



HIMALAYAN
INSTITUTE®
THE ART OF JOYFUL LIVING™

Teacher Training Program 2022-23

Thursday night weekly sessions & 7 weekends plus a proctored exam

Course Overview:

The Himalayan yoga training program - one of the most excellent training programs in the world - draws from traditional yoga theory and modern knowledge of the body and mind to cover the complete scope of yoga, providing a foundation for practice and teaching which is both broad and rich. The program will help you acquire the wisdom and knowledge to confidently interpret and convey the deeper meaning of yoga.

Course Content:

- Philosophical and Spiritual Foundations of Yoga
- Anatomy and Physiology
- Yoga Asana, Sequencing, and Practice Teaching
- The Subtle Body: Bandhas, Chakras, Nadis, Agni Sara
- Diaphragmatic Breath Training
- Pranayama
- The Relaxation and Meditation Process
- Holistic Health
- Ayurveda
- Yoga for Healing

REQUIRED READING LIST:

- *Yoga Mastering the Basics* by Rolf Sovik and Sandra Anderson
- *Three Guided Yoga Relaxations CD* by Rolf Sovik
- *The Key Muscles of Yoga Volume 1* by Ray Long
- *The Secret of the Yoga Sutra: Samadhi Pada* by Pandit Rajmani Tigunait
- *Perennial Psychology of the Bhagavad Gita* by Swami Rama (any version of the Bhagavad Gita will also suffice)

Module 1: October 15 and 16 - Saturday 11:30-7, Sunday 11-6:30

Topics: Intro to Yoga teaching, Philosophical Foundations of Yoga, Standing Poses, Diaphragmatic Breath Training, Pelvic and Abdominal Work

Books: Teacher's Manual, *Mastering the Basics*

Thursday, October 20 - 6-9 pm

Topics: Alignment Fundamentals, Diaphragmatic Breath Training

Books: Teacher's Manual

Thursday, October 27 - 6-9 pm

Topics: Standing Poses

Books: Teacher's Manual, *Mastering the Basics*

Thursday, November 3 - 6-9 pm

Topics: Standing Poses

Books: Teacher's Manual, *Mastering the Basics*

Thursday, November 10 - 6-9 pm

Topics: Anatomy of the Mind

Books: Teacher's Manual

Module 2: November 12 and 13 - Saturday 11:30-7, Sunday 11-6:30

Topics: Agni Sara, Forward Folds, Stress Management, Anatomy

Books: Teacher's Manual, *Mastering the Basics*, *The Key Muscles of Yoga*

Thursday, November 17 - 6-9 pm

Topics: Relaxation Process

Books: Teacher's Manual, *Mastering the Basics*

Thursday, December 1 - 6-9 pm

Topics: Diaphragmatic Breath Training

Books: Teacher's Manual, *Mastering the Basics*

Thursday, December 8 - 6-9 pm

Topics: Standing Poses

Books: Teacher's Manual, *Mastering the Basics*

Module 3: December 10 and 11 - Saturday 11:30-7, Sunday 11-6:30

Topics: Sequencing, Backbends, Relaxation, Anatomy

Books: Teacher's Manual, *Mastering the Basics*, *The Key Muscles of Yoga*

Thursday, December 15 - 6-9 pm

Topics: Meditation Process

Books: Teacher's Manual, *Mastering the Basics*

Thursday, January 5 - 6-9 pm

Topics: Subtle Body, Yoga Sutra

Books: Teacher's Manual, *Mastering the Basics*, *The Secret of the Yoga Sutra*

Thursday, January 12 - 6-9 pm

Topics: Yoga Sutra, Subtle Body and Pranayama

Books: Teacher's Manual, *Mastering the Basics*, *The Secret of the Yoga Sutra*

Module 4: January 14 and 15 - Saturday 11:30-7, Sunday 11-6:30

Topics: Pelvic and Abdominal, Seated Poses, Relaxation, Yogic Cleansing, Forward Bending, Twists, Pranayama

Books: Teacher's Manual, *Mastering the Basics*

Thursday, January 19, 6-9 pm

Topics: Yoga Sutra

Books: Teacher's Manual, *The Secret of the Yoga Sutra*

Thursday, January 26, 6-9 pm

Topics: Bhagavad Gita

Books: Teacher's Manual, *Bhagavad Gita*

Thursday, February 2, 6-9 pm

Topics: Subtle Body

Books: Teacher's Manual

Thursday, February 9, 6-9 pm

Topics: Pranayama

Books: Teacher's Manual, *Secret of the Yoga Sutra*

Thursday, February 16, 6-9 pm

Topics: Teaching Methods, Pranayama

Books: Teacher's Manual, *Secret of the Yoga Sutra*

Module 5: February 18 and 19 - Saturday 11:30-7, Sunday 11-6:30

Topics: Inversions, Pranayama, Sequencing, Sanskrit, Prayers and Mantras, Relaxation and Meditation

