

# COIL YOGA

RYT 200 Inner Teacher Training  
& Advanced Studies Program  
August 2020-June 2021

*"Inspire Others to a More Conscious, Open, Integrated Life!"*



Registered Yoga School

 YogaAlliance.  
Integrity, Diversity, Community.

## ***EVOLVE, INSPIRE and AWAKEN***

We are honored to offer our 6<sup>th</sup> Yoga Alliance certified teacher training program to the Central Valley community. In collaboration with excellent Yoga teachers, this program offers a wealth of experience and valuable tools for your life journey. The teachers in this training are well respected and have created engaging and informative curriculum for their students. The collective wealth of knowledge as Yoga teachers is reflected in the quality and depth of this program that has been growing since 2013. Experience does matter and we are proud to offer you over 80 years of combined teaching experience from this faculty of teachers.

This unique teacher training is an investment on many levels. The rewards of this experience will permeate into other areas of your life...increasing self-awareness, stimulating personal transformation and developing tools for teaching and living well. We invite you to begin this inspiring journey at COIL Yoga.

### **Your guides for this journey...**

Katie Flinn, E-RYT 500

Peter Sterios E-RYT 500

Tawny Sterios RYT 500

Kristin English RYT 500 C-IAYT

## **WHO WILL BENEFIT FROM THIS TEACHER TRAINING**

- Students passionate about learning the history, practice and theory of Yoga beyond the asanas.
- 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 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

- Schedule a time to attend a class with Katie Flinn, owner of COIL Yoga; please email [kflinn@coilyoga.com](mailto:kflinn@coilyoga.com) to set this up. I request you do this IF you have NOT taken a class from me before.
- Fill out the full application for the 200 HR program, not JUST the online inquiry.
- Place deposit once the above steps have been completed by May 15<sup>th</sup> 2020.

### 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 practice what they have lived and are living; this embodiment is 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 13-15th (18 hours) Katie Flinn - MODULE 1 "Cultivating Your Inner Teacher" with Katie Flinn

Friday 2:30-7:30 pm 5.0 hrs

Saturday 12:30-7:30 pm 7.0 hrs

Sunday 10:00-4:00 pm 6.0 hrs

**30 min lunch breaks on Sat and Sun and short breaks provided each day.**

This module will be focusing on our beginning as a group and examining our current relationship with Yoga. We will be asking powerful questions about what need to grow, release and be nurtured in us during this training. It is a crucial time as a group to plant seeds and establish healthy boundaries, open lines of communication and settle in for our time together.

### September 17-19th (18 hours) – Katie Flinn - MODULE 2 "Learning the Language of Your Yoga" with Katie Flinn

Friday 2:30-7:30 pm 5.0 hrs

Saturday 12:30-7:30 pm 7.0 hrs

Sunday 10:00-4:00 pm 6.0 hrs

30 min lunch breaks on Sat and Sun and short breaks provided each day.

The theme of this weekend will be focused on introducing the subtle body and learning its' language by exploring how to feel beyond the physical layer into the Koshas or sheaths of the body. We will be exploring meditation and the role it plays in the teachers' life.

October 1-3<sup>rd</sup> (18 hours) – Peter Sterios- MODULE 3 Yoga Philosophy of Levity Yoga, Pose Focus and 7-day Yoga Challenge with Peter Sterios

Friday 2:30-7:30 pm 5.0 hrs

Saturday 12:30-7:30 pm 7.0 hrs

Sunday 10:00-4:00 pm 6.0 hrs

***Sunday October 10th***

2:00-4:00 pm Zoom session with Peter Sterios online- Re-cap 7 -day Yoga Challenge. Time TBD.

**About Peter Sterios:**

Peter Sterios ERYT-500 has been part of the global yoga community for over four decades as a teacher, writer, and entrepreneur based in San Luis Obispo, California.

He is the creator of [Manduka™](#), a leading eco-yoga products company based in Los Angeles. In 2009, Yoga Journal selected his first DVD, [Gravity & Grace](#) in their “top 15 yoga videos of all time” and his popular [LEVITYoGA™ Show](#) appears on [YogaAnytime™](#). Peter’s first book [Gravity & Grace: How To Awaken Your Subtle Body and The Healing Power Of Yoga](#) is now available here, Sounds True, and Amazon. He is an award winning architect, specializing in green yoga studios and retreat centers; co-founder of [karmaNICA™](#), a charitable organization for impoverished kids in western Nicaragua; and for three years, taught yoga at the White House for Michelle Obama’s anti-obesity initiative (2011-2013). Peter was also invited to the Pentagon in 2018 to share his ideas about yoga’s therapeutic effects for the US Marine Corps.

