



# 200hr yoga teacher training

at Energyyoga in Ottawa

✦ Sample Classes & Info Sessions ✦

Friday, Oct 28

6-7:30pm sample practice class

7:30-8:30pm info session

Monday, Nov 21

6:30-7:30pm info session

Friday, Dec 16

6-7:30pm sample practice class

7:30-8:30pm info session

Experiential learning gives you practical experience in the art and science of yoga. These situations start in the classroom and expand into your teaching and your life. Teacher Training is not only for those students who are interested in teaching yoga. It is designed to help anyone who is interested in deepening their practice.

Teacher Training Program begins February 2012. For more information please email [zoey@mokshayoga.com](mailto:zoey@mokshayoga.com) or ask for Zoey at 312.942.9642. The information sessions will be held at Energyyoga 225 West Madison Street, Ottawa, IL 61350.

**moksha**  
YOGA CENTER





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**Moksha Teacher Training & In-Depth Studies**

**200 hour Certification Program  
 approved by Yoga Alliance**

*for anyone wishing to deepen their practice and understanding of yoga and learn how to teach this ancient art & science*

**Feb - Nov 2012**

**hosted by Energy Yoga in Ottawa, Illinois**

## WELCOME

Thank you for your interest in Moksha Yoga Center's 2012 Teacher Training & In-Depth Studies Program, hosted by Energy Yoga in Ottawa. Highly regarded throughout the Midwest, this program is a foundation for the study of the ancient art and science of yoga rooted in its classical form. The fundamentals and key elements and techniques of asana, pranayama, and teaching skills will be explored. The program is designed to give you a wide variety of topics, class settings, and experiences. We are committed to giving you the best learning experience possible so that you may find your life and practice transformed.



**Daren Friesen** is the founder and director of Moksha Yoga Center in Chicago, the largest yoga studio in the Midwest with 3 locations, 40 teachers and thousands of students. Daren has been an avid student of yoga since starting his practice in 1989 shortly after finishing college (USC) in Los Angeles. Studying at YogaWorks, he was honored to study with so many great and inspiring teachers from all over. Having moved to Chicago in 1995 due to a job transfer and not finding much of the vinyasa flow that he loved in L.A., he left his corporate life shortly thereafter to study yoga, practice, and travel. Wanting to reach deeper into the roots of vinyasa, Daren spent 2 years in India in 1998-99 studying at the Astanga Yoga Research Institute (Laksmipuram) with Sri K. Pattabhi Jois. Now having traveled to India on 11 years in a row and spending over 30 months in the country studying yoga, ayurveda, sanskrit, and sutras, Daren strives to impart the classical principles of yoga in a modern setting.

## ABOUT THE COURSE

### Yoga History & Philosophy

#### *Understanding Union, Relationships & Opposites*

What is yoga? This ancient system of health and well-being, reveals a path to develop and expand our fullest potential in body, mind, and spirit. We will look at sources such as Indian culture, vedic history, and ancient manuscripts such as the yoga sutras and the Hatha Yoga Pradipika which reveal the ancient classification of yoga. We will also study Patanjali eight-fold path known as ashtanga yoga forming the basis of classical yoga, known as yoga darshana.

- Yama - Relationship with Others
- Niyama - Relationship with Ourselves
- Asana - Postures
- Pranayama - Breath Control
- Pratyahara - Turning the Mind Inward
- Dharana - Concentration
- Dhyana - Meditation

- Samadhi - Ecstasy

## Theory & Practice of Asana

### *Taking a Position of Steadiness and Comfort*

The yoga sutras refer to asana as the integration of sthira (steadiness) and sukha (comfort). This important sutra will guide us as we look into the deeper aspects of asana, including alignment, adjustments, and variations. We will explore energetic techniques such as bandhas, dristi, kriyas, mudras, and chakras in order to expand our awareness and understanding of the subtle movement of prana through asana. Arranging our study of asana groups is in itself a unique sequence or vinyasa: sun salutations (surya namaskara), standing and balancing poses, abdominal strengtheners (hara), forward folds (paschimo) and backbends (purvo), twists (parivritta), inversions (viparita), and savasana.

