



**YA-Certified
Yoga Teacher Training
&
Modular Advanced Yoga Studies (MAYSSM)**



2010 Program

Beginning its third year, Green Lotus is excited to bring to its yoga community a new "**life-friendly**" **advanced yoga studies and teacher training model**. This program, in the form of three independent, complementary study modules, fulfills the requirements of the Yoga Alliance 200-Hour RYT certification and allows students to complete their training at their own pace. This ground-breaking approach enhances student learning by dividing teacher training into distinct and manageable sections, and allows each student to create a program that fits best with the commitments of their personal lifestyle.

Green Lotus acknowledges both students whose motivation is to further their personal study and deepen their yoga practice, and the student whose ultimate goal lies in yoga teacher certification. It is for this reason that Green Lotus has developed training options for both advanced yoga studies and yoga teacher training under the Modular Advanced Yoga Studies (MAYSSM) program. Take 1, 2 or all 3 modules - you choose what serves your objective and when it best fits your busy schedule.

Green Lotus is committed to the success of every student, encouraging self-reflection, self-inquiry and self-discovery culminating in personal transformation. We look forward to taking the journey with you - download the brochure and print, complete and email this Application Form to info@greenlotusyogactr.com to take that first step:

Downloads: (PDF - requires Adobe Reader)

- **[Modular Advanced Yoga Studies \(MAYSSM\) Application Form](#)**

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Created to fit each student's personal schedule, Green Lotus offers convenient modular advanced yoga study options:

- Students motivated to deepen their personal study and practice may register for one, two or three modules
- Students seeking to meet the requirements for Yoga Alliance 200-Hour RYT Certification will complete the full series of three modules
- Students may choose when they wish to attend individual modules

Please note: Modules One & Two can be taken in reverse order but must be completed prior to taking Module Three. With two class groups beginning each year, students reversing Modules One & Two still should be able to complete their training within a year in most instances.

Upon completion of all three modules, students will have completed **240 hours of study** -- this includes 180 hours of in-classroom training (contact hours) and 60 hours of out-of-class study (non-contact hours).

**Modular Advanced Yoga Studies (MAYSSM)
Training Modules**

Module One - The Beginning Foundation: Topics of Study

- Basic evolution, history and philosophy of yoga
- Pranayama & the use of breath as a transformative tool
- Yoga lifestyle
- Art of meditation - developing deeper levels of awareness

Module Two - The Asanas: Topics of Study

- Knowledge of basic & advanced asanas (postures)
- Basic human physical and energy-based anatomy & physiology
- The asanas: alignment, healthy and safe movement patterns, benefits, contraindications
- How to read bodies - physically & energetically
- Verbal & physical adjustments

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Module Three - The Teacher: Topics of Study

- Development of a safe and respectful community in your class
- Teaching techniques and learning styles
- Verbal & physical adjustments
- Development & communication of a balanced and well-sequenced class that teaches and inspires
- Ethics of the yoga teacher
- The Business of Yoga:
 - What does it mean to earn a living as a yoga teacher? Open your own studio? Invest in a studio? marketing tools and models to assist you?
- Practice Teaching:
 - Apprenticeship - learn by watching and assisting certified teachers
 - Peer Teaching - lots of teaching in a supportive environment

2010 Modular Advanced Yoga Studies (MAYSSM) Module Schedule

Module One - The Beginning Foundation:

- October 23 - 25, 2009
- November 20 - 22, 2009
- January 15 - 17, 2009

Module Two - The Asanas:

- February 19 - 21, 2010
- March 19 - 21, 2010
- April 16 - 18, 2010

Module Three - The Teacher:

- May 14 - 16, 2010
- June 18 - 20, 2010
- July 16 - 18, 2010

Scheduled Meeting Times for Each Module:

- Friday: 5:00 p.m. - 9:00 p.m.
- Saturday: 8:00 p.m. - 9:00 p.m. (includes breaks for lunch and dinner)
- Sunday: 8:00 a.m. - 1 p.m.



Green Lotus MAYSSM Training Faculty

- **Gwen Linden-Bruzek (RYT, E-RYT)** was kept grounded and at peace by her yoga practice during 10 years of traveling, "gypsy-style", with her husband. When her performing career came to a close, yoga was the natural path to take. Gwen has been studying yoga for 17 years. She was certified at White Lotus Foundation in 2002 and has taught all over the metro area ever since. She also holds a certification from the National Academy of Sports Medicine.
- **Candy Bell (RYT, E-RYT)** has been practicing and studying yoga since 1996, and has been teaching yoga for 10 years. Training with Judith Lasater (Restorative Yoa), Elise Miller (Breath Work) and Shiva Rea (Asana Flow) have helped her discover her passion, which is helping students discover the importance of breath as it leads the body into the flow of the asanas.
- **Susan Kerndt** began practicing yoga a decade ago to find relief from stress and migraine headaches. With 15 years of teaching experience and a master's degree in education, Susan took a leave from the classroom and earned her RYT credentials at Yoga Center of Minneapolis. Susan's influences are Green Lotus Yoga and Healing Center's own Gwen Linden-Bruzek, as well as Max Strom, Natasha Rizopoulos, Daren Friesen, John Friend, and many others. She returns to Green Lotus' Advanced Study and Teacher Training for her third year.
- **Marcia Appel (RYT)** has been practicing and studying yoga since 2000. Yoga deepens her connection to herself, to others and the world around her. She has trained with Baron Baptiste (Baptiste Power Vinyasa), TeriLeigh Schmidt (power vinyasa), Judith Lasater (Restorative Yoga), Janice Gates (founder of The Yoga Garden), Anna Cushman (contributing editor of *Tricycle* and *Yoga Journal*), and Ana Forrest.

Modular Advanced Yoga Studies (MAYSSM) Pricing and Payment Options*

Complete MAYSSM Series

A **Complete Series** consists of one weekend per month for nine months. These weekends are grouped into three modules, with each module covering three weekends of training.

The price includes:

- Modules One, Two & Three
- 20% discount on retail (excluding books -during weekend training sessions only)
- 10% off Green Lotus Retreat packages

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The price **does not** include:

- Books required for the series

Complete Series Investment = \$2700.00

Full Payment Discount = \$300.00

Complete Series Deposit = \$300.00

Payment Options:

- **Payment in Full** - Must be made on or before the first day of the session. Payment in full will receive a discount of \$300, reducing the price to \$2400 (this includes the \$300 deposit).
- **Payment by Module** - Must be made on or before the first day of the module session. This plan will require a \$300 deposit and three equal payments of \$800 for a total of \$2700.
- **Automatic Monthly Payments** - Will require a \$300 deposit at the time of registration and ten monthly payments of \$240 for a total of \$2700. Monthly automated payments will be made on the first of the month and automatically withdrawn from a checking account or charged to a personal credit card. No check or cash payments.

Single MAYS[®] Module

A **Module** consists of one weekend per month for three months. These sessions are each dedicated to a different focus area of your practice.

Module Investment = \$900.00

Module Deposit = \$150.00 (per Module - deposit must be made at time of registration)

Payment Options:

- **Payment in Full** - Must be made on or before the first day of the module session, and will require a \$150 deposit.
- **Automatic Monthly Payments** - Will require a \$150 deposit at the time of registration and three equal monthly payments of \$250. Monthly automated payments will be made on the first of each month and automatically withdrawn from a personal checking account or charged to a personal credit card. No check or cash payments.

** Limited needs-based scholarships are available. For more information, contact Green Lotus at info@greenlotusyogactr.com and enter "Advanced Studies Scholarship" in the email subject line. In addition, training may qualify for state-funded worker retraining programs - contact the Minnesota Department of Human Services or a state unemployment office for assistance.*

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Policies

Makeup Policy:

Green Lotus and its instructors realize that students may face unexpected work or family issues that require them to miss a portion of their training. Students who miss a component may pick it up during the next module cycle at no additional cost. In certain circumstances, teachers may be able to conduct a makeup session at their hourly rate.

Cancellation Policy:

Students who cancel up to one month prior to the Complete Series will receive a 50% refund of their deposit. Students who cancel after that time will receive no refund of their deposit. Students who drop out of the program at any time after it begins will receive a prorated refund if they have paid in full. There can be no refund of deposit for cancellations.

Testimonials

"Green Lotus Teacher Training Program offers much more than the mechanics of teaching yoga. It is very much about the business of living abundantly and mindfully. The content is rich, practical, and thorough. My own practice has grown deeper and I am excited about my abilities to share this wonderful information with others. The teachers were very encouraging and inspirational. I appreciate all the time and effort they put into helping us understand yoga as a whole, not just asana."

2008 participant

"Even if I decide to not pursue teaching yoga, the teacher training program at Green Lotus would still be worth the time and money spent. In fact, to just call it "teacher training" is a bit of an injustice. This program also encourages you to live and experience life in a unique way while taking your personal yoga practice to new levels. The teachers and fellow trainees offer valuable insight and support as you continue on your own journey of truth and spirit. I highly recommend it!"

2008 participant

I highly recommend this training. I was a certified Yoga Instructor and wanted to get my RYT200 certification. I was a bit hesitant with the length of training at first but it allowed me the time to digest all the knowledge I received. This training is like no other I have taking. The depth of knowledge of is unbelievable. I really like the fact that the class size is limited to only 10 people. This allowed sufficient one on one training. The people I met in training I consider to be life long friends. I feel we are all on our own journey, my path lead me to Green Lotus Healing and Yoga center and I am very grateful for that. This is the best Teacher Training I have ever taking.

2008 participant

"I've really enjoyed taking my practice to a much deeper level. I think the teachers are knowledgeable and capable. I enjoy having the opportunity to learn and grow with people from different backgrounds and experiences, but who have a love of yoga in common."

2008 participant

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Additional information

If you have any additional questions regarding the Green Lotus Modular Advanced Yoga Studies (MAYSSM) training and study program, please contact Gwen Linden-Bruzek or Candy Bell at the Center at 953.373.0055 or email them at info@greenlotusyogactr.com

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