growth and a strong and healthy asana practice. Leigh has a special gift for teaching people how to access their subtle body and inner teacher through classes that create space, ease, stability, play, and appropriate challenges for all bodies. She has a Master of Arts in Teaching and is a 500-hour Yoga Alliance Experienced Registered Yoga Teacher (ERYT). Leigh has been practicing yoga for over 25 years and has been certified and actively teaching yoga since 2008. Leigh developed the curriculum for the YogaCurrents Yoga Alliance Registered 200 Hour Yoga School and taught the entirety of the program for 5 years. Leigh has well over 1000 hours of training in various forms of yoga including; Iyengar, Anusara, Flow, Hatha, Bhakti, and Embodiment Meditation. Additionally, Leigh is an Alaskan Certified Science Teacher. She brings this diverse background to her offerings to create authentic learning and lasting integration in her students.

Diane Ziegner

RYT 500: Registered Yoga Teacher 500 level

YACEP: Yoga Alliance Continuing Education Provider

C-IAYT: Certified - International Association of Yoga Therapists

Diane arrived in Talkeetna, Alaska in 1997 for a two week visit and never left. When she first came to town, the local yoga classes were being "taught" at the elementary school by a few old video tapes. That was when she decided the community could use a live teacher, and in 2001 she got a 200 hour certification from Lynne Minton in Anchorage. A few years later, she bought a 24 foot yurt and Studio Z Yoga got a permanent home. Diane says that her students have taught her more than she will ever teach them. One of the things she has learned is that yoga should be accessible and beneficial to students of all abilities, not just the young and athletic. This realization led her to continue her studies with Sarahjoy Marsh. Her approach to teaching yoga has changed over the years. It's less about body

alignment and more about balancing the heart, mind and body. It's about creating a welcoming yoga community and giving something back to it and the world.

Carolyn Hitzler

MS: Exercise Physiology, specialization in rehabilitation.

Alaska Teaching certificates in Adapted Physical Education and Physical Education

RYT 500: Registered Yoga Teacher 500 level

Yoga For The Special Child, Relax and Renew restorative yoga, Yoga for Cancer Cardiac and Other Diseases, Opening Yoga to All- Adaptive Yoga, Accessible Yoga, Yoga for Back Pain, Yoga for Parkinson's Disease, Yoga for larger bodies, Buddha Body, Yoga for Scoliosis, YCAT, Yoga Therapy for People with Cancer and Chronic Illness, Therapeutic Yoga, Yoga For Healthy Aging, Yoga wall straps and ropes, Yoga chair as a prop, Yoga ED Tools for teachers, Yoga Calm, Yoga for Amputees, Yoga for Multiple Sclerosis, Trauma Informed Yoga

Carolyn Hitzler, the owner/founder of YOGA MATters, is an educator, Exercise Physiologist, Adapted Physical Education Specialist, and Registered Yoga Teacher. Carolyn advocates for all students regardless of ability, size, physical limitation, or injury. Students who use a wheelchair, walker, or cane should be able to have a full personal yoga experience in the same studio as other individuals. Students who have pain or are recovering from injury should also have access to yoga classes. And students with larger bodies should also feel comfortable in a yoga class. Carolyn at YOGA MATters is passionate about opening yoga to anyone who wants to experience its benefits. This means breaking down physical barriers and helping students recognize that if they want to experience yoga, there is a teacher willing to teach them. Carolyn's classes are rooted in Hatha and Iyengar style yoga and are taught in-the-moment, tailored to the students that day. "Yoga reminds me how subtle and powerful movement and the breath can be. I enjoy teaching group classes as well as 1-on-1 private sessions."

Program Components

Yoga for Mental Health II Margi (10 hours)

This course will continue to develop the themes introduced in Yoga for Mental Health I. Students who did not complete this course as part of their 200 hour training will be asked to demonstrate understanding of the material and/or complete the course online.

Current and evolving theories related to polyvagal theory, trauma recovery, emotional intelligence, and neural networking will be considered in relation to yoga practices, professional opportunities and responsibilities.

Cultural considerations including race, gender, sexual orientation, and socio-economic conditions, in addition to neurological and epigenetic factors affecting learning styles and multiple intelligences will provide significant opportunities for reflection.