## Theory & Practice of Pranayama

### *Regulating The Current of Life-Force Energy*

Conscious breathing requires sensitivity to properly direct life energy (prana), which makes all physical, mental, and spiritual life possible. It is the subtle thread that connects us with universal consciousness. Pranayama is a way of using the breath to receive, generate, distribute, and store this vital energy. We will explore Ujjayi (victory breath), nadi shodhanam (alternating nostril), kappalabhati (breath of fire), sitali (cooling breath), and viloma (against the grain).

## Theory & Practice of Teaching Skills

### *Conveying the Essence of Yoga*

The art of teaching is a yoga in itself, requiring sensitivity, compassion, and practice. A teacher must encourage and inspire, being sensitive to the needs of both the individual and the group.

- How to properly adjust using visual (body language), verbal (voice), and kinesthetic (touch) tools
- Sequencing, counterposes, and routines
- Integrate themes, rhythm, focus, direction
- Psychology ethics of the student/teacher relationship

## Experiential Learning

### *Finding Wisdom & Understanding Within*

Understanding from within requires the student to not only expand inner awareness and trust of intuition, but also to gain practical experience in the art and science of yoga in a variety of situations and venues.

- Meet and interact with renowned master teachers
- Apprentice in class with various teachers
- Develop individualized private lessons
- Teach a community class (basic level 1-2)
- Give selflessly by teaching at a hospital, senior-citizens home or charity fundraiser (known as karma yoga)

## Testimonial

*"I can't believe it's almost over, it has already been an incredible journey for me. You have taught me SO much and I have gained a much deeper appreciation, love and understanding of yoga. You have somehow managed to take an incredible amount of information and made it simple to understand and easy to 'digest' - thank you. The decision to leave my corporate job and enroll in this training is one of the best decisions I've ever made." Shanti ~ Katie McKenna*



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## Schedule

### Sample Class & Info Meetings

- **Friday, Oct 28**
  - 6-7:30pm sample practice class
  - 7:30-8:30pm info session
- **Saturday, Nov 19**
  - 5-6:00pm info session
- **Friday, Dec 16**
  - 6-7:30pm sample practice class
  - 7:30-8:30pm info session

### Part 1: Spring-Summer 2011-12

#### Practice & Training Classes...

- Week #1**  
 Feb 3, Friday 6-9pm  
 Feb 4, Saturday 9am-4:30pm
- Week #2**  
 Feb 17, Friday 6-9pm (Fri evening session only)
- Week #3**  
 Mar 2, Friday 6-9pm (Fri evening session only)
- Week #4**  
 Mar 16, Friday 6-9pm  
 Mar 17, Saturday 9am-4:30pm
- Week #5**  
 Mar 30, Friday 6-9pm  
 Mar 31, Saturday 9am-4:30pm
- Week #6**  
 Apr 6, Friday 6-9pm  
 Apr 7, Saturday 9am-4:30pm
- Week #7**  
 Apr 20, Friday 6-9pm  
 Apr 21, Saturday 9am-4:30pm
- Week #8**  
 May 4, Friday 6-9pm  
 May 5, Saturday 9am-4:30pm
- Week #9**  
 June 8, Friday 6-9pm  
 June 9, Saturday 9am-4:30pm
- Week #10**  
 June 29, Friday 6-9pm  
 June 30, Saturday 9am-4:30pm
- Week #11**  
 July 6, Friday 6-9pm  
 July 7, Saturday 9am-4:30pm
- Week #12**

