



**COIL Yoga 2017-2018 Yoga Alliance 200 Hour Yoga Teacher Training
& Advanced Studies Program:**
“Inspire Others to a More Conscious, Open, Integrated Life!”



Registered Yoga School



EVOLVE, INSPIRE and AWAKEN your inner teacher.... It is an honor to offer our 3rd Yoga Alliance certified Teacher Training program to the Central Valley community. With over one hundred combined years of experience, our faculty brings you the best of their teachings on and off the mat. Your journey into this teacher training is an investment on so many different levels. The rewards of this experience will permeate into other areas of your life...Self- knowledge, personal transformation and tools for teaching and life are yours to be gained along this inspiring journey. We invite you to begin here at COIL Yoga...

Your guides for this journey...

Katie Flinn CYT, E-RYT 200

Cheri Clampett CYT, E-RYT 500

Arturo Peal –MA (TCM), LMP

Anne Van De Water E-RYT 500

Marie DiBona Herzog RPYT, E-RYT 200

Kellee Dohrman RYT 200, AWC 500

WHO WILL BENEFIT FROM THIS TEACHER TRAINING

- Any aspiring teacher who would like to complete a 200 hour Yoga Alliance certified teacher training.
- Individuals who have completed a 200 hour teacher training and would like to deepen their yoga experience and expand their teaching and intuitive skills.
- No specific prior yoga certification is required; however, we REQUIRE a minimum of at least 6 months committed practice prior to this training.
- Body workers, massage therapists, healers and other health care professionals who are looking for alternative means to add insight, awareness, hands on experience and depth to their current practices.

REQUIREMENTS FOR CERTIFICATION:

- Full participation and 100% attendance at all components of the COIL Yoga Teacher Training is required.
- Completion of independent study materials, homework and non-contact hours assignments
- Certification could be jeopardized by tardiness, early departures and any missed modules for the training.

EXPECTATIONS OF YOU FROM YOUR TEACHERS

- While it is not essential that you plan to teach to participate in this training, it is essential that you have a commitment to yourself, your fellow trainees and the training. Please come to each module ready to jump in and participate fully.
- It is expected that you to have the willingness, health and time to commit to 100% of this training.
- Communicate openly and honestly with your teachers about any concerns, issues etc. you are having that are affecting your ability to “show up” during the training.

STEPS TO APPLY FOR THE TRAINING

- Attend a class with the owner Katie Flinn
- Set up a in person meeting to discuss the training with Katie
- Fill out a completed application
- Place deposit once the above steps have been completed.

Welcome to the JOURNEY...

A few words on how this training was developed...Each of our faculty has a wealth of knowledge and experience to offer students of this training. I know them all personally and have the highest level of respect for them as people and teachers of this sacred tradition. They all embody the lifestyle, teachings of Yoga on, and off the mat and serve as true role models for their students. They are humble, honest, and transparent on many levels. It was easy for me to decide who I wanted to invite to be a part of this experience for the students of this training because of my confidence and trust in these amazing teachers. Each one has a different background and perspective on Yoga and how it can help us in this day and age of our modern culture and lifestyles. We are here as students first always, and then guides next. Remembering how important it is to be able to put ourselves into the fire first so we can learn from experience. All of these teachers here are practicing what they have lived and are living, this embodiment is such a valuable tool in becoming a diverse and experienced teacher of Yoga.

The opportunity to learn and deepen your Yoga journey is here, the teachers have committed, and now we invite you to join us, we would be honored to be your guides on this intimate and soulful journey.

MODULES, DATES, TIMES AND DESCRIPTIONS

**** Please note that all times are subject to change and proper notification will be given in advance****

August 4-6th Main Module #1 “Cultivating Your Inner Teacher” with Katie Flinn

Friday 3:00-7:00 pm *15 min break*

Saturday 12:30-7:00 pm *Lunch 2-3 pm*

Sunday 10:30-6:00 pm *Lunch 2-3 pm*

16 hours

August 25-27th Yoga Anatomy and Physiology Module with Arturo Peal

Friday 3:00-7:00 pm *Short break*

Saturday 12:30-7:00 pm *Lunch 2-3 pm*

Sunday 10:30-5:00 pm *Lunch 2-3 pm*

15 hours

Course Fees:

\$375.00 paid in FULL by August 10th 2017

\$325.00 Early Bird if paid in FULL by July 25th 2017

***This module is OPEN to the outside public, Yoga teachers previously certified, and students who have a keen interest in learning about anatomy and physiology as it relates to Yoga.**

Module Description:

Connective Tissue, Scar Tissue, and Yoga - We will experience and investigate fascia and scar tissue. Understanding the tissues in the body is an important area of study for teachers who are interested in learning how to skillfully work with injuries.

