



Yoga Teacher Training

The **mission** of Blue Osa Yoga Retreat and Spa is to provide renewal for each person's body, mind, and spirit through nourishment, care, and a pure form of living.

Our **vision** is to live in harmony with each other and our beautiful environment; to embrace life as a never ending learning experience; to appreciate and savor life with each other, and to leave a deep footprint of goodwill in our community and the world in which we live.

When: Oct 20 – Nov 19, 2012

Immerse yourself upon a yoga journey of self-discovery and enlightenment, and to create YOUR OWN life-changing momentum at Blue Osa Yoga Retreat and Spa's "30 days Teacher Training Intensive Program" with Master Yoga Teacher Aaron.

It is truly a luxury to give yourself the time away from the roles and responsibilities of life, and to enable yourself to develop your full potential both as a person and a teacher. Blue Osa Yoga Retreat and Spa's "30 days Teacher Training Intensive Program" will help you to do just that, providing you with the tools you need to open the doors that will deepen your Yoga awareness and practice, and enable you to embark upon the path that will leave your footprint of goodwill on the world in which we live.

During this Yoga Alliance Teacher Training, you will be expertly guided through a time of self-discovery, inquiry and learning, gaining valuable knowledge along the way that will support you in your yoga practice both on and off the mat, and in your life on the whole.

This 200 RYT Yoga Teacher Training is true immersion at it's finest, and will give you the proper foundation needed to teach yoga safely, knowledgeably, and confidently! With it, you will learn all of yoga's basic principles and essential elements as well as increase your inner understanding and awareness about the practice of yoga. Upon completion of this training, you will earn a 200 RYT Certificate and will thus be eligible to continue your education with the more advanced yoga teacher training programs that are available. Blue Osa offers a well-rounded, holistic approach to yoga that embraces the teachings of Hatha, and the transformative power that it has to offer. Our goal is to empower both students and teachers alike to not only access and acquire the knowledge of the teachings, but to actualizing it through direct experience of the power of yoga practice.

Style of Yoga: Blue Osa offers a well-rounded and holistic approach to yoga. We embrace the teachings of Hatha, and the transformative power it has to offer. Our goal is to empower the students and teachers alike to not only gain and access the knowledge of the teachings, but to acquire direct experience of the power of yoga practice.

Located on Costa Rica's Osa Peninsula, which National Geographic Magazine once famously labeled "the most biologically intense place on Earth", Blue Osa Yoga Retreat and Spa offers it's guests peace and tranquility in an idyllic setting, far away from all stress and strain. Situated on one of the most beautiful, secluded jungle beaches in all of Costa Rica, Blue Osa Yoga Retreat and Spa is truly, Zen in Paradise.

SHANTI

Cost: Shared Occupancy - \$3900, Single Occupancy - \$5500

This price includes: 30 nights accommodation, three daily meals, Blue Osa Yoga Alliance School Training. This price does not include applicable taxes or incidentals.

A Typical Day Training Schedule:

5 am - 6 am Morning Meditations
6 am - 7 am Breakfast
7 am - 10 am Practices
10 am - 2 pm Lunch and Free time
2 pm - 6 pm Training
6 pm - 7:30 pm Dinner

Every 6th day will be a day off to work on your projects, enjoy surfing, receive spa treatments, go on rainforest walks, or just luxuriate in the Osa's beautiful environment.

This Training will cover:

1. Techniques Training/Practice (105.5 Hours) - Includes asanas, pranayamas, kriyas, chanting, mantra, meditation, and other traditional yoga techniques. These hours are a mix between (1) analytical training in how to teach and practice the techniques, and (2) guided practice of the techniques themselves.
2. Teaching Methodology (26.5 hours) - Includes principles of demonstration, observation, assisting/correcting, instruction, teaching styles, qualities of a teacher, the student's process of learning, and business aspects of teaching yoga.
3. Anatomy & Physiology (20 hours) - Includes both human physical anatomy and physiology (bodily systems, organs, etc.) and energy anatomy and physiology (chakras, nadis, etc.). Includes both the study of the subject and application of its principles to yoga practice (benefits, contraindications, healthy movement patterns, etc).
4. Yoga Philosophy/Lifestyle and Ethics for Yoga Teachers (36 hours) - Includes the study of yoga philosophies, yoga lifestyle, and ethics for yoga teachers.
5. Practicum (12.5 Hours) Includes practice teaching, receiving feedback, observing others teaching and hearing/giving feedback. Also includes assisting students while someone else is teaching.