Aug 3, Friday 6-9pm  
Aug 4, Saturday 9am-4:30pm

### ***Part 2: Fall 2012***

#### **Video Review Classes...**

##### **Week #1**

Sept 21, Friday 6-9pm  
Sept 22, Saturday 9-5pm

##### **Week #2**

Sept 28, Friday 6-9pm  
Sept 29, Saturday 9-5pm

##### **Week #3**

Oct 12, Friday 6-9pm  
Oct 13, Saturday 9-5pm

##### **Week #4**

Oct 19, Friday 6-9pm  
Oct 20, Saturday 9am-5pm

### ***Part 3: Closing Circle***

#### **Closing Weekend & Sattvic Potluck...**

Nov 9, Friday 6-9pm  
Nov 10, Saturday 9am-5pm





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## Certification Requirements

Moksha Yoga Center is an officially recognized and approved yoga teacher training school of Yoga Alliance since 2002. Our standards not only comply but also exceed those standards as published by [yogaalliance.org](http://yogaalliance.org). The number of hours listed for each category indicates the number of hours required for the 200 hour foundation program first, then the 500 hour foundation program next (e.g. Techniques 100/150 hours). The information below applies to the 200 hour foundational course.

### I. Asana, Pranayama, Kriyas, Chanting, & Meditation

*Yoga Alliance Standard:* These hours must be a mix between a) analytical training in how to teach and practice the techniques and b) guided practice of the techniques themselves - both areas must receive substantial emphasis. *Techniques: 100/150 hours (50 with E-RYT)*

<u>Class</u>	<u>Instructor</u>	<u>Classes</u>	<u>Hours</u>	<u>Total</u>
Practice Class	Mercedes	22	4.5	100
Training Class	Daren	5	3	15
Additional Practice Clthasses - 2x per week for one year		100	1.5	150
Daily Practice of 15-20 minutes min. for 1 year		365	.25	100

### II. Teaching Skills

*Yoga Alliance Standard:* These hours include principles of demonstration, observation, assisting/correcting, instruction, teaching styles, qualities of a teacher, the student's process of learning, and business aspects of teaching yoga. *Teaching Methodology: 25/30 hours (10 with E-RYT)*

<u>Class</u>	<u>Instructor</u>	<u>Classes</u>	<u>Hours</u>	<u>Total</u>
Teaching Skills	Daren	2	3	6
Video Review	Daren	5	7	35
Apprenticeship - Semester 1	Local Teacher 1	10	1.5	15
Apprenticeship - Semester 2	Local Teacher 2	10	1.5	15
Business Course	Daren	1	2.5	2.5

### III. Anatomy Programs \*

*Yoga Alliance Standard:* These hours includes principles of both human physical anatomy and physiology (bodily systems, organs, etc.) and energy anatomy and physiology (chakras, nadis, etc). Includes both the study of the subject and application of its principles to yoga practice (benefits, contraindications, healthy movement patterns, etc). *Anatomy: 20/35 hours*

<u>Class</u>	<u>Instructor</u>	<u>Classes</u>	<u>Hours</u>	<u>Total</u>
Anatomy for Yoga Teachers *	Shanna Linn	10	2.5	25

\* Additional course fees: anatomy programs and requirements are not included in the Moksha Yoga Center tuition and require a separate fee due at the time of registration. Please check [www.mokshayoga.com](http://www.mokshayoga.com) for more information regarding dates, times, and fees.

### IV. Yoga Philosophy & Lifestyle

*Yoga Alliance Standard:* includes the study of yoga philosophies, yoga lifestyle, and ethics for yoga teachers. *Philosophy, Ethics, Lifestyle: 30/60 hours*

<u>Class</u>	<u>Instructor</u>	<u>Classes</u>	<u>Hours</u>	<u>Total</u>
Ethics - Yamas & Niyamas	Daren	1	3	2
Ayurveda	Daren	1	3	2
Reading Review	Daren	3	2	6
Thesis Presentations	Trainees	1	3	3
Master Teacher Roundtable	Master Teachers	5	1	5
Pregnancy Practice	Cassie/Emily	1	3	3
Kids Yoga	Mira Binzen	1	3	3
Theory of Karma	Wendy Doniger	2	3	6

