



Green Tree School of Yoga: 200 Hour Yoga Teacher Training February – October 2009

Program Details

Two of the areas most experienced yoga teachers, Kim Sellers (ERYT 200) and Teji (Ruth) Dilley (ERYT 500), with guest teacher, Iyengar trained Kathleen Flanagan (ERYT500) and others offer a 200 hour Yoga Teacher Training. Students will become certified and eligible to join the Yoga Alliance as a Registered Yoga Teacher. Their approach to yoga is multi-style hatha with emphasis on the classical practices of yoga as a healing discipline for health and spiritual transformation. This program is appropriate for serious students of yoga who wish to gain a deeper understanding of the philosophy and techniques of hatha yoga for expanding their personal practice or in order to teach yoga. The program includes 9 weekend sessions and a 4 day yoga retreat immersion. Daily practice will be required as well as home work and self study. Teji and Kim bring their combined knowledge and experience of over 30 years of personal practice and 20 years of teaching as well as their background as Reiki Masters, bodyworkers, and their own journeys as yoginis on a spiritual path in the modern age.

Weekend sessions held at Tree of Life Yoga Center near Granger at 29666 County Road 10, Elkhart, IN 46514. The 4-day retreat will be held at Ronora Lodge and Retreat Center in Watervliet, Michigan.

Meeting Dates 2009: February 7/8, March 7/8, April 4/5, May 2/3, June 6/7, June 27/28, Retreat at Ronora July 23-26, September 12/13, October 3/4, October 24/25

Curriculum:

Yoga Techniques and Training: the theory and practice of asana (poses) pranayama (breath work), kriyas (cleaning actions), chanting, mantra, meditation and other traditional yoga techniques.

Teaching Methodology: the principles and techniques of teaching: demonstration/observation skills, safely and effectively assisting and correcting others in poses, offering clear instructions, qualities of a yoga teacher, supporting processes of learning, various styles of yoga and the business of teaching yoga.

Anatomy and Physiology: the physical anatomy and physiology (muscles, bones, bodily systems, organs, glands) and energetic anatomy (chakras, nadis). The study of these systems and their relation to practice and teaching will be applied, as well as all safety regulations and teaching concerns.

Yoga Philosophy/Lifestyle and Ethics for Yoga Teachers: study, lecture and discussion of yogic philosophy, yogic lifestyle, and practical ethics for yoga teachers. Indian cooking and Ancient Ayurveda will be introduced.

Practicum: apprenticeship / practice which will include: teaching, mentoring, observing and assisting other teachers. Self-evaluation and feedback from experienced teachers, as well as teachers in training, will be part of your review.

Faculty Bios:

Kim Sellers, (ERYT200), teaches Yoga and Meditation to many different populations. She initially trained at the White Lotus Foundation in Santa Barbara, California with Ganga White and Tracey Rich. She also completed a yoga certification with Kathleen Flanagan. Kim is a Reiki Master and is a 2003 graduate of the Tao Mountain School of Traditional Thai Medicine, with a focus on Thai Yoga massage.

Teji (Ruth) Dilley (ERYT 500) is a professional yoga instructor and licensed massage therapist at her studio *Tree of Life Yoga Center for Holistic Living* in Elkhart, Indiana. She is certified in Kripalu Yoga at the 500 hour level, and is a Reiki Master. She has also completed teaching training with Kathleen Flanagan and Sarah Powers.

Kathleen Flanagan (ERYT500) has taught yoga over 36 years and been a massage therapist over 25. Her school, *Yogamocean* conducts trainings in California and Indiana. She initially studied with B.K.S. Iyengar.

Dr. Arden Andersen (D.O., Ph.D.) is an accomplished holistic physician and the world leader in the field of sustainable agriculture. His work closes the gap between crop integrity, nutrition and human health.

Ann Clark (RYT200, Ph.D.) is a professor of philosophy at St. Mary's College and a yoga teacher with interest in yogic philosophy.

Karen Sommers MS, (RYT200) is a visionary leader that has worked in the healthcare and wellness field for 20 years. She has developed and directed two healing centers.

Debra Sheehan has been on the cutting edge in the field of massage therapy and somatic education for 20 years. She maintains a private practice, *Body Matters, Inc.* in Osceola.

Cost: Tuition for the program (including the retreat) is \$2,950. Payment options available.

Contact:

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Teji Dilley (574) 266-3696 email: treeoflifeyoga@comcast.net www.treeoflifeyogacenter.com

Testimonial: "I wanted a yoga training that was close to my home, one that would fit my schedule and still offer all the different aspects of the study of yoga...asanas, charkras, sutras, anatomy, meditation, etc. that I was looking for. Green Tree School of Yoga offered all this and more. I was especially impressed at the faculty's concern for each student and their continuing effort to make the program top notch. I don't think I could have gone anywhere and gotten better training." M.F. Green Tree Student



The studio: