



Purna Yoga College

200 Hour Teacher Training

200-hour Teacher Training Amsterdam 2017-2018

DATES

November 1 - 5

November 29 - December 3

January 10 – 14

February 28 - March 4

March 28 – April 1

Questions?
Contact Mariken
+ 31 (0)6 53149460

TIMES

Wednesday	9.00 – 13.00, break, 14.30 – 18.30 pm
Thursday	9.00 – 13.00, break, 14.30 – 18.30 pm
Friday	9.00 – 13.00, break, 14.30 – 18.30 pm
Saturday	9.00 – 13.00, break, 14.30 – 18.30 pm
Sunday	9:00 – 13.00

TUITION

Regular: €3.500

Early Bird Registration:

Enroll and pay in full by June 30, 2017 €3.250

Tuition does not include lodging, food, books and materials or travel expenses.

PAYMENT SCHEDULE

Deposit	€ 250
Tuition balance	
Regular, due October 1st, 2017 (if space allows)	€ 3.500
Early bird, due June 30, 2017	€ 3.250

CERTIFICATION

Successful graduates (having completed all class hours, homework and financial agreements) will be awarded the 200 Hour Certificate of Completion with which they may register with Yoga Alliance as an RYT-200.

PREREQUISITE

Applicants should have an established yoga practice of at least one year for example, 2-3 sessions a week in alignment-based yoga, such as Purna Yoga or Iyengar Yoga).

HOW TO APPLY

1. Pay the deposit and download an application (available at the end of this document)
2. Submit the application
3. We will contact you by email within two weeks of receiving your application to confirm your enrollment. In some situations, one of the lead instructors will contact you to discuss your readiness for the training.

To submit your application electronically:

- Complete the Application Form (PDF document) and essays (in a Word document)
- Save to your computer
- Attach the saved PDF and your Word documents to an email
- Send to info@yogaroots.amsterdam
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INSTRUCTORS

Tove Palmgren, Lead Instructor

Tove was the first person to practice and teach Ashtanga vinyasa yoga in Finland. Her methods of teaching have changed much over the years through both intense study and the work she has done with different teachers along the way. A most profound impact on Tove's practice and teaching came through her meeting her current teacher Aadil Palkhivala and later his wife Savitri. He introduced her to Purna Yoga. Aadil is one of the worlds topmost teachers and a true master of asana and Savitri a master teacher of meditation and Kundalini. It totally changed Tove's own practice and not only her asana practice, but many other aspects of her life as well. It was the start of an exciting journey of transformation.

Tove has completed the 2000 hour teacher training program at the College of Purna Yoga in Bellevue, Washington, USA and is a certified Purna Yoga instructor – currently the only one in Europe. Tove has also completed a number of therapeutic teacher trainings under the guidance of Aadil and assisted him in several of them.

Mariken Fliervoet, Assistant

Mariken is a Certified Purna Yoga Instructor at the 500-hour level and a studio owner of Yoga Roots Amsterdam. Currently she is participating in the Purna Yoga 2000-hour training in Seattle, Washington at The Purna Yoga College. She has been a student of yoga since 2005 and has been teaching and a studio owner since 2010. She also is a lifestyle consultant and acupuncture therapist. She brings Traditional Chinese Medicine and Yoga together to balance and heal bodies with acupuncture, movement, herbs & food.

CURRICULUM

- Introduction to Purna Yoga, Philosophy and Lineage, Principles for Learning, Sanskrit Pronunciations
- Philosophy: Purna Yoga Applied Philosophy Overview, History of Sri Aurobindo and The Mother, Key Sutras, Yamas, Niyamas, Kleshas, Saucha, Om, Mantras, Poetry, and much more
- Heartfull Meditation™: Heartfull Meditation™ Introduction and Philosophy, Align and Shine Meditation Snacks, Understanding Chi and Light, Lifestyle to Come Alive and Shine, Quotes for Inspiration
- Nutrition and Lifestyle: Purna Yoga Nutrition Systems, Sunrider Basics, Ayurveda Basics, Ayurveda Recipes, What to Eat/What to Avoid, Alkalinity, Acidity, Digestive Health, What to Do/What to Avoid, Daily Practices for Health and Hygiene, Self-care
- Anatomy: Anatomy Principles in Yoga, Yoga Anatomy Muscle Sutras (“YAMS”), Asana and Anatomy
- Teaching Yoga: Foundations for Living, Creating a Practice, Preparations for Teaching, Foundations of Teaching Asana, Relationships with Students, Methodology of Teaching, Delivery, Actions and Alignment (Duality, Breath, Pelvis/Head/Heart, Muscles and Joints, Spine), Adjustments, Props, Injuries and Healing, Setting Up a Class, Class Control, Professional Presentation Skills and Appearance, Voice and Verbal Presentation, Command Language
- Asana: In each section on Standing Poses, Inversions, Twists, Backbends, Abdominal Strengtheners, Seated Poses, Forward Bends, Reclining Poses, and Restorative Poses you receive information on the actions in the pose, what to look for (alignment), safety points, benefits, contraindications, moving into the pose, adjustments, and prop work
- Prānāyama: Purpose and Practice, Methodology, Supine Position, Program for Prānāyama Practice
- Sequences and Series: Guidelines for Sequencing and Safety, Basic Asana Reference Sequences, plus 22 detailed class sequences, including Aadil’s Hip Series, Morning Series and Classical Surya Namaskar
- Health and Healing: Women’s Health, Menstruation Sequence, Pregnancy and Postpartum, General Considerations in Therapeutics, Therapeutic Topics - What to Do/Avoid
- Business Basics: Essential Tools, Foundations of Professionalism, Laws of Successful Business

