

Information Packet

Thank you for your interest in Advanced Yoga Studies with The Mat Yoga Studio and Treenuh Yoga. This packet is intended to provide as much information as possible for planning purposes prior to enrollment in Advanced Yoga Studies. The schedule and curriculum information is subject to change. We will provide as much notice as possible of any necessary changes. As always, don't hesitate to ask if you have any questions.



Attendance

Students are expected to be on time for every session and must stay for the entire session to receive credit for the hours. Just as in a yoga practice, we will begin and end every class on time and as a group.

If you need to be absent from any class, you must email info@thematyogastudio.com BEFORE CLASS to make arrangements. You will be responsible for getting notes from a classmate and working out any available options to make up missing hours. We strongly encourage you to be 100% present for training sessions. The more you put in, the more you get out of it.

What You Need to Bring

- 1-1/2" three ring binder
 - purchase before first class and bring to every class
- Journal
- Pen
- Yoga mat
- Water bottle
- Bring your own lunch in individual cooler for sessions
 - Every Saturday 12:00
 - Every Sunday 12:30
- We have blocks, straps and blankets for use but we encourage you to purchase your own for your home practice.
- Meditation cushion or small chair (optional)

Manual Contents

On your first training day, you will receive your manual and hours log to place in your binder. During the training program, you will keep a log of the hours you spend studying, practicing and learning about yoga. There are several types of hours you will accumulate during Advanced Yoga Studies and we will communicate the type of hours you are logging before each training session.

Self Study

Homework will be assigned during the program. Assignments will vary from looking up information on the Internet to answering questions. The time required varies from person to person based on their understanding of topics presented, learning styles, and previous experience, but plan on two hours per week of self-study for Levels 1 and 2. For Level 3, six hours of self-study will be appropriate.

Recommended Reading

Level 1

Saraswati, Swami Satyananda. Asana, Pranayama, Mudra, Bandha. Yoga Publications Trust, 2008.

Purchase online: [http://rcm.amazon.com/e/cm?](http://rcm.amazon.com/e/cm?t=thmayost-20&o=1&p=8&l=as1&asins=8186336141&ref=tf_til&fc1=000000&IS2=1<1=_blank&m=amazon&lc1=0000FF&bc1=000000&bg1=FFFFFF&f=ifr)

t=thmayost-20&o=1&p=8&l=as1&asins=8186336141&ref=tf_til&fc1=000000&IS2=1<1=_blank&m=amazon&lc1=0000FF&bc1=000000&bg1=FFFFFF&f=ifr

Iyengar, B.K.S. Light on Yoga. Schocken Books, 1966, 1968, 1976.

Lewis, Blair. The Happiness Revolution. Alive and Healthy Institute Press, 2007. Purchase at The Mat Yoga Studio.

Level 2

Satchidananda, Sri Swami. The Yoga Sutras of Patanjali. Integral Yoga Publications 1978, 1984, 1990.
Judith, Anodea. Eastern Body, Western Mind: Psychology and the Chakra System as a Path to the Self. Celestial Arts, 2004.

Level 3

Upon acceptance into Level 3, you will be given a list of materials to read. Some books will be referenced in class and others you will need to have read as self-study prior to the first class day.

Yoga Classes

Levels 1 & 2

Students are strongly encouraged to take three yoga classes per week during each 5-week training course. You will record yoga classes in your hours log. Yoga classes may be taken anywhere, but we have created the Training Schedule so that classes at The Mat may be conveniently taken while you are at the studio for training.

Level 3

Students are expected to attend and evaluate 3 yoga classes per week as a part of their training.

Training Schedule Levels 1, 2, & 3

Day	Time	
Saturday	10:30-11:45am	(optional)
Saturday	12:00-3:45pm	
Saturday	4:00-5:00pm	(optional)
Saturday	5:15-7:00pm	
Sunday	11:00am-12:00pm	(optional)
Sunday	12:30-5:30pm	

Curriculum Basics

Level 1 - 42 total in-classroom hours

Pose Alignment - Basic

Breathing Techniques

Intro to Chakras

Meditation

Intro to Yoga Philosophy

Level 2 - 54 total in-classroom hours

Pose Alignment - Intermediate
Energy Movement
Chakra Psychology
Koshas
Bandhas
Mudras
Yoga Sutras
Yoga Philosophy

Level 3 - 105 total in-classroom hours

Hands-on Adjustments
Sequencing
Effective Communication
Creating Space
Ethics of Teaching Yoga
Finding Your Voice

Level 1 Training Dates

February 4
February 5
February 11
February 12
Break weekend
February 25
February 26
March 3
March 4