Total Hours: 200.5

Cancellation and Refund Policy

All course fees are due eight weeks before the programs begin.

The cancellation and refund policy of Peaceful Living Yoga is that an eight-week cancellation notice is required.

We will credit 50% of the money paid to another teacher training program if the criteria is met.

There are no refunds within the eight-week of the program starting

A circular logo with a blue gradient background and the word "SHANTI" in white capital letters.

Registration

To register, please email us with the following filled out and send us a non-refundable deposit of \$500 to hold your spot here. www.blueosa.com/pay.php Full Payment is required upon check in at Blue Osa at the start of the training.

1. What is your full name and date of birth?
2. Why are you taking this Teacher Training course?
3. How long have you been practicing? Who have been your teachers? Give a detailed overview of your background. List classes, workshops, training's, intensives and/or retreats.
4. What style of Yoga do you practice? What teacher or style has had the greatest influence on your Yoga and why?
5. Are you currently teaching Yoga? What kind? Describe the kind of class or students you teach.
6. If you are not currently teaching, is it a goal? Is that why you are taking this course? Describe the students or classes you see yourself teaching.
7. How often do you practice? How much personal practice do you do? Describe it briefly.
8. Do you have a daily meditation practice? What style? If you do not have a practice, please explain why. Are you willing to learn and commit to a consistent practice? Why not? Please explain.
9. Do you have any injuries? Name them. How did you get them?
10. What does Yoga mean to you? How has it impacted your life?
11. Write a list of specific goals you wish to achieve by taking this course. Include both short and long-term goals.

Reading List

1. Hatha Yoga Pradipika, by Swami Satyananada Saraswati, published by the Bihar School of India
2. Yoga for Wellness, Gary Kraftsow
3. Four Chapters on Freedom, Swami Satyananada Saraswati, published by the Bihar School of India
4. The Heart of Yoga by Desikachar
5. The Royal Path by Swami Rama. Explains what yoga is, its full potential and the direct practice
6. Bhagavad Gita, The Song of God by Christopher Isherwood

Book Report questions for The Heart Of Yoga , The Royal Path and The Bhagavad Gita are required reading assignment. (Certification may only be given once these assignments are completed, and they must be completed within three months of the program ending.)

1. Name:
2. Title of Book:
3. Please write a 2 – 4 paragraph overview of the book.
4. What are the most compelling points of the book to you?
5. How has this book impacted your view of yoga, your yoga practice?

Suggested Additional Reading:

1. Living with the Himalayan Masters by Swami Rama
2. Path of Fire and Light: Volumes 1 and 2
3. The Chakras: Energy Centers of Transformation
4. Kundalini Tantra, by Swami Satyananada Saraswati, published by the Bihar School of India
5. The Art of Joyful Living – by Swami Rama

Blue Osa's Yoga Code Of Conduct:

As a teacher for Blue Osa and/or a Registrant of Yoga Alliance and as a Registered Yoga Teacher (RYT) or representative of a Registered Yoga School (RYS), I agree to uphold the ethical goals set forth in the following Code of Conduct:

1. Uphold the integrity of my vocation by conducting myself in a professional and conscientious manner.
2. Acknowledge the limitations of my skills and scope of practice and where appropriate, refer students to seek alternative instruction, advice, treatment, or direction.
3. Create and hold a safe, clean, and comfortable environment for the practice of yoga.
4. Encourage diversity actively by respecting all students regardless of age, physical limitations, race, creed, gender, ethnicity, religion affiliation, or sexual orientation.
5. Respect the rights, dignity, and privacy of all students.
6. Avoid words and actions that constitute sexual harassment.
7. I understand that yoga is a lifelong practice and I am in consistent pursuit to enrich my practice and attain direct experience of the teachings and of the tradition.
8. I will teach from my base of direct experience and knowledge.