REQUIRED TEXTBOOKS

Fire of Love by Aadil Palkhivala

Teaching Purna Yoga: Foundation Level Manual by Aadil Palkhivala (provided to students by Alive & Shine Center)

The Sunlit Path by The Mother of Sri Aurobindo Ashram

Trail Guide to the Body, 4th Edition by Andrew Biel

Trail Guide to the Body, Student Workbook, 4th Edition, by Andrew Biel

Titles are available for purchase from the [Alive and Shine Center Online Store](http://www.aliveandshinecenter.com) (www.aliveandshinecenter.com, then click on “Visit Our Shop”) or other online bookstores.

FREQUENTLY ASKED QUESTIONS

What is the Yoga Alliance?

The Yoga Alliance was created to establish national standards for yoga teachers. Over the years, it has grown to become the nationally recognized body of yoga teacher training standards. Yoga Alliance does not certify teachers; instead it provides yoga teacher training minimum standards, which are used in most 200 hour and 500 hour trainings. It also provides a list of teachers who choose to register as having completed teacher trainings which meet those standards. Most studios and yoga teaching venues require teachers to be registered with the Yoga Alliance in order to teach yoga. The only way to register with Yoga Alliance is to complete a training with a Registered Yoga School (or “RYS”) which meets or exceeds the standards set out by Yoga Alliance.

Questions?
Contact Mariken:
+31 6(0)53149460

When can I register with Yoga Alliance?

With your successful completion of the program requirements (course hours and homework) you will earn the Foundation Level Course Completion Certificate from Purna Yoga College. This certificate is the documentation that you need to complete your application to become a Registered Yoga Teacher at the 200-hour Level, becoming a “RYT-200.”

What if I miss a class?

To receive your Course Completion Certificate and be eligible for Yoga Alliance registration, you must complete 100% of the classes and requirements. In addition, you must attend the first 5 modules of the course. However, we understand that you may not be able to foresee every conflict, so we have devised the following procedures if you must miss a class.

- If you miss more than 30 minutes of a module (4 hour course), either by arriving late or leaving early, you will not receive credit for that module, and the entire module will have to be made-up.
- Any missed modules may be made up in the following ways:
 - If you miss 1-5 modules (up to 20 hours), you may still complete the program by making up missed classes by taking private lessons with a teacher training instructor. One module (4 hours) = 1.5 hours of private instruction, at a cost of €120 per 1.5 hour session. Private lesson make-ups must be completed within 30 days of the completion of your course.
 - If you miss more than 5 modules, you may continue in the course, but you will not be eligible for a Course Completion Certificate. If you wish to receive a Course Completion Certificate, you will have to retake the course.

How many people will be in class?

We require a minimum of 8 students and accept a maximum of 30 students. In most cases, you will have one teacher and one or two assistants.

Will I have homework?

Yes, you will have two books to read and respond to, and anatomy worksheets to complete. Expect about 20 hours of homework during the 200 Hour Level.

How much should I expect to pay for books and materials?

Your books will cost approximately €145, if purchased at Alive & Shine Center. You can order them from the Alive & Shine Center Online Store, or find them at other book resellers.

I am coming from out-of-town. Where can I stay?

We provide a list of local recommended accommodations, ranging from rooms in houses, to hotels and bed and breakfasts, as well as transportation options. Many students find that they prefer to set up carpools and shared lodgings with their classmates while they are here.

After I graduate, where will I be able to teach?

Upon completion, you will be able to apply to teach alignment-based yoga at a variety of venues, such as studios, gyms, park departments, and schools. While there are no legal requirements for teaching yoga, most studios require their teachers to be registered with Yoga Alliance. The 200 Hour Level will equip you to teach basic classes; your teaching repertoire will grow as you increase your level of training.