

# Downtown Yoga



## ADVANCED STUDIES PROGRAM

2008-2009 Program  
(200-hr RYT training)

**SPRING SESSION – 02/07/09 – 06/04/09**

### OVERVIEW -

Downtown Yoga is a Yoga Alliance Registered Teacher Training School. The Advanced Studies program has been specifically designed to exceed the 200-hour Teacher Training program standards for registration with the **Yoga Alliance** ([www.YogaAlliance.org](http://www.YogaAlliance.org)).

The total program, which includes both a **Fall** and a **Spring** sessions, comprises over **250 total hours** of instruction in training, teaching methodology, yoga techniques, yogic philosophy and anatomy.

The FALL session begins September 13<sup>th</sup>, 2008 and ends on January 15<sup>th</sup>, 2009

The SPRING session begins on February 7<sup>th</sup>, 2009 and ends on June 4<sup>th</sup>, 2009

This will be our 4<sup>th</sup> year of the Advanced Studies Program at Downtown Yoga.

The SPRING SESSION (16 weeks) begins on Saturday – February 7, 2009 and ends on Thursday – June 4, 2009.

**WEEKEND SCHEDULE** - (Saturday & Sunday):

February 7<sup>th</sup> & 8<sup>th</sup>

1:30 p.m. – 6:00 p.m. (includes 1/2 hour break)

**Saturday – Partner’s Yoga Practices**  
**Sunday – Exploring the Chakras**

Saturday’s focus will be on working with partners in supportive and complimentary poses. Use each other’s body weight and support as grounding and leverage. Sunday’s focus is on exploring the charkas – the wheels of energy within the body.

March 14<sup>th</sup> & 15<sup>th</sup>

1:30 p.m. – 6:00 p.m.

**The Art of Sequencing**

This weekend will focus on the art and science of sequencing poses for maximum benefit in all types of practices – both energizing and restorative practices. Learn when to use specific poses as counter and complimentary poses in a practice

April 11<sup>th</sup> & 12<sup>th</sup>

1:30 p.m. – 6:00 p.m.

**Therapeutic Yoga – Yoga for Ailments, Prenatal & Special Needs**

Learn the proper approach to dealing with injuries or special needs. General yoga practices are sometimes not appropriate for all students – especially those involved in any type of physical recovery or ailment. However, utilizing proper yoga techniques can ease pain and speed recovery.

May 9<sup>h</sup> & 10<sup>th</sup>

1:30 p.m. – 6:00 p.m.

**Arms and Inversions**

Handstands, Arm balances and inversions can be some of the most challenging poses and yet the most rewarding when practiced. These poses build confidence, strength, stamina and build concentration. This weekend will focus on making arm balance and inversions accessible even to the beginner.

## WEEKDAY SCHEDULE

Tuesday – Session I (8 weeks)  
February 10<sup>th</sup> – March 31<sup>st</sup>, 2009  
7:15 p.m. – 9:15 p.m.

### **Sequencing, Adjustments and Assisting**

This class is critical for those intending to become yoga teachers. Learn various methods for “adjusting” student’s poses (verbal, non-verbal). Also learn the proper attitude and protocol for assisting another Yoga Teacher.

Tuesday – Session II (9 weeks)  
April 7<sup>th</sup> – June 2<sup>nd</sup>, 2009  
7:15 p.m. – 9:15 p.m.

### **Philosophy, Ethics and Meditation**

Learn the roots of yoga from selected texts; explore ethics and foundations of yogic principles. Practice asanas with yoga history in mind and heart, and then practice meditation for up to 30 minutes each class.

Thursday – Session I (8 weeks)  
February 12<sup>h</sup> – April 2<sup>nd</sup>, 2009  
7:15 p.m. – 9:15 p.m.

### **Teaching of Standing Poses, Forward Folds and Inversions**

Learn how to teach all standing poses, forward folds and inversions including headstand (Sirsasana) and shoulderstand (Sarvangasana).

Thursday – Session II (8 weeks)  
April 9<sup>th</sup> – June 4<sup>th</sup>, 2009  
7:15 p.m. – 9:15 p.m.

### **Teaching of Backbends, Twists and Restorative poses**

Learn how to teach all backbends and twists. We will also cover restorative poses during this session.

## ADDITIONAL CLASS SCHEDULE

Students who intend to complete the full course must take one other 1.5-hour class every week (24hours)

- o Note: Class must be taught by the Director of Downtown Yoga

PRANAYAMA Session - 3rd Sunday of each month:

February 15 <sup>th</sup>	5:15 p.m. – 6:45 p.m.
March 15 <sup>th</sup>	5:15 p.m. – 6:45 p.m.
April 19 <sup>th</sup>	5:15 p.m. – 6:45 p.m.
May 17 <sup>th</sup>	5:15 p.m. – 6:45 p.m.

Total “Contact Hours” in the presence of Instructor = 126 hours

Students must complete a minimum of 100 hours of FALL session, and complete a minimum of 100 hours of SPRING session to be eligible for full course completion.

## TUITION & REGISTRATON –

Tuition for the entire 16-week SPRING Program is - \$1,200.00. Tuition includes all classes on the schedule (including the one 1.5 hour class per week from the Director).

Entire tuition is due no later than January 31<sup>st</sup>, 2009. Minimum deposit is \$300.00 due no later than January 2<sup>nd</sup>, 2009.

Early Tuition Discount –

Tuition paid in full on or before Dec 7<sup>th</sup>, 2008 there is a \$150 discount - \$1, 050.00  
Downtown Yoga accepts personal checks or cash for tuition payment.

## PROGRAM DIRECTOR –

Kate Coughlin – 500hr –ERYT - is the Director of Downtown Yoga. She received her B.S. degree in Dance from Evergreen State University in Washington in 1972. Kate spent much of the 70's traveling between Hawaii, Alaska, Seattle and Europe. During this time she was fortunate to meet and be touched by Swami Muktananda, Indra Devi and Oscar Ichazo. Kate performed and taught modern dance in Seattle prior to moving to California in 1985.

In 1989, Kate developed the Yoga Program at Stanford University. She taught hundreds of students at Stanford from 1989 until spring of 2000 when she moved to Pleasanton, California with her husband and twin daughters. Kate founded Downtown Yoga in March of 2002. She is a graduate of Erich Schiffman's Teacher Training program. Kate continues to develop her practice by taking pranayama and asana classes Donald Moyer at the Yoga Room in Berkeley, California.