



Masala Yoga

Ellen Pfeffer

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Masala Gentle/Restorative Yoga Teachers' Training

What Participants Will Learn

The Masala Gentle/Restorative Yoga Teachers' Training is a comprehensive training for yoga teachers and sincere yoga practitioners from any tradition. The training utilizes knowledge drawn from a wide range of principles, practices, tools and techniques, and encourages critical thinking skills, creativity and exploration, freeing the teacher or practitioner from reliance upon one strict methodology or sequence of postures.

Participants will gain practical experience, expertise and technical skills enabling them to support themselves and a wide range of students, including prenatal students and those who must modify and adapt the postures. Training sessions include postural and breathing practices, discussion, lecture, teaching practicum, feedback and processing, and information on:

- Utilizing a wide range of props
- Sequencing guidelines (Vinyasa Krama) applied to postural and breathing practices
- Principles of Asana/Pratikriyasana (pose/counterpose) drawn from the Viniyoga system
- Gentle breath and movement dynamics appropriate for Restorative Yoga
- Alignment Principles applicable to Restorative Yoga
- Assisted stretching and adjustment techniques appropriate for Restorative/Passive Yoga practice
- Sanskrit terms commonly associated with yogic practices
- Teaching technique, methodology and style

Trainees will have numerous opportunities to participate, comment, question, demonstrate and teach, and to integrate Restorative Yoga into their personal practice. Upon completion of the program, participants will be able to create, guide and practice a customized Restorative Yoga practice for themselves and others.

Training Location, Dates & Hours

The Masala Restorative Yoga Teachers' Training takes place at Easton Yoga, 524 Northampton St., Easton, PA 18042; (610-923-7522; <http://www.eastonyoga.com>; info@eastonyoga.com), on the following dates:

Section 1: Friday, May 1; Saturday, May 2; Sunday, May 3, 2009 (13 hours)

Section 2: Saturday, June 13 & Sunday, June 14, 2009 (11 hours)

Section 3: Saturday, June 27 & Sunday, June 28, 2009 (11 hours)

Friday Night: On May 1 only, 7:30-9:30 p.m.

Saturdays: 12:00-6:00 p.m. (30-minute break)

Sundays: 12:00-6:00 p.m. (30-minute break)

Attendance Requirements

Attendance for the full course is required in order to receive a Certificate of Completion. The 35 hours may be applied towards Yoga Alliance Continuing Education RYT renewal standards, and/or towards the 100 hours of required teaching for 500-hour RYT status as follows: Techniques-18 hours; Teaching Methodology-9 hours; Anatomy & Physiology-3 hours; Practicum-5 hours.

Tuition

Tuition is \$750. Early Registration (by 4/24/09) discounted to \$700. To secure the discounted tuition, a \$150 deposit is due no later than 4/24/09. Payment plans may be arranged based on the full tuition of \$750. Full payment is preferred prior to the first night of the training. The Masala Restorative Yoga Teachers' Training Manual and supplemental materials are included in the tuition. The cost of books and props is not included. **If a trainee misses a group session and requests private instruction, the minimum fee is \$120 for every 2 hours of private instruction at Masala Yoga.**

Application

All candidates for admission into the Masala Restorative Yoga Teachers' Training must submit an Application and Letter of Recommendation, along with a deposit check in the amount of \$150 payable to Ellen Pfeffer, mailed to Ellen Pfeffer, Masala Yoga, 38 Evergreen Drive, North Caldwell, NJ 07006. Applications are available on-line, at <http://www.masalayoga.com>, or by mail, by request. For more information, call Ellen at 973-226-4455.

Admission Requirements

Candidates for admission into the Masala Restorative Yoga Teachers' Training are required to have a basic understanding of Yogic principles and philosophy, and a sincere interest in the ancient path and holistic practice of Hatha Yoga. Teaching experience is helpful, but is not a requirement. A self-guided Hatha Yoga practice is helpful, but not a requirement. A brief telephone interview will be conducted with each applicant.

Candidates should understand and demonstrate proficient verbal guiding of:

- Basic 3-part Yogic breath (Dirgham Shvasam)
- Ujjayi Breath
- Nadi Shodhana (Alternate Nostril Breath)

Required Props & Pre-Training Reading Requirements (Must be obtained/completed prior to training)

- Yoga sticky mat (toolsforyoga.com - 1-888-678-9642)
- 9-foot quick release yoga strap (www.yogaprops.com). Do not substitute with any other strap.
- 2 Black Foam yoga blocks (www.yogaprops.com). Do not substitute with any other block.
- 2 Mexican-style cotton yoga blankets (Diamond (MD), www.bheka.com, 1-800-366-4541)
- 2 rectangular bolsters filled with kapok or cotton (www.bheka.com, 1-800-366-4541)
- Relax & Renew: Restful Yoga for Stressful Times, by Judith Lasater, Ph.D., P.T.
- Yoga: The Path to Holistic Health, by B.K.S. Iyengar
- Back Care Basics, by Mary Pullig Schatz, M.D.
- The Yoga of Breath: A Step-by-Step Guide to Pranayama, by Richard Rosen
- The Heart of Yoga, by T.K.V. Desikachar (includes Desikachar's Yoga Sutra interpretation)

Recommended Reading

- Yoga for Wellness, by Gary Kraftsow
- Yoga for Pregnancy, by Sandra Jordan
- Yoga for Transformation, by Gary Kraftsow
- Yin Yoga, by Paul Grilley
- Yoga: The Spirit & Practice of Moving into Stillness, by Erich Schiffmann
- Any or all of Donna Farhi's books

About the Teacher

Ellen is a passionate and dedicated student of the Yoga tradition. She has studied and practiced with Raji Thron (Yoga Synthesis™), Erich Schiffmann (Advanced Teacher Training), Dharma Mittra (Classical Hatha Yoga), T.K.V. Desikachar (Viniyoga), Richard Freeman (Ashtanga Vinyasa), Jonas Westring (Thai Yoga Bodywork), Joseph LePage (Integrative Yoga Therapy); Angela Farmer, Mukunda Stiles (Structural Yoga Therapy), John Friend (Anusara), Ana Forrest, Shiva Rea, Kali Ray and other inspiring teachers. In June 2004, Ellen completed a Restorative Yoga Teachers' Training at Kripalu with Sudha Carolyn Lundeen. In May 2006, she participated in an Intermediate Teachers' Training & Intensive with Aadil Palkhivala, Senior Iyengar Teacher, in Bellevue, WA. Ellen holds certifications from Yoga Synthesis™, Shri Yogi Dharma Mittra and Kripalu Yoga, and is registered with Yoga Alliance.