Joint Safety in Yoga Practice - Understanding the balance between mobility and stability is key to create safe practices for yoga students. Students will gain an understanding of how bones, ligaments, joint capsules, and muscles each contribute to joint happiness.

The Anatomy of Inspiration - We will explore the movements of the breath.

About Arturo

Arturo Peal is a yogi and knows that a yogi learns through direct experience. His teaching style inspires awe, curiosity and profound connection within for the miracles of the human body. He has a unique ability to create simple models that explain complicated material in a straightforward manner. This course will especially appeal to those who may not feel comfortable in a traditional Western anatomy course. Since 1988 Arturo Peal has been inspiring and educating yoga teachers, body workers, and movement specialists across the globe through his classes in Anatomy, Kinesiology, and Therapeutic Touch. With a unique gift for translating complex scientific concepts into tangible, applicable teachings for his students, he raises awareness of how their own bodies work. His trainings have been held at world-class training centers including Integral Yoga Institute (NYC & SF), rainbow Kids Yoga (Vietnam & Italy), Face Force Yoga (Slovenia), Yogaville Virginia, White Lotus Foundation (CA), and Mar de Jade (Mexico).

<http://bodystudies.com/about.htm>

September 15-17th The Art of Teaching Pre and Post Natal Yoga with Marie Di Bona Herzog

Friday 3:00-7:00 pm	<i>Short Break</i>
Saturday 12:30-7:00 pm	<i>Lunch 2-3 pm</i>
Sunday 10:30-5:00 pm	<i>Lunch 2-3 pm</i>

15 hours

Course Fees:

\$375.00 MUST be paid in FULL by September 8th 2017

\$325.00 Early Bird if paid in FULL by August 15th 2017

Module Description:

Learn the art of supporting women during their pregnancy, labor, and the postnatal period with yoga. This training is designed for yoga teachers in training as well as individuals who are already teaching yoga or supporting pregnant women (such as massage therapists, doulas, midwives, registered nurses, doctors etc.) We will review everything you need to know to lead a prenatal yoga class, modify poses for pregnant students that attend your classes, and design a private yoga session for one-on-one students or clients. Over the course of this three day training you will discover the magic of prenatal yoga and how you can share specific breath work, postures, mantras, meditations and more with the pregnant women in your life.

About Marie:

Yoga found Marie at the age of 18, and it saved her from a struggle with anxiety and depression. She grew up in Los Angeles, spending time at the beach as often as possible and graduated from San Diego State University with a degree in European Studies and Italian Language. After college she completed the 200 hour Yoga Teacher Training in the Anusara style and has been teaching ever since. She encourages her students to be in their Hearts, to honor their bodies, and empower themselves through mindful self-discovery. She has continued her education by completing the following Yoga trainings; Anusara Prenatal Yoga, Yoga Trance Dance, Therapeutic/Restorative Yoga, Yoganessa Kids Yoga, Khalsa Way Prenatal Yoga and Bhakti Yoga with Anne Van De Water and Sean Johnson.

You can find her teaching Prenatal Yoga, Restorative/Therapeutic Yoga, Mom and Me Yoga, Yoga Trance Dance, and Hatha Flow when she's not traveling, baking, or playing with her two young boys.

***This module is OPEN to the outside public, Yoga teachers previously certified, and students who have a keen interest in learning about Pre and Post Natal Yoga.**

October 13-15th Main Module #2 "Watering the Seeds of Your Voice" with Katie Flinn

Friday 3:00-7:00 pm *15 min break*

Saturday 12:30-7:00 pm *Lunch 2-3 pm*

Sunday 10:30-6:00 pm *Lunch 2-3 pm*

16 hours

Friday November 3-Wednesday November 8th Therapeutic Yoga Training Module with Cheri Clampett and Arturo Peal

Please plan for 6 full days of training 8 hours of instruction plus a one hour lunch and some short breaks throughout the day. From personal experience I would strongly recommend taking a full day off of your work to be present for this very powerful and transformational part of our training.