Essential Postures II Margi (75 hours)

This course supports dedicated practice, over the duration of the training and will provide students with regular opportunities to connect. *10 Essential Postures* is the backbone of the course and in this advanced version students can expect to understand the dynamics of movement in all planes and the energetic of staying still.

Students will learn to distinguish between deep and superficial effort and know what is needed to both move into and stay in position, and with the practice as a whole. The essential postures will be explored in all of their complexity and students will come to see the components of these postures expressed in both familiar variations and new ones.

Everyday integration of posture insights, and the ability to track change over time will mark a student's successful completion of this course.

Seminar Margi (50 hours)

The Pancamayakosha model of experience will provide the framework for this monthly practice where students and lead teacher will gather in real time to process experience. Students can expect to practice svadyaya (self-reflection) and communication as they engage with their own experience and each other. Practice in session may include written, oral, meditation, and movement methods. A dedicated practice space and journal will be essential for successful completion of this course. Students will learn to identify motivation, strategies, and obstacles on their paths and will, by the end of the first year of the program, have identified a focus area which will lead them into their Practicum.

Practicum Margi (15 hours)

The teaching Practicum for the 300 hour course will follow the theme identified in the professional Seminar. Students will develop, receive feedback on, and offer to the community a practice opportunity based on their theme.

Immersion Margi (30 hours)

Yoga immersions provide students with a structure that will encourage them to focus more intently on practice in both formal and informal ways. Retreats offer exposure to the "yoga lifestyle" that includes mindful eating and consumption, engagement in supportive community, and plentiful opportunities for meditation and movement practice.

Both residential and non-residential options are offered and students who need additional accommodations should address these with the Program Director.

Art of the Salutation David (10 hours)

Sun salutations are a long-established part of the yoga tradition. These may take on many forms. The most common versions are found within the more dynamic vinyasa styles. Here the salutation becomes the building block for the entire sequence. For many, these may seem rather daunting and limiting depending on one's practice. But that is only an example of this diverse yoga technique. Other approaches exist that are more accessible, and inclusive.

We will explore different styles of salutations. These will range in expression, from the more physically demanding to the gentler and mindfulness-based versions. A variety of examples will be presented, offering different perspectives on this series of gestures. Behind all of them, the possible origins, symbolism and purpose of this sequence will be explored, then questioned. Ultimately, each participant will be asked to create his, her, their own version for personal use.

The Bhagavad Gita: Handbook for Life in the Modern World David (20 hours)

The Bhagavad Gita is a foundational text of yoga and one of the most read across the yoga world. But it is less known within our contemporary context. Some may have learned the general tale of this saga. They may be familiar with certain characters such as the young warrior Arjuna or maybe his advisor Krishna. They may even know the general storyline and the basic context leading up the events related in The Bhagavad Gita. Still, very few wander into its purpose and meaning.

This session will introduce the basics of The Bhagavad Gita while exploring its deeper ramifications for both practice, teaching and life. Our study begins with a synopsis, setting it within the context of Indian history, literature and cultural. We will explore key philosophical ideas around the classification/ definitions of yoga especially that of service found within the text. Then, participants will reflect on possible modern interpretations.

The objective is to incorporate the story into one's practice as a teacher and student. The course will place a special emphasis upon the story's relevance to teaching and living a yoga lifestyle in today's world. Along the way, different asana and meditative techniques will be practiced and a variety of reflective exercises will be offered.

Ethics of Teaching: Living in the World and with Ourselves David (10 hours)

This course explores what it means to be a yoga teacher, both within the public sphere and in one's own personal life. Beyond offering classes and other such related activities, yoga suggests there is a code of conduct behind the practice. The Yoga Sutras best describes these by listing five sets of communal/personal ethics, the yamas and the niyamas. These serve as the foundation for this inquiry. We will approach these ethical ideas as questions to reflect upon rather than mandates on how to be. This exploration will include provided content, possible discussion as well as assigned reading. Different leaders, activists and yoga figures may provide us with examples for these ethical ideas, sometimes positive, maybe negative or probably somewhere in between. Rather than remain in the theoretical, participants will be asked to journal on how these ethics relate to their life and possible work as yoga teachers.

