



225 North Franklin Turnpike
Ramsey, NJ 07446
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Yoga Synthesis™ Advanced Teachers' Training with Raji Thron (2009)

Introduction: The Yoga Synthesis™ Advanced Teachers' Training is designed for individuals who have successfully completed a basic 200-hour Yoga Alliance-registered training and are interested in deepening their knowledge and experience in more specialized and advanced areas of yoga. Main presentations and classes are taught by Raji Thron, with assistance from Yoga Synthesis™ Staff Teachers and graduates.

Advanced Certification – The Yoga Synthesis™ Advanced Teachers' Training is approved and registered with Yoga Alliance. Upon completion of all requirements, trainees receive a Certificate which may be submitted to Yoga Alliance for registration.

The following required coursework represents work done outside of the training, and is considered non-contact hours.

Reading & Class Preparation	52 hours
Outside-of-Class Teaching Requirements	50 hours
Class Observation	<u>15 hours</u>
Total Non-Contact hours	117 hours

The following required coursework represents work done with the Primary Teacher, and is considered contact hours.

Class Attendance	168 hours
Class Assisting	8 hours
Mentoring	<u>7 hours</u>
Total Contact Hours	183 hours
Total Non-Contact and Contact Hours	300 hours

Topics Covered: Physiology & Biomechanics, Alignment & Anatomy, Therapeutics, Teaching Themes, Meditation, Prop Usage, Philosophy, Sanskrit, Ayurveda, Pranayama, Breath in Asana, Esoteric Anatomy & Energy Work, Meridian Therapy, Advancing in Asana, Adjustments.

Dates, Timing & Location – The Advanced Yoga Synthesis™ Teachers' Training begins January 23, 2009, and runs through a span of 9 months, meeting approximately one weekend per month at Yoga Synthesis™, 225 North Franklin Turnpike, Ramsey, NJ 07446. Attendance at all sessions is required. Weekend course time includes Friday nights from 7:00-10:00 pm, and Saturdays and Sundays from 11:30 a.m. to 7:00 p.m. Training dates include: January 23, 24, 25; February 20, 21, 22; March 20, 21, 22; April 17, 18, 19; May 15, 16, 17; June 5, 6, 7; June 26, 27, 28; July 10, 11, 12; July 31, August 1, 2; August 14, 15, 16, 2009.

Prerequisites:

- **Successful completion of a basic 200-hour Yoga Alliance registered Teachers' Training and presentation of the Certificate**
- **Candidates must be currently teaching at least 2 yoga classes each week**
- **Personal interview with instructors demonstrating competency in teaching fundamental postures, practices and breathing techniques**

Requirements – IN ORDER TO RECEIVE A CERTIFICATION, PARTICIPANTS ARE REQUIRED TO:

- Attend each training session in its entirety (except in the event of illness or severe emergency situations). No late arrivals or early departures.
- Complete all required reading assignments.
- Complete 8 hours of class assisting with Yoga Synthesis™ Staff Teachers or other qualified teachers.
- Successfully complete final presentation in area of specialization.
- Missed training presentations may be made up through private instruction arranged with the instructor at a minimum fee of \$150 for every 2 hours of private instruction.

Required Books – ALL BOOKS LISTED BELOW ARE REQUIRED READING THROUGHOUT THE TRAINING.

Recommended/Suggested Reading List will be handed out during the training:

- Yoga Synthesis™ Basic Teachers' Training Manual (required for those new to Yoga Synthesis™)
- Yoga Synthesis™ Advanced Teachers' Training Booklets (given to trainees during the training sessions)
- Bhagavad-Gita, by Stephen Mitchell
- Yoga Sutras of Patanjali, by Mukunda Stiles
- The Aquarian Teacher, by Yogi Bhajan, Ph.D.
- Hatha Yoga Pradipika, by Swami Muktibodhananda
- The Meditator's Handbook, by David Fontana
- Dharana Darshan, by Swami Niranjanananda Saraswati
- The Yoga of Breath, Richard Rosen
- The Breathing Book, Donna Farhi
- Yoga for Transformation, by Gary Kraftsow
- Yoga for Wellness, by Gary Kraftsow (therapeutics section)
- The Woman's Book of Yoga & Health, by Linda Sparrowe & Patricia Walden
- Structural Yoga Therapy, by Mukunda Stiles
- Yoga: The Path to Holistic Health, by B.K.S. Iyengar
- Anatomy for Hatha Yoga, by David Coulter
- The Language Of Yoga: Complete A to Y Guide to Asana Names, Sanskrit Terms & Chants by Nicolai Bachman
- Ayurveda: The Science of Self-Healing, by Vasant Lad
- Teaching Yoga: Exploring the Teacher-Student Relationship, by Donna Farhi

Tuition – Tuition is \$3,500. Receipt of a \$1,000 deposit no less than 7 days prior to the start date of the training secures the discounted Tuition of \$3,400. Payments made thereafter are subject to the full tuition of \$3,500. Payment in full prior to the beginning of the training is preferred. Payment plans are available based on the full tuition of \$3,500. Yoga Synthesis™ Advanced Teachers' Training Booklets are included in the tuition. Cost of other books, including the Yoga Synthesis™ Basic Teachers' Training Manual, is not included.

Application – An Application may be obtained online at http://www.yogasyntesis.com/application_advanced.html, by calling the Yoga Synthesis™ Studio at 201-818-9642; or an Application can be emailed to you.