### V. Practicum

*Yoga Alliance Standard: includes practice teaching, receiving feedback, observing others teaching and hearing/giving feedback. Also includes assisting students while someone else is teaching. 10/40 hours*

<u>Class</u>	<u>Instructor</u>	<u>Classes</u>	<u>Hours</u>	<u>Total</u>
Community Class - with a partner	You	4	1.5	4.5
Community Class - alone	You	4	1.5	4.5
Privates - Trainee/Friend/Other	You	3	1.5	4.5
Good Will Yoga Class	You	1	1-1.5	1.5

### VI. Electives \*

*Yoga Alliance Standard: Hours to be distributed among the categories above according to the school's chosen emphasis. 15/185 hours*

<u>Class</u>	<u>Instructor</u>	<u>Classes</u>	<u>Hours</u>	<u>Total</u>
<b>Workshops &amp; Trainings</b>				
See Moksha Events page for listings	Master Teachers		25	25
See Moksha Events page for listings	Moksha Teachers		15	15

\* Important Note: workshops and special events and elective requirements are not included in the Moksha Yoga Center tuition and require a separate fee due at the time of registration. Please check [www.mokshayoga.com](http://www.mokshayoga.com) for more information regarding dates, times, and fees.

Please fulfill your elective requirements by attending workshops and special events at Moksha Yoga Center in Chicago. Classes taken at national conferences, such as Yoga Journal and Midwest Yoga Conference, are eligible to fulfill this requirement. National and local teachers not sponsored by Moksha will be considered on a case-by-case basis.

### VII. Non-Contact Hours

*Yoga Alliance Standard: 20/50 hours*

<u>Description</u>	<u>Hours</u>
Homework	100
Book Reviews	25
Fire of Love (Book Review)	
Teaching Yoga (Study Guide Questions)	
A yoga book of your choice (Book Review)	
Thesis Project	25
Seva	25
Quizzes/Midterm/Final Exams	5
Feedback Form	1

### Terms & Conditions

In order to receive certification documentation, please submit the following:

1. Documentation indicating you have completed all requirements as listed above.
2. Your thesis project by email.
3. All homework assignments.
4. Completed feedback form.

All course fees and tuition must be paid in full to be eligible for certification. An additional 4 months will be considered for an additional fee of \$150. All extensions must be submitted in writing. Certificates will be given only on the 2 dates listed below:

September 1, 2012 (after thesis presentations)  
January 1, 2013 (4 mos. extension - \$150 fee)

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## Coursework

### Theory & Practice of Asana, Pranayama, Meditation (Techniques)

#### Opening Circle

The first class get-together is a sacred sharing of one's background and intention for the teacher training course. Please come prepared to talk about where you grew up, how you came to yoga and what yoga means to you, why you are interested in the teacher training program or what you hope to accomplish by participating in the training. Please wear an article of white clothing to represent the purity of your intention (practice clothing is not necessary).

#### Training Classes

Training classes are the foundation of the training program, mandatory and required for certification. Integral to the learning process, these classes are multi-dimensional and include asana, pranayama, meditation, bandhas, mudras, kriyas, history, philosophy, and ethics. The format of the class is structured to include practice, hands-on adjustments, lecture, discussion, Q&A, and quizzes. Guest teachers may also be asked to present during these times. You are entitled to miss one class. For all remaining absences, please attend make-up sessions completing hour-for-hour each class missed.

#### Practice Classes

**Friday Evening Practice Class:** Daren's practice classes are an important component of the training in which trainees experience the content of each lesson in the setting of a yoga class.

**Weekly Practice Classes:** Trainees are required to participate in 2 group classes per week at your favorite studio, preferably at Energy Yoga in Ottawa. This requirement is in addition to your daily personal practice. A minimum of 50 practice classes is required for certification. For practice classes completed at Moksha Yoga Center, our database will keep track of your attendance. For practice classes completed elsewhere, please keep a log of your attendance.