The Art of Teaching: Creativity, Sharing, and Holding Space Leigh (10 hours)

This course focuses on the art of teaching including planning and facilitating the group experience. We will explore how the creativity of class design can inspire personal practice and growth as we learn and practice sequencing models that address peak poses, themes, and action-based classes.

We will refine how we share and guide practice by learning cueing techniques for different learning modalities, exploring our voice, and honing verbal adjustments for effective results.

We will the explore the teacher's role in holding space and cultivating the tone of class.

Fascia, Embodied Movement, and Embodiment Meditation Leigh (10 hours)

You are connected. You are one. This course is an exploration of fascia in the body, yoga, and movement practices.

Fascia is connective tissue that surrounds, holds, and integrates your muscles, bones, and organs. Fascia infinitely connects each and every part of you into one complete form. This workshop develops an intellectual and embodied understanding of how your body balances and interrelates. Each session begins with an informative talk to develop a deeper understanding of the vastness and significance of fascia's function and form, followed by a practice to help us feel and integrate our new body perception.

The course will help students:

- Gain tools to unravel tension and address pain.
- Create more mobility, ease, and functional strength in your body.
- Improve the effectiveness and safety of yoga, sports, training, and movement practices.
- Enhance your body's reception to massage and bodywork.
- Understand the physiological connections in your body.

Props required for this course cost \$42 and may be either picked up in Anchorage or shipped to you (for an additional charge.)

Advanced Postures: Inversions Leigh (8 hours)

In this course we will learn and practice the fundamental actions of hand stand, elbow balance, shoulder-stand, and headstand. Discussion will include functional principles, variations, contraindications, and progression of poses to guide students towards these inversions. Time will also be allotted for group and individual exploration of concepts.

Pranayama 1, Methods and Practice Diane (10 hours)

In this course, students will learn and practice the common pranayama techniques. These include sama vritti, viloma krama, anuloma krama, box breathing, nadi shodhana, ujjayi, shitali/sitkari, bhamari. Instruction will include how to do seated and reclining postures, mudras, ratios, and suspensions. Benefits, contraindications, and variations will also be discussed.

The anatomy and functioning of the chest cavity (ribs, diaphragm and lungs), ways to feel physical movement of the breath, and exploration of the subtle energies of the breath (prana, apana, shusumna and chakras) will be incorporated in addition to references to pranayama in the Hatha Yoga Pradipika and Patanjali's Yoga Sutras.

Successful students will create a 15 minute Pranayama practice that includes a warm up and 3 - 5 techniques and meditation. They will describe each technique, its effects, and the timing for each technique as well as the overall effect of the sequence.

Asana and Pranayama Diane (10 hours)

This course will show students how to incorporate pranayama as a preparation, as part of, or at the end of an asana class. Students can expect to learn to use asana to prepare for pranayama, to develop

awareness of the movement of breath and to explore the energy of the breath. They will learn how to apply koshas, bandhas and inner senses to experience the movement of prana (vital energy) and how pranayama fits into the 8 limb system of Patanjali's Yoga Sutras.

Classes will include check in and discussion of postures and pranayama techniques (including questions and observations about student's home practice), one hour asana and pranayama practice, and time for review and questions.

Successful students will create a 30 minute asana and pranayama practice that has a theme or focus that connects to the intention/purpose of yoga.

Yoga for Back Care Carolyn (20 hours)

Using asana, pranayama and meditation this training will explore common causes of back pain and how to use yoga as a modality. Students will practice asana for some common causes of back pain. Students will get an opportunity to teach poses suggested for back care and pain.

This training will incorporate lecture, demonstration, and practice/movement exploration. Students needing modifications will be assisted and given several options to meet their unique needs. After each section we will have time for questions and answers. This training will cover the anatomy and physiology of common causes of back pain including herniations, spinal stenosis, tight QL's, tight hamstrings, S.I. derangement, spondylolisthesis, arthritis, scoliosis, and piriformis syndrome.

We will discuss how to apply yoga teachings in daily life such as:

Committing yourself to a daily practice.

Creating a sacred space for your practice.

Positive thinking; expressing appreciation for acts done for your good, writing in a journal, loving yourself, and recognizing your own inner strength.

This training will cover sutras encouraging:

Practice becomes grounded (1.14)

Compassion(1.33)

Non harming, (1.35).