30 min lunch breaks on Sat and Sun and short breaks provided each day of the 3 day weekend

November 12-14th (18 hours) – Katie Flinn - MODULE 4 “Watering the Seeds of Your Voice” with Katie Flinn

Friday 2:30-7:30 pm 5.0 hrs

Saturday 12:30-7:30 pm 7.0 hrs

Sunday 10:00-4:00 pm 6.0 hrs

30 min lunch breaks on Sat and Sun and short breaks provided each day.

The theme of this weekend will focus on how we use our voice in the world. How we use it in our work, relationships, with ourselves and with our students or people we are trying to connect with. There will be a good amount of experiential practice around this and how to cultivate a deeper confidence in speaking our truth.

December 10-12<sup>th</sup> (15 hours) – Kristin English - MODULE 5 The Body Lab: An introduction to Yoga Anatomy with Kristin English

Friday 3:30-7:30 pm 4.0 hrs

Saturday 12:30-6:30 pm 6.0 hrs

Sunday 10:00-3:00 pm 5.0 hrs

Full Weekend Description

Understanding the anatomy of the human form is a relationship of dedication and flexibility, quite like the unfolding of the Yogic path. As we progress on this path of Self-Study, a natural desire to learn a little more about the mechanics of the body naturally arises. In this module we will look at our own bodies as the laboratory for experiment and experience. We will study our anatomy on the page and on the mat in a collaborative manner, so that we can feel more confidence in our own practices as well as our ability to share the Yoga asana's. If you have aspects of the physical practice that have eluded you over the years pertaining to your own body (or others bodies), bring your questions and an open mind as we explore these beautiful human machines together.

**Required Reading:** Anatomy of Exercise & Movement: For the Study of Dance, Pilates, Sports and Yoga

<https://www.amazon.com/Anatomy-Exercise-Movement-Pilates-Sports/dp/158394351X>

**About Kristin English:**

The path of yoga is a journey of self-study, self-inquiry. A journey in, toward our deepest Self. Kristin believes that the key to true happiness, true contentment, is through a shift in our relationship with our selves. "Learning to re-connect the heart, mind, body and breath are key elements on this path of personal, and universal, healing. The practice of yoga is the development of conscious connection that will enrich all aspects of our inner and outer lives."

Her passion is the sharing of awareness and personal growth with people in all stages of life. Fusing foundations in Hatha Yoga, Therapeutic Yoga, Bio-Mechanics and Vipassana Meditation, she provides a safe and healing environment for the process of transformation to flower.

**\*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.**

**Course Fee: \$375.00 for the full weekend**

January 21-23<sup>rd</sup> 2021 (18 hours) – Tawny Sterios - MODULE 6 Pre/Postnatal Yoga and Intro to Ayurvedic Self Care with Tawny Sterios

Friday 3:00-7:00 pm 4.0 hrs

Saturday 12:30-7:30 pm 7.0 hrs

Sunday 10:00-4:00 pm 7.0 hrs

**30 min lunch breaks on Sat and Sun and short breaks provided each day.**

### **The Full Weekend Description**

This weekend course will provide new and experienced teachers alike with creative, yoga-based tools for personal self-care as well as offer ways to properly teach to your female students changing bodies whether they are pregnant, postpartum, menstruating or menopausal. Friday afternoon and Saturday, you will learn how to safely teach both prenatal and postnatal appropriate yoga poses and sequences. Emphasis will be placed on the physical, emotional and mental needs that a woman experiences during these transformational times and how yoga can support her on her journey. Guidance will also be given on how to alter your asana practice with the seasons, the phases of the moon and the hormonal changes in one's body. On Sunday you will be introduced to the fundamentals of Ayurvedic Self Care which will focus on tools, techniques and choices that keep teachers vibrant, inspired and inspiring through various yoga lifestyles. The weekend's explorations will deepen and expand how one teaches and one practices Yoga.

### **Intro to Ayurvedic Self Care**

"The doctor of the future will give no medicine, but will interest her or his patients in the care of the human frame, in a proper diet, and in the cause and prevention of disease." -Thomas Edison

This helpful class is about personal stewardship of your own well-being. This day will introduce the fundamentals of Ayurveda, the sister science to yoga and how to use this ancient healing modality in our modern lives. Ayurvedic view of life, health, and healing will be explained. Daily practices will be taught and modeled, these simple tools can become a regular and supportive part of your yogic path and wellness. Integration of topics such as eating for ones dosha, neti pot use, abhyanga, mama massage, tongue scraping, skin health, sleep, essential oil, various alternative healing practices and communication tools will be introduced. These practices are all designed to sustain one's life energy and pursuits using nature's best medicine. After all, in order to contribute to others in a meaningful way, we must first start with care, awareness, and compassion for self.