**Review & Make-up Sessions:** 1 or 2 review/make-up classes will be scheduled throughout the course. All are encouraged to attend, whether a make-up is required or not. Please bring the topic or lesson that you missed and your questions about the poses. You may also complete make-up classes by attending another Moksha program in Chicago or the suburbs.

### Theory & Practice of Teaching Skills (Methodology)

#### Apprenticeship

Trainees choose a teacher of his/her choice to observe, adjust, and assist. Each teacher is unique in the way to engage the trainee. Some teachers have the trainee teach one pose in each class. Other teachers spend a few minutes after class to review and critique any adjustments given. Some teachers are hands-off and allow the trainee to use this component as self-study. In addition to adjusting students in poses, trainees are expected to distribute and collect props, follow the teacher's instructions, and assist in any way deemed appropriate. **Registration & Attendance:** You must sign-up for the semester by the deadline requested. Please attend 10 consecutive classes per season. Please attend the teacher's class, introduce yourself, and ask to assist, before the registration deadline.

#### Master Teacher Roundtable (MTR)

One of Moksha Yoga Center's greatest assets is our relationship with a variety of the country's most respected master teachers in various methods and styles. Our master teachers will be asked to speak in special 1-hour sessions that will be held on select weekends. The topics include the presenter's teaching background, key teaching qualities to possess, and issues related to the teacher/student relationship. A short Q&A will follow. Come prepared to ask any questions you may have related to teaching.

### Experiential Learning

**Introduction to Yoga**

One of the unique aspects of the Moksha training program is the Intro to Yoga series. Each trainee teaches a portion of the course, composed of four 1.5 hour classes. This series is offered to real live students as an introduction to the basics of yoga. Each class includes asana, pranayama, meditation, and some yoga theory. These classes are videotaped, then watched and reviewed immediately following the class. Past trainees have found this experience the most essential aspect in developing confidence in one's teaching and improving all aspects of one's class presentation. **Make-up Policy:** you must attend all classes and each video review. If you miss any class or video review, you must repeat the entire component the following year.

**Community Class**

Once the Video Review course is completed, each trainee is required to teach 3 community classes for certification, which are basics (level 1-2) classes offered to the public at no charge. These classes are extremely popular at Moksha and regularly have 30-50 students per class. This class is a bridge between the supervised teaching experience of the Video Review course and teaching on your own. You may teach these classes alone or with another trainee. **Class critiques:** Each trainee critiques the other teacher in the 3 co-taught classes. In the individual teaching sessions, students will be given a feedback form and are encouraged to provide their comments anonymously. Trainees are responsible for signing up for the class in advance, planning, and teaching.

**Yoga Philosophy & Lifestyle****Kirtan**

Kirtan is an integral part of the yoga path and creates a deep heart opening necessary for internal transformation. All kirtans at Moksha Yoga Center are **no charge**, typically held once every few months on a Saturday evening. Trainees are required to attend 2 sessions during the year.

**Thesis Presentations**

The results and a short review of your project will be presented to the training group. The presentations are held at a date following the end of the program. Your attendance is required for certification. **Make-up policy:** a) attend the suburban or city presentations, or b) attend the following year's thesis presentations.

**Yoga Business Seminar**

This course is designed to inform and educate the teacher how to plan, market and promote one's services to yoga centers, health clubs, and corporations. Payrates for classes and privates will be discussed, marketing materials and ideas are presented, and business plans and structures are reviewed. This class is optional for suburban trainees, and offered only once per year in Chicago. **Make-up Policy:** you may attend the following semester's class in Chicago or the suburbs.

**Non-Contact Hours****Thesis Project**

A unique requirement of Moksha's program, the thesis project is one of the most interesting and fun aspects of the training. As yoga is an alive and evolving practice, you are asked to contribute to this evolution. Each student chooses a topic of his/her choice, completes research and study, and presents a thesis project in the form of a class, workshop, report, or video. Many projects from past years have become a career for some trainees.