Students will be required to teach their peers incorporating suggested back care asanas. They will also provide a framework/ lesson plans for teaching a multi level yoga class addressing back care concerns.

Accommodating Yoga Students with Diverse Needs Carolyn (10 hours)

This training will provide participants with many options on how to modify asanas to accommodate the diverse needs of yoga students. It will incorporate lecture, group discussion, demonstration, and practice. Students will consider the importance of props, and how to differentiate a yoga class to include various abilities and conditions. This training will discuss the importance of the different groups of poses including the anatomy and physiology of each group.

We will discuss karma yoga and selfless service, service to marginalized populations. We will discuss the principals of the Yamas and Niyamas and how they translate to teaching yoga to different populations or self love.

Students will teach variations of asanas to peers/group. Students will also provide lesson plans that incorporate different abilities in a yoga class. Students will be required to teach their peers incorporating suggested back care asanas. They will also provide a framework/ lesson plans for teaching a multi level yoga class addressing back care concerns.

***The program includes opportunities for professional development and advanced study for students and allied professionals who are mature, inquisitive and dedicated. Continuing education credits may be available for Registered Yoga Teachers through Yoga Alliance and for licensed professionals through Alaska Pacific University.*

Academic Policies, Grading, and Graduation

Minimum requirements for successful completion of the program:

Students must complete 300 hours with program faculty as indicated in the course catalog which includes no fewer than 30 in person contact hours with lead teacher. Additional hours may be completed synchronously or asynchronously. Individual faculty members establish completion requirements for their courses. Additional requirements may be related to asynchronous participation. Students will be responsible for maintaining a log of hours completed.

Successful completion of the Practicum Workshop will reflect the students ability to:

1. communicate clearly the definition of yoga and knowledge of all eight limbs of yoga
2. sequence a series of asanas, pranayama and mindfulness/concentration exercises
3. give verbal cues and demonstrations for asana alignment and other techniques
4. show integrated knowledge of anatomy and physiology through reference to fascia and the nervous system in addition to muscles and bones

This program is pass/fail. Students may request completion documentation at any time. A closing ceremony will be planned by the cohort.

Attendance and Class Participation

- 1) This program offers students the option to attend livestream classes and, when unable to attend live, to complete class requirements asynchronously by watching recordings of classes. Individual faculty members determine what qualifies as successful completion of their course and will make policies available in the Program Manual before their class begins. Recordings will be available within seven days of when the class is conducted live.
- 2) Students may not complete more than 50% of the entire Program's coursework asynchronously, unless under exceptional circumstances and with the approval of the Program Director.
- 3) Arrangements may need to be made (see tutoring below) to assure adequate understanding of any missed material to meet program requirements for successful completion.

- 4) Students must bring completed homework assignments, textbooks, and supplemental materials with them to class.
- 5) Students must be prepared to actively engage in discussion when prompted during class.
- 6) Students are expected to arrive 10 minutes early to class and be ready to begin promptly at the scheduled starting time. Attendance at all scheduled classes is expected. Students that arrive late more than four times will be put on probational status. If lateness continues, student may be subject to dismissal. Arriving late to class or leaving early must be excused by the instructor. Additional assignments may be given for the student to receive a passing grade at the discretion of the instructor.

Academic Assistance, Tutoring, and Support

- 1) Students may contact instructors via email with questions about homework, class concepts, etc. Please do not hesitate to ask for help when it is needed. Program Director, Margi Clifford: margi@yogaformentalhealth.com.
- 2) Some instructors may be available for make-up and tutoring sessions at the rate of \$100/hour. Arrangements may be made with individual instructors.

Probation, Dismissal and Re-admittance

A student who fails to meet the Attendance and Class Participation requirements or who violates the Student Conduct Policy will be put on probationary status for a time period of up to 2 months. If the student has failed to meet academic requirements or if the student continues to violate the Attendance and Class Participation requirements when the probationary period expires, the student may be informed of their dismissal from the school in writing. Re-admittance will only be considered in extreme circumstances at the discretion of the faculty.

Student Conduct Policy

Yoga for Mental Health students are expected to accept and adhere to high standards of personal conduct.