Times:

Daily from 10:00 am- 6:00 pm

Course Fees:

\$995.00 for full training, MUST be paid in full by October 25th 2017

\$950.00 Early bird if paid in full by October 3rd 2017

***This module is open to the public but you must take the entire training.**

Module Description:

The Therapeutic Yoga Training Program gives yoga teachers the skills to work intelligently with students who are living with chronic illness or injury, as well as pregnant and aging populations. Knowing how to work with these groups will deepen your confidence as a teacher, expand the range of private clients you can work with, and increase the types of classes you can offer. The training also offers a great education in the gentler styles of yoga that can be incorporated into more active classes. Therapeutic Yoga is a comprehensive system of restorative yoga, gentle yoga, breath awareness, and guided meditation specifically designed to enhance the

body's own capacity to heal. Using readily available props such as pillows and blankets to gently support the body, the benefits of Therapeutic Yoga are accessible even to those recovering from injury or illness. Breath work, guided imagery and hands-on healing modalities are also part of the system, working to balance the body and ease the mind. In addition to yoga teachers, our graduates include nurses, physical therapists, acupuncturists, and other healthcare professionals. They are able to integrate the techniques taught in the training into patient care. Many of them have successfully taken Therapeutic Yoga into hospitals, hospices, home-care situations, and many other areas of healthcare.

This 40 hour foundational course covers the basics of Therapeutic Yoga. In addition to the theory and practice of restorative yoga postures and gentle yoga, participants will learn:

- Physiology of stress and relaxation
- Anatomy from the yogic perspective
- Benefits and contraindications of each posture
- Effect of posture on acupuncture meridians
- Implications of scar tissue and adhesions
- Sequencing guidelines for poses
- Integrating postures with breath work and guided imagery
- Incorporating hands-on healing techniques
- Supporting healing in students or clients
- Learn how to give one on one Therapeutic Yoga sessions

This program is open to physical therapists, nurses, occupational therapists, acupuncturists and other healthcare professionals (no previous experience with traditional yoga practices is required) and to yoga teachers who have completed a basic yoga teacher training course. For yoga teachers, this course may be applied toward the 200 or 500 hour registry with Yoga Alliance. For nurses, we are provider approved by the California Board of Registered Nursing, Provider Number 14063, for 40 contact hours. For acupuncturists, we are approved by the CAB as provider #457 for 40 continuing education hours. If you would like to take the training, and don't fit into one of these categories please contact us for approval.

December 1-3rd Fundamentals of Ayurveda and Yogic Lifestyle with Kellee Dohrman

Friday 3:00-7:00 pm *Short break*

Saturday 12:30-7:00 pm *Lunch 2-3 pm*

Sunday 10:30-5:00 pm *Lunch 2-3 pm*

15 hours

Course Fees:

\$375.00 paid in FULL by **November 26th 2017**

\$325.00 Early Bird if paid in FULL by November 1st 2017

Module Description:

Ayurveda (eye-yer-vay-duh), or "knowledge of life", is a 5,000 year old sister science to Yoga, that examines physical, spiritual and emotional health in relation to the universe.

In this module you will learn the fundamental principles of Ayurveda and how they relate to YOU. Don't worry! We won't just get lost in theory, you will you get the tools you need to reap the benefits of this ancient

wisdom tradition to fit in your modern lifestyle. According to this system we each have a unique makeup, which is like our own personal blueprint. In addition to learning the basic fundamental principles of Ayurveda in the first session, we will go over an in depth approach regarding the daily routines of a Yogi in the second session. By discovering the nature of who we are we can use nutrition, yoga, exercise, meditation, breath-work, self-care practices and more to effectively heal and maintain the health of our whole organism. In the third session we will go over the how and why of detoxing. Think of this session as your guidebook to design a better way of being in your body through shared detoxing and rejuvenation techniques. This module is open to anyone who is interested in taking their yoga practice off of the mat and into the world by developing a living practice of Ayurveda. To assist others in their healing we must know how to heal ourselves.