### **Prenatal, Postnatal /Yoga For Women:**

"The best thing we can teach any mother is how to listen to her intuition, how to go inside and find her inner voice." -Kimberly Ann Johnson

Yoga becomes more powerful and helpful when appropriate instruction is given to the uniqueness of each student. The Friday and Saturday classes will guide teachers in understanding the specific needs of pregnant, postpartum mothers and their bodies changing needs. We will explore what asanas are beneficial during this time as well as which ones to avoid practicing. Combining breathing exercise, physical movements and meditations that both keep the female body and psyche strong as well as flexible during this special time. Encouragement will be placed on how to help support a women in trusting her changing body, its abilities in birthing and it's innate capacity to heal itself postpartum. We will follow with a broad stroke of addressing yoga specifically for women. Revealing how yoga can support your health during the seasonal, monthly and hormonal shifts. Majority of the class will address but not limited to: hormonal health, the pelvic floor and the energies centers associated, the first three chakra centers. A woman's body goes through shifts each month and also over the course of her life, for example menstrual, pregnancy and menopausal all of which can be supported and guided skillfully with yoga. Attention will be placed on how yoga sequencing, pace and focus can be adapted as our bodies change and how the moon phases and season's affects ones practice. We will have time to both talk and learn about these changes and practice different postures and movements to support them.

### **Course Fee:**

\$450.00 for drop-in students for full all three days. \$300.00 for Fri/Sat and \$200 for Sunday

### **About Tawny:**

Tawny Sterios is a mother, a yoga teacher and teacher trainer, a doula, circle guide and nature enthusiast. She has been teaching yoga for 15 years and leading women's circles and retreats for the last 10 years. A RYT-500hr yoga teacher, co-founder of mBODY YOGA a studio she owned for 8 years in San Luis Obispo CA. She is certified in both Kundalini Yoga and LEVITYoga, and is a certified Prenatal & PostPartum Doula and a Prenatal Post Natal Yoga Instructor. Tawny teaches in LEVITYoga's Teacher Training Programs, and has been leading monthly Moon Women's Circle at studios near and far for the past decade. Leading Spring and Fall women only camping retreats in Big Sur CA, Summer retreats in Mexico and a Winter retreat in India. She was a featured model in Yoga Journal Magazine (2010-2011) and was one of a select group of national instructors invited to teach yoga at the White House for Michelle Obama's anti-obesity initiative (2011-2013). Tawny's passion for life and warm presence makes her teaching style very approachable and accessible to students of all levels.

WEBSITE & BLOG: <http://www.tawnysterios.com>

INSTA: <https://www.instagram.com/tawnysterios>

FB: <https://www.facebook.com/tawny.sterios>

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

### **February 18-20th 2021 (18 hours) – Katie Flinn - MODULE 7 “Challenge The Shadow” with Katie Flinn**

Friday 2:30-7:30 pm 5.0 hrs

Saturday 12:30-7:30 pm 7.0 hrs

Sunday 10:00-4:00 pm 6.0 hrs

**30 min lunch breaks on Sat and Sun and short breaks provided each day.**

### **March 18-20th 2021(18 hours) – Katie Flinn - MODULE 8 “Soften the Inner Teacher” with Katie Flinn**

Friday 2:30-7:30 pm 5.0 hrs

Saturday 12:30-7:30 pm 7.0 hrs

Sunday 10:00-4:00 pm 6.0 hrs

**30 min lunch breaks on Sat and Sun and short breaks provided each day.**

The March and April weekend will be focused around an introduction to Restorative Yoga and the practices that create a softness within that will inform our journey and profoundly affect the way we hold ourselves and our stories. This will be a time of reflection, allowing and nurturing the spirit.

April 22-24th 2021 (18 hours) – Katie Flinn - MODULE 9 “Step Into Your Light” with Katie Flinn

Friday 2:30-7:30 pm 5.0 hrs

Saturday 12:30-7:30 pm 7.0 hrs

Sunday 10:00-4:00 pm 6.0 hrs

**30 min lunch breaks on Sat and Sun and short breaks provided each day.**

The March and April weekend will be focused around an introduction to Restorative Yoga and the practices that create a softness within that will inform our journey and profoundly affect the way we hold ourselves and our stories. This will be a time of reflection, allowing and nurturing the spirit.

May 20-22nd 2021 (18 hours) – Katie Flinn – MODULE 10 “Harvesting Your Inner Teacher” with Katie Flinn

Friday 2:30-7:30 pm 5.0 hrs

Saturday 12:30-7:30 pm 7.0 hrs

Sunday 10:00-4:00 pm 6.0 hrs

**30 min lunch breaks on Sat and Sun and short breaks provided each day.**

This weekend will be about putting all of our training into ACTION. We will be doing a lot of practice teaching with each other, peers and offering community style classes. You will get a real taste of what it feels like to share all that you have grown in yourself and are now ready to share.