Students shall:

1. Conduct yourself as a representative of Yoga for Mental Health and the yoga profession while you are a student or intern at Yoga for Mental Health.
2. Treat all members of the community with courtesy, respect and dignity.
3. Treat facilities with respect, including buildings, grounds and furnishings.
4. Respect the rights and property of other members of the community.
5. Accept responsibility for and the consequences of their actions and encourage responsible conduct in others.
6. Have no firearms, weapons or any other item designed to inflict harm or damage at Yoga for Mental Health. Possession of these items at Yoga for Mental Health events and facilities is cause for immediate academic dismissal.

Class Conduct:

Students are expected to conduct themselves in class so others are not distracted from the pursuit of learning. Discourteous or unseemly conduct may result in a student being asked to leave the classroom. Persistent misconduct on the part of a student is subject to academic dismissal. Some examples of classroom misconduct that will not be tolerated include, but are not limited to the following: disorderly conduct; harassment; verbal abuse; assault; interference with the educational opportunity of other students.

Cost/Payment Options

Program elements and costs are listed below.

Application fee: \$75 (Waived for Members and Insight Teacher Training 200 hr graduates)

Tuition: \$5250 (10% discount for Members, 5% discount for pay-in-full)

What's included:

- 310 hours of direct online instruction from faculty with minimum RYT 500 credential
- Access to class recordings and support materials for the duration of the program
- Certificate of completion

What's not included:

Additional fees related to supplies/props/books and, as required to fulfill Immersion requirement are not included in tuition. When available, Alaska Pacific University continuing education credit will incur an additional fee from the University.

1) Payment in Full (5% discount):

Due no later than upon commencement of the program: September 2022

2) Payment Plan:

Option A - 3 equal payments (\$10 processing fee/payment)

1st payment: Upon enrollment

2nd payment: February 15, 2023

3rd payment: September 15, 2023

Option B - 15 equal monthly payments (\$10 processing fee/payment)

1st payment: Upon enrollment

2nd-15th payments: 15th of the month, September 2022-October 2023

Early Withdrawal / Refund Policy

A student has the right to cancel the Enrollment Agreement and obtain a refund of one hundred percent (100%) of the amount paid for institutional charges, less the application fee of \$75, upon submitting written notice to Yoga for Mental Health by the close of business on the first day of a student's scheduled attendance. The written notice of cancellation need not take any particular form and, however expressed, is effective if it shows that the student no longer wishes to be bound by the Enrollment Agreement.

A student has the right to cancel the Payment Agreement and obtain a refund or withdraw from a course after instruction has started and receive a pro-rata refund for the unused portion of the tuition and other refundable charges. A student who withdraws or is dismissed after attending at least one

class, but before completing 50% of the instruction in the current enrollment period, is entitled to a pro-rata refund.

Refunds will be computed from the last day of physical attendance. As part of this policy, the school may retain a one-time application fee of no more than \$75. A student will receive the refund within 30 days of the termination date. The school will make a 'good faith' effort to make a refund, if necessary, by sending certified mail to student's and permanent address.

If the school cancels or discontinues a course or educational program, the school will make a full refund of all charges. Refunds will be paid within 30 day of cancellation.

Student Records

Student records will be maintained by Yoga for Mental Health for up to seven years. Once students complete the program they should register with Yoga Alliance to be recognized worldwide as a certified yoga teacher. At any time, students may request a copy of academic records. Such requests must be submitted in writing to the Center Director. Records will be given to the student within 5 business days of the written request.

Statement of Non-Transference

Yoga for Mental Health cannot guarantee that its credits or programs are transferable, and the transfer of credits is always at the discretion of the receiving institution, depending on the comparability of curricula and accreditation. Continuing education credits that are offered in partnership with third party organizations and institutions are subject to the fees and policies instituted by those organizations and institutions.