About Kellee:

"I took my first yoga class as an anxious teenager my senior year of high school. I noticed the stabilizing qualities that yoga brought in to my life during a time of massive change and I was hooked. I started a consistent practice and after four years one teacher in particular, Katie Flinn encouraged me to take a teacher training. So, I took the leap from student to teacher and completed a 200hr Ashtanga Vinyasa teacher training directed by Clayton Horton of Greenpath Yoga at the Brahmanda Ashram in San Francisco, CA (2010). Around that same time I became very interested in Ayurveda (knowledge of life/sister science to yoga) and deepened my understanding by completing a 500hr Ayurvedic Wellness Counselor certification directed by Kerala Ayurveda Academy in Fremont, CA (2014). That same year I traveled to India for a retreat led by James Bailey and soaked up the healing benefits of Ayurvedic Bodywork. I continued to study the techniques and I completed an Ayurvedic massage and bodywork training directed by Mooksha Ayurveda at Mount Madonna Center in Santa Cruz, CA (2014). Somewhere in 2014 I got introduced to Acroyoga. I was amazed by the ability to experience my asana practice at a different level by infusing the principals of partner acrobatics. I quickly started practicing as much as possible with one friend and we developed quite a following. I decided to step up and take a teachers training in order to safely and effectively share the practice with my new community. I completed my certification directed by Acrorevolution in Hawaii (2015). I am a passionate soul with a lot to share so I have taught extensively in the last 6 years with the intention to satisfy an immense interest in furthering my ability to conduct energy in my classes. My understanding of these various teachings constantly expand, contract and grow and I find this to be my greatest teacher. The more I teach and share, the more I learn. That is the fallback. That is why I do what I do. To receive the translations of all the many lessons life has to offer. At the root of it all I am an eager student of life, just trying to be a good human."

***This module is OPEN to the outside public, Yoga teachers previously certified, and students who have a keen interest in learning about Ayurveda as it relates to Yoga.**

January 19-21st Main Module #3 "Allowing Growth" with Katie Flinn

Friday 3:00-7:00 pm *15 min break*

Saturday 12:30-7:00 pm *Lunch 2-3 pm*

Sunday 10:30-6:00 pm *Lunch 2-3 pm*

16 hours

Feb 23-25th Yoga History, Philosophy and The Path of Bhakti Yoga with Anne Van De Water

Friday 12:30- 7:30 pm *Lunch 2-3 pm*

Saturday 12:30-7:30 pm *Lunch 2-3 pm*

Sunday 10:00-5:00 pm *Lunch 1-2 pm*

18 hours

Course Fees:

\$495 paid in FULL by Feb 15th 2018

\$450 early bird paid by January 23rd 2018

Module Description:

The study of Yoga's history can be incredibly enriching for your own Yoga practice and for all of the practices that you lead for your students.

After all, you are carrying on a tradition that is over 5,000 years old.

Your role as a teacher is to honor Yoga's and the Yogis' history, to blaze a brave new future aligned with your personal Vision and the message that you are here to pass on to your students and to bridge the past and future by being fully present in this moment.

Oftentimes history can seem quite dry and disconnected to your present reality.

But Yoga's history is different.

Yoga's history, philosophies, such as the Yogic guidelines for mindful living and Self-Mastery and Yoga's traditional texts such as the Yoga Sutras, the Hatha Yoga Pradipika, and the Bhagavad Gita are all powerful touchstones along the Yogic path that can all be applied to modern day living and everything that you and your students are going through.

Yoga's ancient history, stories, ethics and values are ageless and can be applied to your life story and can help to lead you, guide you and direct you a good orderly direction.

Yoga's history is the same as his-story, her-story and your story.

As you learn about and live in alignment with Yoga's age old teachings you will understand more deeply how teaching Yoga to others is and has always been one of the greatest ways that you can be of service to humanity and all of existence.

Bhakti Yoga is one of the major systems of Yoga revered throughout history as a path that can lead you to full awareness of your true nature, Self-Realization and the experience of oneness with everything.

The Sanskrit word Bhakti comes from the root bhaj, which means "to adore or worship God".