**Homework & Quizzes**

Svadyaya or self-study is also an important part of the course. Trainees submit homework on a monthly basis by email. Any late assignments must be submitted by the end of the training classes. Throughout the training, quizzes (and pop quizzes) will be given to encourage you to study and digest the material. 80% is required to pass. Make-up: you may retake the quiz (less than 80% score) or make-up the quiz at any time within 1 week.

**Book Reviews**

3 books reviews are required for certification. See the reading list for more information.

**Karma Yoga**

Teach one yoga class to an underserved or disadvantaged group, such as cancer patients, senior citizens, disadvantaged youth, etc. You may not receive compensation for this class. Each trainee is required to research, contact, and arrange to teach this class. Moksha Yoga Center will provide some leads and referrals throughout the year. Submit a short review by email when complete. Read a review of one trainee's experience here [[link](#)].

**Journaling**

Each trainee keeps a weekly journal of svadhyaya (self-study), an excellent way to gain the ability to listen and attune to the present moment. Excerpts of your journal may be namelessly shared with other trainees. Submit your journal by email on a weekly basis during the course of the training classes.

**Seva**



Assisting in various duties at the yoga studio helps one to see the organization exists only with each individual's participation and care. Small duties such as assisting with office duties, washing mats, or keeping the space clean is valued and appreciated by everyone who is a part of the community. This component may be waived for an additional fee of \$200. You will be asked to sign-up for a seva project at the beginning of the program. Your cooperation and zen-like mind is greatly appreciated.

**Feedback Form**

Your feedback at the end of the course is used to improve the teachings, refine and tweak the class offerings, and is very much appreciated.

**Anatomy Programs**

Three anatomy programs are required for certification.

1. "Anatomy for Yogis" with Shanna Linn (25 hours)
2. "Yoga Anatomy" with Tias Little (25 hours)
3. Fundamentals Conference: your choice of Aadil or Maty. **Make-up Policy:** You may attend either course in the following year.

*Anatomy-class fees above are discounted for teacher trainees and are not included in the program tuition.*

**Electives**

**Moksha Workshops with national teachers:** 25 hours are required for certification. Workshops are taught by master teachers who often have 20-30+ years of teaching experience and are truly master in this art & science.

**Moksha Special Events with local teachers:** 15 hours required for certification. Special events are taught by senior teachers from Chicago. Note: Workshops and special events are considered electives in the Moksha Teacher Training program, and are offered to all Moksha teacher trainees at **20% off**. From time to time, some special events are offered at no charge.





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## Tuition & Fees

\$2,800 - paid in full by Dec 15, 2011

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## Application Fee

A \$100 application fee holds your place in the training and is non-refundable/non-transferable. Those not accepted into the course will be given a full refund. Tuition rates in addition to the application fee are listed below.

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## Tuition

- Early Bird Discount: **\$2,800** if paid in full by December 15, 2011
- Regular Tuition: **\$3,000** if paid in full by January 15, 2011
- Tuition Financing Plan\*: **\$3,200** if paid in partial or full after January 15, 2011

\*Financing Option: This plan must be set up in advance, please speak to the Teacher Training Manager (zoey@mokshayoga.com) to discuss the details. Sample plan for the Special Discount registration plan (due by : \$1000 due before the training class begins and 9 pre-scheduled payments for \$200 each by direct debit from your checking account or credit card. A signed promissory note provided by Moksha is required. The tuition rates above do not include the \$100 application fee.

## Refunds...

- 100% refund\* if canceled in writing within 1 week of course start date
- 50% refund\* if canceled in writing within 2 weeks of course start date
- 25% refund\* if canceled in writing within 3 weeks of course start date
- Absolutely NO REFUNDS after the first 3 weeks of the course start date
- \* All refunds minus the non-refundable \$100 application fee

## Includes...

- Moksha teacher training online manual
- All Moksha kirtans complimentary
- 10% discount on all boutique and retail items, including apparel, books and props
- 20% discount on all workshops and special events at Moksha & Ottawa
- 20% discount on all classes and class packages at Moksha & Ottawa