2022-2023 Advanced Insight Teacher Training Program (300hr)				
Components	Dates	Teacher	Hours	Cost
Application	June 1 - September 15			75
Yoga for Mental Health II	weekend	Margi	10	\$5250
Essential Postures II	weekly	Margi/ faculty	95	
Seminar	1x/mo, 2hr weekend required to attend live	Margi	30	
Practicum	Fall 2023	Margi	15	
Art of the Salutation	weekend	David	10	
The Bhagavad Gita: Handbook for Life in the Modern World	weekend	David	20	
Ethics of Teaching: Living in the World and with Ourselves	weekend	David	10	
The Art of Teaching: Creativity, Sharing, and Holding Space	weekend	Leigh	10	
Fascia, Embodied Movement, and Embodiment Meditation	weekend	Leigh	10	
Advanced Postures: Inversions	weekend	Leigh	10	
Pranayama 1, Methods and Practice	weekend	Diane	10	
Asana and Pranayama	weekend	Diane	20	
Yoga for Back Care	weekend	Carolyn	20	
Accommodating Yoga Students with Diverse Needs	weekend	Carolyn	10	
Immersion	Retreat: Taos, Mexico, Alaska weekends	Margi	30	TBD
TOTAL			310	

Livestream WEEKENDS	all times are in Alaska time zone
*Sept 17-18, 2022	Sat 9 am - noon, 2 - 4 pm Sun 9 am - noon, 2 - 4 pm
Oct 1-2, 2022	Sat 9 am - noon, 2 - 4 pm Sun 9 am - noon, 2 - 4 pm
*Oct 15-16, 2022	Sat 9 am - noon, 2 - 4 pm Sun 9 am - noon, 2 - 4 pm
Oct 29-30, 2022	Sat 9 am - noon, 2 - 4 pm Sun 9 am - noon, 2 - 4 pm
*Nov 12-13, 2022	Sat 9 am - noon, 2 - 4 pm Sun 9 am - noon, 2 - 4 pm
Dec 3-4, 2022	Sat 9 am - noon, 2 - 4 pm Sun 9 am - noon, 2 - 4 pm
*Dec 17-18, 2022	Sat 9 am - noon, 2 - 4 pm Sun 9 am - noon, 2 - 4 pm
Jan 7-8, 2023	Sat 9 am - noon, 2 - 4 pm Sun 9 am - noon, 2 - 4 pm
*Jan 21-22, 2023	Sat 9 am - noon, 2 - 4 pm Sun 9 am - noon, 2 - 4 pm
Feb 4-5, 2023	Sat 9 am - noon, 2 - 4 pm Sun 9 am - noon, 2 - 4 pm
*Feb 18-19, 2023	Sat 9 am - noon, 2 - 4 pm Sun 9 am - noon, 2 - 4 pm
Mar 4-5, 2023	Sat 9 am - noon, 2 - 4 pm Sun 9 am - noon, 2 - 4 pm
*Mar 25-26, 2023	Sat 9 am - noon, 2 - 4 pm Sun 9 am - noon, 2 - 4 pm
Apr 8-9, 2023	Sat 9 am - noon, 2 - 4 pm Sun 9 am - noon, 2 - 4 pm
*Apr 22-23, 2023	Sat 9 am - noon, 2 - 4 pm Sun 9 am - noon, 2 - 4 pm
*Aug 19-20, 2023	Sat 9 am - noon, 2 - 4 pm Sun 9 am - noon, 2 - 4 pm
*Sep 23-24, 2023	Sat 9 am - noon, 2 - 4 pm Sun 9 am - noon, 2 - 4 pm

Livestream WEEKENDS	all times are in Alaska time zone
Oct 7-8, 2023	Sat 9 am - noon, 2 - 4 pm Sun 9 am - noon, 2 - 4 pm
*Oct 21-22, 2023	Sat 9 am - noon, 2 - 4 pm Sun 9 am - noon, 2 - 4 pm
Nov 4-5, 2023	Sat 9 am - noon, 2 - 4 pm Sun 9 am - noon, 2 - 4 pm
*Nov 18-19, 2023	Sat 9 am - noon, 2 - 4 pm Sun 9 am - noon, 2 - 4 pm
Dec 2-3, 2023 PRACTICUM	Sat 9 am - noon, 2 - 4 pm Sun 9 am - noon, 2 - 4 pm
Dec 16-17, 2023 PRACTICUM	Sat 9 am - noon, 2 - 4 pm Sun 9 am - noon, 2 - 4 pm
* synchronous attendance required on Sat AM of these weekends	
Livestream WEEKDAYS	August 2022-December 2023
Essential Postures II	Thursday 10 am
	Tuesday 4:30 pm