Bhakti Yoga is based on the experience that Love is God and God is Love.

Bhakti Yoga has been called “love for love’s sake” and “union with the Divine and your innermost Self through love and devotion.”

Bhakti Yoga is the most direct way to connect with what you truly LOVE.
It’s a very personal thing for each of us.

If the word “God” does not resonate with you then Bhakti for you might be love and adoration for whatever it is that you wholeheartedly and absolutely love.

Giving praise to God or whatever it is that you love opens your heart and creates a direct connection to the Divine Love within and cultivates a positively uplifting feeling in your heart.

As you tap into this Universal Love, you naturally develop a sense of trust that everything truly is unfolding for the highest and best good and that we live in a Universe that is benevolent and wise and provides us with exactly what we need to spiritually evolve.

Then it’s easier to let go, surrender and relax; and naturally generate positive energy, love and compassion for all of existence.

***This module is OPEN to the outside public, Yoga teachers previously certified, and students who have a keen interest in learning about the History and Philosophy of Yoga as it relates to Yoga.**

March 23-25th Main Module #4 – “Stepping Into Your Light” with Katie Flinn

Friday 3:00-7:00 pm	<i>15 min break</i>
Saturday 12:30-7:00 pm	<i>Lunch 2-3 pm</i>
Sunday 10:30-6:00 pm	<i>Lunch 2-3 pm</i>

16 hours

April 20-22nd Main Module #5 “Harvesting Your Inner Teacher” with Katie Flinn

Friday 3:00-7:00 pm	<i>15 min break</i>
Saturday 12:30-7:00 pm	<i>Lunch 2-3 pm</i>
Sunday 10:30-6:00 pm	<i>Lunch 2-3 pm</i>

May 11-13th Final Main Module #6 “Fruits of Labor” with Katie Flinn

Friday 3:00-7:00 pm *15 min break*

Saturday 12:30-7:00 pm *Lunch 2-3 pm*

Sunday 10:30-6:00 pm *Lunch 2-3 pm*

This will be our Graduation Ceremony Day!! You will be able to invite your friends and family to be a part of this closing ceremony!!!

Non-Contact Hours:

Minimum of 12-30 hours estimated

Each trainee will be responsible for additional hours outside the classroom. Those hours will include reading, homework, and observation and assisting in Yoga classes.

For this training each trainee will be required to OBSERVE 6 classes and ASSIST in 6 Yoga classes. These hours can be done in any Yoga studio, gym etc. as long as they are done with a certified, experienced Yoga teacher. Once you are in the training you will receive more specific instruction on how to complete these along with the forms you will need.

Main Module Weekends (Modules with Katie Flinn)

Sample Daily Schedule, this may not be the exact time frames but the content will be covered.

Fridays: 3:00pm – 7:00pm

- Check in and weekend orientation/overview
- 1 hour Asana Practice
- Pose Focus
 - Technique/alignment/energy
 - Hands on adjustments
 - Injuries/health condition contraindications/modifications
 - Sequencing (where do these poses go and why)
- 15 min. Snack break
- Process of teaching:
 - These sections of the training will be experiential and interactive, including individual and group processes, experiential investigations into personal ethics, clear and effective communication, teaching integrity, boundaries, personal growth as a teacher.
 - Ethics of teaching (Sat or Sundays)
- Homework assignments (*these assignments will vary according to the module's subject matter each month*).

Saturdays: 12:30-7:00 pm

- 1.5 hour Asana Practice:
 - Mantra
 - Pranayama
 - Vinyasa + Restorative Asana
 - Savasana
 - Meditation
- Personal process of teaching:
 - These sections of the training will include lecture and be experiential and interactive, including individual and group processes, experiential investigations into personal ethics, inner architecture

of yoga, clear and effective communication, teaching integrity, boundaries, personal growth as a teacher.