## Does NOT include...

- Moksha or Energy classes beyond those described above
- Required Yoga Anatomy Programs are an additional fee due at the time of registration...
  - Anatomy for Yoga Teachers with Shanna Linn \$250
  - Yoga Anatomy Training with Tias Little \$500
  - Fundamentals Conference with Maty Ezraty or Aadil Palkhivala \$350
- Required Props (mat, strap, block, neti pot, notebook, journal)
- Required Textbooks - You may purchase all required textbooks at Moksha at 10% off





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## Reading List

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### Textbooks for Course

1. Light on Yoga, BKS Iyengar, Schocken Books, 1966
2. Yoga for Wellness, Gary Kraftsow, Penquin, 1999
3. The Breathing Book, Donna Fahri, Henry Holt and Company, 1996
4. Anatomy Coloring Book 3rd Edition, Wynn Kapit, Addison-Wesley Publishers, 1993

### Book Reviews

1. Fire of Love, Aadil Palkhivala, The Interworks Company, 2008
2. Teaching Yoga, Donna Farhi, Rodmell Press, 2006
3. One yoga book of your choice

*Certification Instructions: Write 1-2 pages of review, include key topics/concepts and your interpretation of such from each book required for certification.*

*Trainees receive 10% off boutique purchases including textbooks.*





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## Application

\$100.00 - Application Fee Energy

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Google Checkout

Moksha Yoga Center reviews and processes applications on a rolling basis as they are received. This program due to its popularity is expected to be mostly full by the registration deadline, if not before.

Acceptance to the program and confirmation of a space in the training is triggered only when Moksha Yoga Center has received the application questions (part 1), a photo (part 2), and the \$100 tuition deposit (part 3). An application is qualified as pending until all these materials are received and no space is reserved for those applicants who have submitted only a partial application. The letter of recommendation (part 4) and liability agreement (part 5) may be submitted any time before the beginning of the program. Please allow up to 2-4 weeks for Moksha Yoga Center to review and process your completed application. Thank you!

## Prerequisites

There are no prerequisites for this course other than the following:

- a desire to grow
- a willingness to change
- receptivity to appropriate and truthful feedback
- consistent effort
- time (patience)

*Aadil Palkhivala's advice for a successful yoga student*

## Required for Acceptance

### **PART 1 Application required for acceptance**

Please respond to the following and send via email to [kemper@mokshayoga.com](mailto:kemper@mokshayoga.com). Include the original question with your response.

#### **About You**

1. How did you hear about this program?
2. Which program are you registering for...Moksha/Chicago or Focus/Brookfield?
3. Name, address, city, state, zip, phone numbers (home, work, mobile)
4. Email address
5. Birthdate (you can leave off the year, if you want :)
6. Occupation
7. Family (# children) and partner's name
8. Activities, hobbies, and interests
9. Who can we call in case of an emergency? Please provide a contact name, relationship to you, phone number, and email.
10. List all injuries, past and present and describe your physical health (major illnesses, surgeries, physical conditions).
11. Tell us about your emotional and mental health.
12. Are you currently taking any medications? If so, please list in detail.
13. Do you smoke? If you smoke even occasionally, you will not be accepted in the program. Please reapply at least one year or more after quitting.
14. Do you have a close friend or therapist that will agree to listen to any comments or concerns that may arise throughout the course of this program (practice brings up alot of emotions/issues)? Do you have a support network? Does your family support this journey you've decided to take?
15. This program requires a signifiant time commitment. Do you have any other major commitments (grad school, 2 jobs, etc) that would prevent you from participating fully?

#### **About Yoga**

1. How long have you been taking yoga classes and/or practicing yoga? Please describe your practice in detail.
2. Why do you want to take this program? What are your expectations for the training? What do you hope to gain, learn, or improve?
3. Do you teach yoga now? If so, please describe in detail.

