



Advanced Studies and Teacher Training

Beginning its third year, Green Lotus is excited to bring to their community a new **"life friendly" advanced studies and teacher training model**. This model, in the form of three study modules, enhances student learning and allows each student to create a program that fits with the commitments of their personal life styles.

Green Lotus acknowledges both the student whose goal and motivation is to further their personal study and deepen their yoga practice and the student whose goals includes personal study, practice development and yoga teacher certification. It is for this reason that Green Lotus includes options for the advanced studies and teacher training student. Green Lotus is committed to the success of every student, encouraging self reflection, self-inquiry and self discovery culminating in personal transformation.

Created to fit each student's personal schedules, Green Lotus offers convenient options for study.

- ✧ Students, motivated to deepen their personal study and practice may register for one, two, or three modules.
- ✧ Students working toward deepening their personal study, practice, and meeting the requirements for Yoga Alliance 200 Hour Teacher Certification will be required to complete all three modules.
- ✧ Students may choose when they wish to attend individual modules. **Module One and Module Two may be taken in any order. However, Module One and Module Two must be completed before taking Module Three**
- ✧ **Upon completion of three modules**, students will have completed **240 hours of study** to include 180 hours of in classroom study (contact hours) and 60 hours of out of class study (non-contact hours).

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Green Lotus MAYSSM Training Faculty

- **Gwen Linden-Bruzek (RYT, E-RYT)** is co-leader of the RYT 200-hour program. Gwen is an E-RYT 200 Yoga instructor and is co-leader the Green Lotus Teacher Training Program. She received her first certification in yoga from The White Lotus Foundation in Santa Barbara, California, with Ganga White and Tracey Rich. She has been practicing yoga for 18 years and has been teaching yoga for eight years. in homes, studios, gyms, and businesses around the metro area. In October 2009, she received her 300-hour certification as a Yoga and Ayurveda Health Educator from Dr. David Frawley, Director of the American Institute of Vedic Studies. Dr. Frawley, Pandit Vamadeva Shastri, is considered one of Americas' foremost scholars and teachers of Vedic ways of knowledge (vidyas).
- **Candy Bell (RYT, E-RYT)** is the director of Green Lotus' teacher training programs and co-leader of the RYT 200-hour program. She has been practicing and studying yoga since 1996, and has been teaching yoga for 10 years. Training with Judith Lasater (restorative yoga), 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.
- **Jill Carey (RYT)** 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. Marcia specializes in vinyasa and restorative yoga, and in January 2011 will begin a multi-year study of yoga and meditation at Spirit Rock in California.
- **Erica Dolan:** Erica Dolan is a Licensed Acupuncturist (L.Ac.) by the Minnesota Board of Medical Practice and is board certified by the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM). She graduated Cum Laude from the Minnesota College of Acupuncture and Oriental Medicine (MCAOM) at Northwestern Health Sciences University in Bloomington, MN where she earned her Master of Acupuncture degree. She launched her practice at Green Lotus in 2007. In addition to her growing practice, she also participates in yoga teacher training at Green Lotus, integrating her deep knowledge of Chinese medicine with yoga asana and philosophy. Before graduating, Erica treated many patients with a variety of health concerns at internships sites, including the Edith Davis Teaching Clinic and the Courage Center.

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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 asana; alignment, healthy and safe movement patterns, benefits, contraindications
- ✘ How to read bodies - physically & energetically
- ✘ Verbal & physical adjustments

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
- ✘ The 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? 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



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2010-2011 Module Schedule

Module One - The Beginning Foundation: Topics of Study

September 24-26, 2010

October 22-24, 2010

November 19-21, 2010

Module Two - The Asanas: Topics of Study

January 21-23, 2011

February 18-20, 2011

March 18-20, 2011

Module Three - The Teacher: Topics of Study

April 15-17, 2011

May 20-22, 2011

June 17-19, 2011

The Schedule for each Module will be:

Friday 5:00 p.m.-9:00 p.m.

Saturday 8:00 a.m.-9:00 p.m.

Sunday 8:00 a.m.-1: p.m.

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Cost & Payment Options

Complete Series

A **Complete Series** consists of one weekend per month for nine months. These weekends are divided into three modules, each module including three weekends of study.

The cost includes Modules One, Two & Three, a 20 % discount on retail (excluding books) during weekend training sessions only. **Cost also includes 10% off of one Green Lotus Retreat package.** Cost **does not** include books for the session.

Complete Series Investment = \$2700.00

Complete Series Deposit = \$200.00

**Deposit must be made at time of registration to secure registration*

Payment in Full – Must be made on or before the first day of the session. This offers a total savings of \$400, therefore setting the in-full payment of \$2300 (including the \$200 registration down payment).

Payment by Module - Must be made on or before the first day of the modules session. This plan will require \$200 deposit and three equal payments of \$835.

Automatic Monthly Payments - Will require a \$200 deposit at the time of registration and nine monthly payments of \$280, made on the first of the month and automatically withdrawn From a checking account or charged to a personal credit card.

Module Session

A **Module Session** consists of one weekend per month for three months. These sessions are each focused on different focus areas of your practice.

Module Session Investment = \$900.00

**Includes session deposit*

Module Session Deposit = \$200.00

**Deposit must be made at time of registration to secure registration*

Payment in Full – Must be made on or before the first day of the module's session. Will



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Require a \$200 deposit.

Monthly Payments – Will require a \$200 deposit at the time of registration and three monthly payments of \$240, made on the first of each month and automatically withdrawn from a personal checking account or charged to a personal credit card.

***Limited needs based scholarships available. For more information contact Green Lotus at www.greenlotusyogactr.com entitle email "Advanced studies scholarship".**