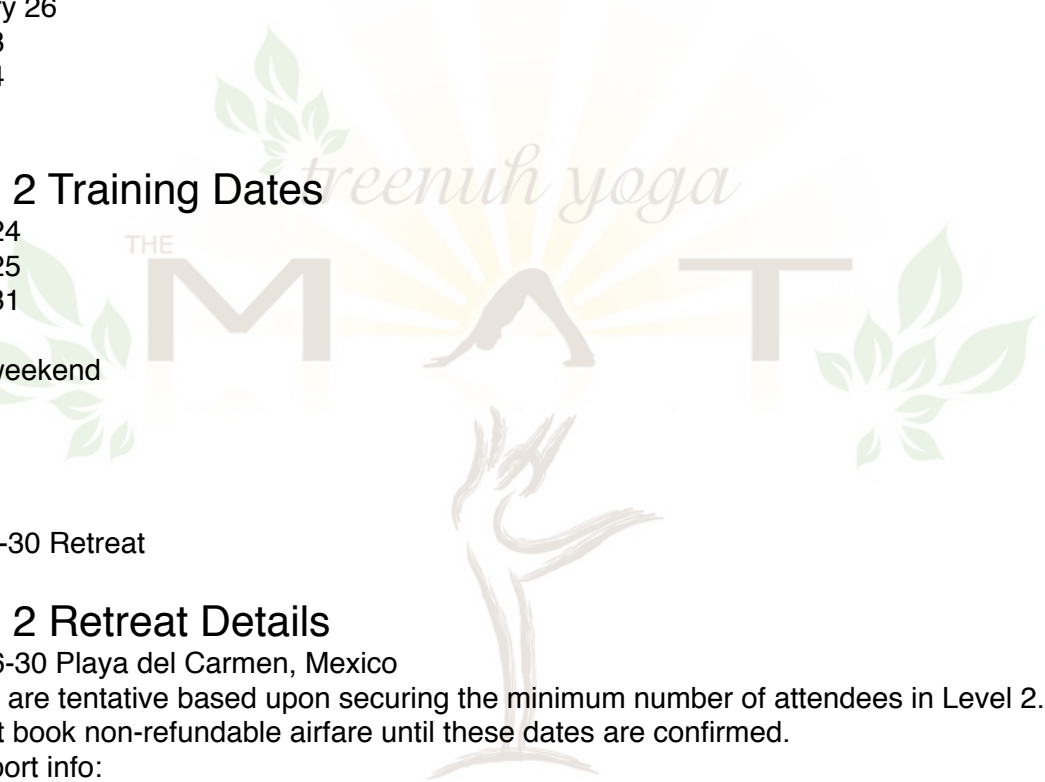
Level 2 Training Dates

March 24
March 25
March 31
April 1
Break weekend
April 14
April 15
April 21
April 22
April 26-30 Retreat

Level 2 Retreat Details

April 26-30 Playa del Carmen, Mexico

- Dates are tentative based upon securing the minimum number of attendees in Level 2. Please do not book non-refundable airfare until these dates are confirmed.
- Passport info:



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- You need a valid passport to travel to Mexico. If you currently have a passport, please check the expiration date now, in case it will need to be renewed prior to the retreat. If you do not have a passport, please begin the application process now. The process of applying for or renewing a passport can take anywhere from three weeks to a few months. There are no exceptions at the airport. If you do not have a valid passport, you will not be getting on the airplane. No refunds will be given if you are not allowed to travel because you don't have a valid passport.
- Level 2 tuition price includes four (4) nights lodging, airport transfers*, daily yoga classes, breakfast daily, one (1) dinner, one (1) lunch, one excursion and excursion-related transportation. *Arrival prior to April 25 or departure after April 28 for personal extended stay will need to be responsible for additional hotel and all airport transportation.
- Airfare not included. Cancun International airport is a major international airport with daily nonstop flights to and from most major cities. We recommend arrival into Cancun between 10am and 4:00pm on April 25, and departure after 1pm on April 28, unless you plan on staying longer on your own.
- Airfare Hint: We can help you find the best deals on airfare from DFW to Cancun, and you can plan on spending up to around \$400.00. November is low season, so more “deals” will become available as we get into fall. If you prefer to utilize your own frequent flyer miles or some other reward program for travel, please book your flights immediately.
- We will provide transportation by van to and from the Cancun International Airport to the Bric Boutique Hotel in Playa Del Carmen when arrival and departure meet time requirements.

When you confirm your flight

Please email becky@thematyogastudio.com when your airline and flights are confirmed. We will need departure city, flight numbers and times for arrival and departure.

Level 2 Retreat Schedule

April 26

Arrival

6:00pm

Dinner at a local favorite restaurant (included)

7:30pm

Opening ceremony, gentle yoga class and intention meditation with Trina Hall

April 27

7:00-9:00am

Breakfast poolside at Bric Hotel

10:00-12:00pm

Yoga workshop with Kendall Inman

12:30-5:30pm

Frolic in the Tropics (beach and leisure time) at our favorite beach club, or afternoon exploring on your own.

Lunch on your own (full menu available at beach club).

6:00-7:15pm

Yoga class at Yoga by the Way (included)

7:30-9:30pm

Group dinner or dinner on your own

April 28

7:00-8:00am

Breakfast poolside at Bric Hotel

8:00am

Depart promptly for Akumal, Muyil and Tulum

9:00am

Yoga class in Akumal with Trina Hall (included)

11:30am-3:30pm

Eco Adventure to Sian Ka'an Biosphere Reserve Muyil and Tulum box lunch (included)

4:30-7:00pm

Beach time and dinner at Tulum beach (food/drinks on your own)

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April 29

Sleep later

7:30-9:30am

Breakfast poolside at Bric Hotel (optional)

9:30am-Noon

Morning on your own to explore the beach or town
group activities may be suggested

12:30-1:30pm

Will suggest optional group lunch (lunch/drinks on your own)

2:00-4:30pm

Leisure, shopping, exploring

4:30-6:00pm

Yoga class with Trina Hall (included)

7:30-9:30pm

Optional group dinner (dinner/drinks on your own)

April 30

7:00-9:00am

Breakfast poolside at Bric Hotel

9:00-11:00am

Morning on your own to explore the beach or town
group activities may be suggested

11:00am-12:00pm

Will suggest optional group lunch (lunch/drinks on your own)

1:00pm

Vans available for departure beginning at 1:00pm

Level 3 Training Dates

August 18

August 19

August 25

August 26

Break weekend

September 8

September 9

September 15

September 16

September 22

September 23

Break weekend

Break weekend

October 13

October 14

October 20

October 21

October 27

October 28

Break weekend

November 10

November 11

November 17

November 18

Cancellation Policy

For those accepted into the program, a full refund minus a \$100 processing fee will be given until December 30, 2011. From then until January 27, 2012 there will be a \$350 processing fee. After January 27, 2012, there will be no refunds.