June 17-19th 2021 (18 hours) Katie Flinn – FINAL MODULE 11 “Fruits of Labor” with Katie Flinn

Friday 2:30-7:30 pm 5.0 hrs

Saturday 12:30-7:30 pm 7.0 hrs

Sunday 10:00-4:00 pm 6.0 hrs

**30 min lunch breaks on Sat and Sun and short breaks provided each day.**

Our final weekend will be a culmination of the work from all of our past modules. You will continue to deepen your practice, sharpen your tools and start teaching from a truly authentic place as you get ready to step out of our container and share the love of Yoga in the world.

*This will be our Graduation Ceremony Day!! We will have an intimate ceremony with just our group on this special day!*

## Non-Contact Hours Information

- Minimum of 20 hours estimated for homework and outside reading, assignments etc.
- Each trainee will be responsible for additional hours outside the classroom. Those hours will include reading, homework, and observation in Yoga classes.
- For this training each trainee will be required to OBSERVE 12 classes. These hours can be done in any Yoga studio, gym etc. as long as they are done with a 200 RYT 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 (8 Weekend Modules with Katie Flinn)

The Main Modules with Katie will cover the bulk of the required time spent in the areas of study with the lead trainer in a 200 hr program. Practical knowledge of the poses, yoga and teaching methodology, ethics, history of yoga and practice teaching are some areas we will spend a majority of our time on during these 8 modules.

## SAMPLE DAILY SCHEDULE

(THIS MAY NOT BE THE EXACT TIME FRAMES BUT THE CONTENT WILL BE COVERED)

### Fridays:

Check in and weekend orientation/overview

- 1.5 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*).
- Art of Teaching lectures

### Saturdays

- Asana Practice:
- 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

- 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 COIL YOGA TEACHER TRAININGS

### 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 H.

"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 B.

### **2014-2015 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

### **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.

### **2017-2018 Graduates:**

“COIL yoga has amazing teachers that genuinely care about you. I loved that we had a variety of experienced and knowledgeable teachers. The training was very thorough, questions were always welcomed, and answered. I am very proud to say that I completed my training at COIL yoga!”  
– Astrid C

“This was a fantastic program. All the teachers who taught in this program were models of integrity, and throughout the training each one demonstrated an integration of body, mind, and spirit in their own unique way. Being a part of the 200 Hour Teacher Training at COIL Yoga was a life-changing experience that will continue to propel me forward.” – Kristin N.

## **SELF-INVESTMENT/PAYMENT OPTIONS**

- Reserve your space in the training: Participation deposit due by May 15<sup>th</sup> 2020 = \$500.00.
- Note: If you are choosing the “Ongoing Payment Plan” your deposit will be the 1<sup>st</sup> payment of \$684.00 due May 15<sup>th</sup>.
- For the Early Bird Price and the Full Pricing options, your deposit of \$500.00 will go towards the balance due for those payment options. If you are paying cash, both the deposit and the balance must be in cash as well.
- Once paid, the deposit is non-refundable.

### **Payment options:**

- Early Bird by 15<sup>th</sup> 2020 \$3100
- Full Price after May 15<sup>th</sup> 2020, \$3550
- Ongoing Payment Plan- 6 equal payments of \$684 = \$4100
  - 1<sup>st</sup> payment May 15<sup>th</sup> 2019 \$684
  - 2<sup>nd</sup> payment July 15<sup>th</sup> 2019 \$684
  - 3<sup>rd</sup> payment September 15<sup>th</sup> 2019 \$684
  - 4<sup>th</sup> payment November 15<sup>th</sup> 2019 \$684
  - 5<sup>th</sup> payment January 15<sup>th</sup>, 2021 \$684
  - 6<sup>th</sup> payment March 15<sup>th</sup>, 2021 \$684

#### Payment Options:

- Cash payment – NO FEES and *\$100.00 discount*
- Venmo or check payable to Katie Flinn = NO FEES
- ***All Credit card payments*** – 3% processing fee on total amount will be added to each CC transaction, est. \$20-\$21 per transaction.

#### How to Pay:

Please contact Erica Fisher for your payment plan choice her email is [erica@coilyoga.com](mailto:erica@coilyoga.com).

You can also call to set up a time to come into the studio to make your payment in person we will not be taking any payments over the phone.

#### CANCELLATION POLICY

- A refund will be issued for cancellations made prior to June 1, 2019 for tuition paid, less the \$500 non-refundable deposit. Cancellations for payments made after June 1, 2019 are non-refundable.
- A valid credit card must be provided for automatic payment processing and an Enrollment Agreement must be signed for any credit card payment options.

***This information will also be available on our website [www.coilyoga.com](http://www.coilyoga.com). Please email Katie Flinn with your questions.***

Namaste'-Katie Flinn and your COIL Yoga Teacher Training team!

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