Books: Teacher's Manual, *Mastering the Basics*

Thursday, February 23 - 6-9 pm

Topics: Teacher/Student Relationships

Books: Teacher's Manual

Thursday, March 2 - 6-9 pm

Topics: Himalayan Tradition

Books: Teacher's Manual

Thursday, March 9 - 6-9 pm

Topics: Pranayama

Books: Teacher's Manual, *Secret of the Yoga Sutra*

Thursday, March 16 - 6-9 pm

Topics: Prayers of the Tradition

Books: Teacher's Manual

Module 6: March 18 and 19 - Saturday 11:30-7, Sunday 11-6:30

Topics: Inversions, Sequencing, Yoga for Healing, Yoga Sutras, Yoga Lifestyle

Books: Teacher's Manual, *Mastering the Basics*, *Secret of the Yoga Sutra*

Thursday, March 23 - 6-9 pm

Topics: The Healing Process

Books: Teacher's Manual

Thursday, March 30 - 6-9 pm

Topics: Practice Teaching Breathing, Relaxation, Meditation

Books: Teacher's Manual

Thursday, April 6 - 6-9 pm

Topics: Teaching Methods for Asana

Books: Teacher's Manual

Thursday, April 13 - 6-9 pm

Topics: Exam Review, Part 1

Books: Teacher's Manual

Module 7: April 15 and 16 - Saturday 11:30-7, Sunday 11-6:30

Topics: Intro to Ayurveda, Sequencing

Books: Teacher's Manual, *Mastering the Basics*

Thursday, April 20 - 6-9 pm

Topics: Exam Review, Part 2

Books: Teacher's Manual

Thursday, April 27 - 6-9 pm

Topics: Proctored Final Exam

Books: Teacher's Manual

HI 200 YTT STAFF:

Kate Kill, Director of Himalayan Institute of Pittsburgh

E-RYT 500, Ayurvedic Health Counselor

Kate serves as President on the Board of Directors for the Himalayan Institute of Pittsburgh and is a Yoga Alliance Continuing Education Provider. Drawing from the Himalayan Tradition, she blends yogic and Ayurvedic techniques to promote wellness on all levels. Kate enjoys leading corporate seminars and retreats in and out of the country. She also works with athletes to optimize peak efficiency and school children, teaching them mindfulness and yoga practices that they can carry with them throughout their lives.

Abigail Ritter, RYT 500, E-RYT 200, Ayurvedic Health Counselor

There is a sacred space within each of us, our "Temple Within," where strength, light, and love live. I am a 200 and 500 hour certified Hatha yoga teacher, trained through the Himalayan Institute. My teaching of yoga allows each student to connect to this sacred space through awareness of the subtle body.

Maggi Aebi, E-RYT

Initiated into the Himalayan Tradition during my 200 hr training in 2006 I have been an active member of HI ever since. 200 and 500 hr certified in Yoga through Himalayan Institute I have also studied with Desiree Rumbaugh, Doug Keller, Rolf Gates and Nikki Myers in various other yoga styles. I have completed Level I and II in iRest Yoga Nidra through training with Integrated Restoration Institute teachers as well as a Warriors At Ease, Inc. Certification.

After teaching yoga for thousands of classes over the years I opened the Yoga on Mars studio in Mars Pa. specifically to address a need for Veterans and Military to have a place to learn and practice free of charge. I have worked with Wounded Warriors Project, Veterans Leadership Program of Pittsburgh, Semper Fi Odyssey program and VYP to bring the healing of yoga to the military community.

As a licensed Physical Therapy Assistant in 1994 I spent some years in clinics and hospitals and eventually practiced as a Massage Therapist in my own studio for 25 years.

Yoga living invites me to remain right sized and purposeful.

Bev Gray, RYT-200, RYT-500 (in progress)

I began practicing yoga in 2006 and discovered that the healing power of yoga through self-awareness and practice was incomparable. Wanting to deepen my experience, I earned my 200-hour RYT Training in 2014 through the Himalayan Institute. I am currently working towards the completion of my 300-hour certification. I consider it a great honor to be sharing the tradition of the Himalayan Institute with my students. I believe in the sacred space and light within all of us; my goal is to allow each student to connect with and tap into that energy, both on and off the mat, through asana, breath work, and mindfulness. It is my hope to create a safe space for my students filled with compassion and openness, guiding them to find comfort in their own stillness.

Susannah Azzaro, RYT-200, RYT-500 (in progress)

I began studying asana in the 90s when I noticed I had lost a lot of the flexibility I had as a teenage ballet dancer. I practiced at home with a VHS tape and felt enormous physical benefits. In 1997 I had scoliosis surgery and knew that yoga was going to continue to be a big part of my physical healing. Yoga also became a mental and spiritual support for me as I experienced a lot of big life challenges and changes in my thirties and forties. In 2012-2013, I completed the 200-hour teacher training program through the Himalayan Institute and have been a teacher at HIP ever since. This year I am continuing to deepen my practice and hone my teaching skills through the 300-hour teacher training program. The infinitely deep layers of yoga and its tools for self-awareness and self-healing are what fascinate and inspire me to practice and teach.

Erin McCauley, RYT-200, RYT-500 (in progress)

Erin is a long time student of movement (dance) and breath (art of aim.) Combined with a love of metaphysical arts, Erin was destined for her yoga journey. Being in the 300-hour training at the Himalayan Institute honed her skills, adding to 200-hour certifications in each Power Yoga and Classical Yoga, as well as anatomy/hands-on assist training and energy healing training. Come to her classes ready to delve into yourself and breathe into your body with awareness. Work in to work out.