



# ADVANCED STUDIES PROGRAM

2015-2016 Program  
(200-hr RYT training)

**FALL SESSION – 09/12/15 – 01/14/16**

## 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 12, 2015 and ends on January 14, 2016.

The SPRING session begins on February 13, 2016 and ends on June 2, 2016.

This will be our 11<sup>th</sup> year of the Advanced Studies Program at Downtown Yoga.

The FALL SESSION (16 weeks) begins on Saturday – September 12, 2015 and ends on Thursday – January 14, 2016.

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

September 12<sup>th</sup> & 13<sup>th</sup>  
1:30 p.m. – 6:00 p.m. (includes 1/2 hour break)

**Developing a Your Home Practice**

Learn how to safely and appropriately structure and support a daily home yoga practice. This weekend focuses on how to create a space and design a program to make yoga an integral part of your daily life.

October 10<sup>th</sup> & 11<sup>th</sup>  
1:30 p.m. – 6:00 p.m.

**Using Props to Support and Inform**

The use of Props can support and inform the yoga practitioner in many ways. Props help access proper alignment and action in each pose. The Props actually become a "teacher" for the beginning, intermediate and advanced student. During these two days we will explore various uses of the 5 main props in the Iyengar Yoga Tradition - Blocks, Blankets, Bolsters, Belts and Chairs. Even poses easily accessed without props will be explored with various propping methods to insure that the practitioner feels and receives the full benefit of every pose.

November 14<sup>th</sup> & 15<sup>th</sup>  
1:30 p.m. – 6:00 p.m.

**Hips Workshop (Saturday)  
Shoulders Workshop (Sunday)**

The Hips and Shoulders are the support structures. Find release, freedom, support and greater range of motion and expression. This weekend will focus on poses to release binding in the hips and shoulders – and create a greater sense of ease and grace.

December 12<sup>th</sup> & 13<sup>th</sup>  
1:30 p.m. – 6:00 p.m.

**Spirals and Twists – The evolving-revolving pose**

Asanas (poses) utilize spirals and twisting to lengthen, extend and expand not only the body, but the mind as well. This weekend will focus on twisting poses and the spirals that exist within the body. Evolve and revolve.

## WEEKDAY SCHEDULE

Tuesday – Session I (8 weeks)  
September 15 – November 3, 2015  
7:15 p.m. – 9:15 p.m.

### **The Anatomy of Yoga – Part I**

Learn Anatomy from a yogic perspective. The first 8-week session will focus on the spine, the entire torso and the shoulder girdle. Each class will include asana practice with a focus on the anatomical area discussed.

Tuesday – Session II (8 weeks)  
November 10 – January 5, 2016 (no class on 12/22/15)  
7:15 p.m. – 9:15 p.m.

### **The Anatomy of Yoga – Part II**

Learn Anatomy from a yogic perspective. The second 8-week session will continue on the human form extending to the arms & hands, the pelvic bowl, legs, and feet. Each class will include asana practice with a focus on the anatomical area discussed.

Thursday – Session I (8 weeks)  
September 17 – November 5, 2015  
7:15 p.m. – 9:15 p.m.

### **Introduction to Standing Poses, Forward Folds and Inversions**

Learn the foundations and principles behind the basic standing poses, forward folds and inversions including headstand (Sirsasana) and shoulderstand (Sarvangasana).

Thursday – Session II (7 weeks)  
November 12, – January 14, 2016 (no class on 11/26/15, 12/24/15, 12/31/15)  
7:15 p.m. – 9:15 p.m.

### **Introduction to Backbends, Twists and Restorative poses**

Learn the foundations and principles behind 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

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.

## ELIGIBILITY & APPLICATION PROCESS –

Downtown Yoga's Advanced Studies Program is offered to those students who wish to gain a deeper understanding of Yoga – it's philosophy, it's principles and the practice.

Minimum eligibility is at least one-year of dedicated yoga practice, a completed application (see attached), and personal interview and approval by the Director of Downtown Yoga.

Downtown Yoga reserves sole right to accept or reject any application for the program.

## TUITION & REGISTRATON –

Tuition for the entire 16-week FALL 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 August 12, 2015. Minimum deposit is \$300.00 due no later than July 31, 2015.

### Early Tuition Discount –

Tuition paid in full on or before July 12, 2015 there is a \$150 discount - \$1,350.00  
Downtown Yoga accepts personal checks or cash for tuition payment.

## CANCELLATION POLICY -

Cancellation before August 12, 2015 - A full refund of all tuitions paid (less \$100.00 administration fee) will be given if student cancels before August 12, 2015.

Cancellation on or after August 12, 2015 - A 50% refund of all tuitions paid will be refunded if we are unable to re-fill your attendance with another qualified student. If we are able to re-fill your space with another qualified student after August 12, 2015, you will receive a full refund of all tuitions paid (less a \$100 administration fee).

## 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.

## APPLICATION FOR ADVANCED STUDIES PROGRAM

Date: \_\_\_\_\_

Name: \_\_\_\_\_  
(as you want it to appear on your certificate of completion)

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Tel: \_\_\_\_\_ Cell: \_\_\_\_\_

E-mail address: \_\_\_\_\_

How long have you been practicing Yoga? \_\_\_\_\_

Please write a description of your yoga experience (past and present). Use additional pages as necessary. Please include:

- How often you attend classes
- Which teachers you have taken classes from
- If you have a personal practice – please describe

What is your intention in taking this course? Are there specific areas of interest that you would like to explore? Do you have an idea of what you would want to learn or accomplish during this program?

Do you have any additional comments or questions or special needs that we should know of?