

# Downtown Yoga



## ADVANCED STUDIES PROGRAM

2014-2015 Program  
(200-hr RYT training)

**SPRING SESSION – 02/14/15 – 06/4/15**

### 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 **240 total hours** of instruction in training, teaching methodology, yoga techniques, yogic philosophy and anatomy.

The FALL session begins September 13<sup>th</sup>, 2014 and ends on January 15<sup>th</sup>, 2015

The SPRING session begins on February 14<sup>th</sup>, 2015 and ends on June 4<sup>th</sup>, 2015

This will be our 10<sup>th</sup> year of the Advanced Studies Program at Downtown Yoga.

The SPRING SESSION (16 weeks) begins on Saturday – February 14, 2015 and ends on Thursday – June 4, 2015.

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

February 14<sup>th</sup> & 15<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 – 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.

**Exploring the Core**

Delve deep into the core of your body and the center of every aspect of your self to find balance, power and energy. This weekend workshop will focus on how to stabilize, strengthen and activate the center core in every pose. Special attention will be directed toward prevention of common injuries and imbalances as the result of an instable and unbalanced center.

May 16<sup>th</sup>, & 17<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 17<sup>th</sup> – April 7<sup>th</sup>, 2015  
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.

Tuesday – Session II (8 weeks)  
April 14<sup>th</sup> – June 2<sup>nd</sup>, 2015  
7:15 p.m. – 9:15 p.m.

### **Sequencing, Adjustments and Pranayama**

This class is critical for those intending to become yoga teachers. Learn various methods for offering both verbal and hands-on adjustments to enhance the effectiveness and ease of the pose. Explore breath awareness and basic Pranayama techniques and practices.

Thursday – Session I (8 weeks)  
February 19<sup>th</sup> – April 9<sup>th</sup>, 2015  
7:15 p.m. – 9:15 p.m.

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

Learn how to teach the basic standing poses, forward folds and inversions including headstand (Sirsasana) and shoulderstand (Sarvangasana). Develop your inner teacher and the skills to teach others.

Thursday – Session II (8 weeks)  
April 16<sup>th</sup> – June 4<sup>th</sup>, 2015  
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)

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

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 - \$1,500.00. 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 17<sup>th</sup>, 2015. Minimum deposit is \$300.00 due no later than January 1, 2015.

Early Tuition Discount –

Tuition paid in full on or before December 31<sup>st</sup>, 2014 there is a \$150 discount - \$1,350.00. Downtown Yoga accepts personal checks or cash for tuition payment

## PROGRAM DIRECTOR –

Kate Coughlin – 500hr –ERYT - is the Director of Downtown Yoga. Kate 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. She completed her first "in-depth" yoga studies (320 hours) in Hawaii in 1974. Kate continued her practice in traditional yoga forms, and Vinyasa style as well as performed and taught modern dance in Seattle prior to moving to California in 1985.

In 1989, Kate developed the Yoga Program for the Athletics Department of 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.