

## **Core Yoga Teacher Training**

This program provides students with the opportunity to deepen their understanding and experience of the rich tradition of yoga both on and off the mat.

The studies involve the various techniques of yoga—the poses, breathing practices, meditation, cleansing techniques and chanting. Students learn about the history and philosophy of yoga and the lifestyle the practice of yoga encourages.

The curriculum covers the basics of anatomy, and because Core Yoga is focused on tailoring instruction according to the particular needs of individuals, the teacher training emphasizes the various ways one can adapt one's teaching for special populations.

The Core Yoga Teacher Training is registered with the Yoga Alliance at the 200-hour level.

## **Syllabus**

Module One: What is Yoga?  
Yoga history and philosophy, sun salutation

Module Two: Getting Grounded—The Foundation of Yoga Practice  
Yoga Sutras, personal practice, meditation, and breathing

Module Three: The Trunk of the Tree  
The trunk and spine, subtle anatomy, Yoga Sutras, standing poses

Module Four: Exploring Higher States of Consciousness  
Kashmir Shaivism, positive psychology, guru-disciple relationship, back bending

Module Five: Nourishment  
Ayurveda, yogic diet and nutrition, kriyas, mudras and bandhas, digestion, Bhagavad Gita, seated poses—forward folds and twists

Module Six: Self-Expression—Exploring Inside Out and Upside Down  
A study of relationships through tantra, the Bhagavad Gita, and positive psychology, the neck and shoulders, endocrine system, inversions

Module Seven: Yoga Therapy and Teaching Methodology

Module Eight: Tailoring the Teaching to Specific Conditions and Teaching Yoga

Module Nine: Teaching Practicum

## Instructor

Debbie Cohen has been teaching hatha yoga since 1996. She trained first at the World Yoga Center with Ann Farbman-Brown in New York and then at SVYASA, a yoga rehabilitation center and research institute in South India. She currently studies with Patricia Walden and Barbara Benagh.

Debbie has run the 200-hour hatha yoga teacher training since 2002. Together with Deborah Van Handel she developed the 24-hour BeYoga training for those interested in teaching yoga to children K-12.

Debbie has both a bachelors and masters degree (M.Ed) from Harvard University, and a masters degree from the University of Pennsylvania in Applied Positive Psychology. In addition to teaching yoga, she has also been a section leader for Tal Ben-Shahar's Positive Psychology lecture course at Harvard University and is currently teaching in several research studies evaluating the effects of yoga on children in schools.

## Schedule and Information

The six-week intensive summer training meets from July 12-30 and August 9-27, Monday through Friday from 10:00am to 1:00pm and from 2:00 to 5:00pm. There will be no classes August 2-6.

The academic year training meets one weekend each month and Tuesday evenings September 2010-June 2011. See [www.coreyoga.com](http://www.coreyoga.com) for schedule details.

The location is the Watertown Center for Healing Arts at 22 Mount Auburn St. in the heart of Watertown Sq.

The cost of tuition is \$3,500.00. Discounts available for clergy, teachers and groups.

For more information, contact:  
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## Teacher Training Summer 2010 & 2010-2011

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