- Lunch Break
- Pose Focus:
 - Asana technique/alignment/energy
 - Hands on adjustments
 - Injuries/health condition contraindications/modifications
 - Sequencing (where do these poses go and why)
- Practical Class Applications :
 - These sections of the training focus on practice teaching, including teaching each other individually and in groups, teaching exercises, constructive feedback (from Katie and your fellow teacher trainees) on enhancing your teaching skills.
- Homework assignments and closing circle

Sundays: 10:30am-6 pm

- 1.5 hour Asana Practice:
 - Mantra
 - Pranayama
 - Vinyasa + Restorative Asana
 - Savasana
 - Meditation
- Personal process of teaching:
 - These sections of the training will include lecture and be experiential and interactive, including individual and group processes, experiential investigations into personal ethics, inner architecture of yoga, clear and effective communication, teaching integrity, boundaries, personal growth as a teacher.
- Lunch Break
- Pose Focus:
 - Asana technique/alignment/energy
 - Hands on adjustments
 - Injuries/health condition contraindications/modifications
 - Sequencing (where do these poses go and why)
- Practical Class Applications :
 - These sections of the training focus on practice teaching, including teaching each other individually and in groups, teaching exercises, constructive feedback (both from Katie and Heather, and each other) on enhancing your teaching skills.
- Discussion, Q&A
- Homework assignments
- Closing Circle

Testimonials from Past Teacher Training Graduates at COIL Yoga

2013 Graduates

"One of the hardest and best things I've ever done. TT at COIL was transformative both personally and professionally." My students have seen the difference in my teaching, and have commented on it. My classes keep growing. Thank you SO MUCH for all your hard work. –Laura Holmes Sutherland

“The Coil Yoga teacher training was inspiring and transformational. I learned so much about every aspect of yoga and grew as a teacher, a student/practitioner of yoga and as a human being. The teachers all bring their vast knowledge, experiences, intuition, creativity, and love for yoga to compose a well- rounded and top quality teacher training experience. “– Lucianna Borba Johnston

“I’m so glad I went with my gut and committed to this training. I felt the teachers committed to me, as well. I learned what I could hope to learn in a 200-hour training and even more--and all with guidance from an experienced, supportive, and committed teacher team. I’m so grateful THIS is the training I got to be a part of!”
– Red Wilson

2015 Graduates-

“I’m so grateful for the training experience that COIL gave me. The environment was safe, supportive and the perfect place for me to begin my journey as a yoga instructor. I would recommend this training to anyone and everyone looking for a challenging yet completely fulfilling experience.”- Julie T

“COIL Yoga's 200 hour teacher program takes students on a grand journey. Most trainees begin the program loving yoga and leave the program living yoga. It is a high quality program matched by few.”-Emily L

“Excellent instruction throughout the program-top caliber!”- Cindy D.

2016-2017 Graduates-

“My experience of COIL Yoga Teacher Training has been an adventurous journey of intense learning, creating deep connections with others in class, and finding space and support for personal healing and growth. If you are serious about learning all aspects of high quality yoga teaching, and you are willing to dedicate your time, stretch your mind, and open your heart, then this program will be transformative. “- Carol P.

“I highly recommend the teacher training at Coil Yoga for anyone who is interested in teaching or expanding their practice. I now have an increased knowledge base that enhances my career in the medical field as well as being a yoga teacher! – June A“

Tuition & Payment Options

Deposit required holding your space
\$500 (*non-refundable*) by June 1, 2017

Option #1-Early Bird FULL tuition
\$3,650.00 if paid in FULL by May 15th 2017

Option #2- FULL tuition
\$3,850.00 if paid in FULL by June 1, 2017

Option #3- Payment Plan for tuition \$3,995.00 (less \$500 deposit) = \$3,495.00

Four equal remaining payments each due by:

- 1st payment, \$874.00 due by: June 15, 2017
- 2nd payment, \$874.00 due by: August 15, 2017
- 3rd payment, \$874.00 due by: October 15, 2017
- 4th & final payment, \$874.00 due by: December 15, 2017

CANCELLATION POLICY

- A refund will be issued for cancellations made prior to June 1, 2017 for tuition paid less the \$500 non-refundable deposit. Cancellations for payments made after June 1, 2017 are non-refundable.
- A valid credit card must be provided for automatic payment processing and a payment agreement must be signed if opting for the option #3 payment option.

This information will also be available on our website www.coilyoga.com, please email Katie Flinn with your questions.

Namaste' -Katie Flinn and your 2016-2017 COIL Yoga Teacher Training Staff!!

COIL Yoga Studio

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COIL Yoga Trainee adjusting in a Community Class