4. If you plan on teaching after completing the program, why do you want to teach yoga?
5. Do your religious beliefs conflict with the presentation and discussion of Eastern religious and philosophical systems such as Vedanta?
6. Have you taken any classes at Moksha Yoga Center? If yes, with which teachers?
7. Have you studied yoga anywhere else? If so, which style, with whom, for how long - describe your experience in detail.
8. How would you compare self-practice to that with a class and teacher?
9. Would you be willing to establish a daily practice (minimum 15-20 minutes) and maintain it to become a certified teacher?
10. List any other interesting thing you think we should know about you.

**PART 2 Color Photo**  
**required for acceptance**

Please include a color photo of yourself (please email jpg or tif).

**PART 3 Application Fee**  
**required for acceptance**

Please submit your tuition deposit (\$100). You should receive a response within 1-2 weeks of submission of your application.

**PART 4 Letter of Recommendation**  
**due by the start of the program**

Please submit 1 letter of recommendation from your yoga teachers. The student-teacher relationship is critical in becoming an effective teacher.

**PART 5 Agreement**  
**due by the start of the program**

Please print, review, and sign the [Enrollment Agreement](#) and mail a signed copy with initials on each page to:

Moksha Yoga Center  
Attn: Zoey VanDuren, Manager  
Teacher Training & In-Depth Studies  
700 North Carpenter  
Chicago, IL 60642  
Tel: 312 942 9642  
[zoey@mokshayoga.com](mailto:zoey@mokshayoga.com)

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Ways to Prepare for the Program

- Establish a regular practice of 3-4 times per week. Attend as many classes at Moksha as possible, experiencing different styles and teaching methods.
- Create a balance between activity and rest. Most of us do not get enough sleep. During rest, the body and mind have a chance to regenerate. Commit yourself to getting at least 8-9 hours of sleep per night.
- Eat a healthy diet rich in whole foods, such as grains, vegetables, and fruit. Reduce or eliminate the consumption of red meat, processed foods, caffeine, and alcohol. Drink plenty of filtered or bottled water.
- Clear your schedule of activities, commitments, and distractions. This training will require up to 20 hours of your time every week throughout the year.



312.942.9642  
 Riverwest: 700 North Carpenter  
 Lakeview: 3334 North Clark

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**\* Energy Yoga 2012**

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## Frequently Asked Questions

### 1. How much experience in yoga do I need to have to participate in this teacher training?

You can be totally new to yoga, or have years of experience. This program starts on a fundamental level that will provide a foundation and depth to any yogi's practice and knowledge. Everybody starts somewhere.

### 2. How likely is it that I will be able to teach after this program?

You will have the teaching skills and knowledge of yoga to leave this program and begin teaching intro/basic or level 1/2 classes. Truly studying the material, building your personal practice and taking the time to harness your teaching voice, cues, and sequencing will also strongly influence how comfortable you feel to teach. The tools are provided but you must take initiative to construct your career.

### 3. How long is the program from start to certification?

Over a year, divided into 3 sections...

- Part 1: First 3-4 months emphasis is on learning yoga, learning teaching skills, building your practice
- Part 2: Second 3-4 months emphasis is on practice teaching and teaching skills
- Part 3: Last 3-4 months are for reflection on what you have learned, and to work on your these project

### 4. Why is this program so long and a bit more expensive than others in the city?

This training is more in-depth and comprehensive than any other training offered in the Midwest. The intention is to prepare you for both a deep knowledge of the practice and a professional career in yoga. The breadth of knowledge and time to process and implement the teachings is necessary to become an insightful and authentic teacher of yoga. The quality of the training is reflected in the amount of hours of instruction, the access to world-renowned master teachers, apprenticeships, video-review, unlimited yoga classes, and course materials.

### 5. What's the difference between Moksha's unique program and other teacher training "chains"?

Moksha's programs are known for their high level of instruction, teachings from senior teachers (not recent graduates), and no scripts or scripted sequences are taught. We help you find your authentic voice and your individual approach to practice and teaching.

### 6. How large are the training groups?

Programs range from a minimum 10 students up to 20 students.

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