Registration Process – A completed Advanced Teachers' Training Application must be sent to Yoga Synthesis™, 225 North Franklin Turnpike, Ramsey, NJ 07446. Once the application is received, the applicant will be contacted to schedule a personal interview with the instructors demonstrating competency in teaching fundamental postures, practices and breathing techniques.

Refund Policy – Withdrawal refund prior to start date, \$800. Thereafter, refunds are determined on an individual basis, depending upon time spent in the training, cost of training materials, etc. In the event of withdrawal from the training at any time, all training materials, Manuals and Manual Supplements must be returned to Yoga Synthesis™.

Trainee Discounts – Yoga Synthesis™ classes and workshops are discounted to trainees. For trainees, drop-in classes are \$14. Trainees receive 20% off any Yoga Synthesis™ Class Package, except for Annual and Monthly Unlimited Class packages. Cost of attendance at workshops presented by the Yoga Synthesis™ Staff at the Studio is at a reduced rate of 20% off.

Course Plan Overview:

Section 1 – Jan. 23, 24, 25 (17 Hours)

Friday: Teaching Themes, 2 hrs.; Philosophy, 1 hr.
Saturday: Meditation, 1 hr.; Physiology & Biomechanics, 3 hrs.; Sequencing, 3 hrs.
Sunday: Meditation, 1 hr.; Physiology & Biomechanics, 3 hrs.; Sequencing, 3 hrs.

Section 2 – Feb. 20, 21, 22 (17 Hours)

Friday: Teaching Themes, 2 hrs.; Philosophy, 1 hr.
Saturday: Meditation, 1 hr.; Postural Themes: Alignment & Props, 6 hrs.
Sunday: Meditation, 1 hr.; Postural Themes: Alignment & Props, 6 hrs.

Section 3 – March 20, 21, 22 (17 Hours)

Friday: Teaching Themes, 2 hrs.; Philosophy, 1 hr.
Saturday: Meditation, 1 hr.; Asana Therapeutics: Restorative/Supported Inversions, 6 hrs.
Sunday: Meditation, 1 hr.; Asana Therapeutics: Gentle Viniyoga/Yin/Passive Yoga, 6 hrs.

Section 4 – April 17, 18, 19 (17 Hours)

Friday: Sanskrit: The Language of Yoga, 2 hrs.; Philosophy, 1 hr.
Saturday: Meditation, 1 hr.; Postural Themes: Breath in Asana, 2.5 hrs.; Pranayama, 1.5 hrs., Ayurveda, 2 hrs.
Sunday: Meditation, 1 hr.; Postural Themes: Breath in Asana, 2.5 hrs.; Pranayama, 1.5 hrs., Ayurveda, 2 hrs.

Section 5 – May 15, 16, 17 (17 Hours)

Friday: Sanskrit: The Language of Yoga, 2 hrs.; Philosophy, 1 hr.
Saturday: Meditation, 1 hr.; Asana Therapeutics: Remedies for Structural Imbalances; Myofascial Meridians in Yoga, 6 hrs.
Sunday: Meditation, 1 hr.; Asana Therapeutics: Sacrum/Low Back/Neck/Shoulders/Upper Thoracic; Myofascial Meridians in Yoga, 6 hrs.

Section 6 – June 5, 6, 7 (17 Hours)

Friday: Sanskrit: The Language of Yoga, 2 hrs.; Philosophy, 1 hr.
Saturday: Meditation, 1 hr.; Asana Therapeutics: Yoga for Women, 6 hrs.
Sunday: Meditation, 1 hr.; Asana Therapeutics: Yoga for Women, 6 hrs.

Section 7 – June 26, 27, 28 (17 Hours)

Friday: Esoteric Anatomy & Energy Work, 3 hrs.
Saturday: Meditation, 1 hr.; Asana Therapeutics: Yoga for Common Maladies-Cardiac Rehab, 4 hrs.; Energy Meridian Therapy, 2 hrs.
Sunday: Meditation, 1 hr.; Asana Therapeutics: Yoga for Common Maladies-Depression/Anxiety/Emotional Balance, 4 hrs.; Energy Meridian Therapy, 2 hrs.

Section 8 – July 10, 11, 12 (17 Hours)

Friday: Esoteric Anatomy & Energy Work, 3 hrs.
Saturday: Meditation, 1 hr.; Advancing in Asana: Back Bends & Twists, 3 hrs.; Postural Adjustment Techniques, 3 hrs.
Sunday: Meditation, 1 hr.; Advancing in Asana: Inversions & Arm Balances, 3 hrs.; Postural Adjustment Techniques, 3 hrs.

Section 9 – July 31, August 1, 2 (17 Hours)

Friday: Esoteric Anatomy & Energy Work, 3 hrs.
Saturday: Meditation, 1 hr.; Advancing in Asana: Forward Bends, Hips & Hamstrings, 3 hrs.; Postural Adjustment Techniques, 3 hrs.
Sunday: Meditation, 1 hr.; Advancing in Asana: To be determined, 3 hrs.; Postural Adjustment Techniques, 3 hrs.

Section 10 – August 14, 15, 16 (15 Hours)

Friday: Teacher Trainee Final Presentations required for Certification, 3 hrs.
Saturday: Teacher Trainee Final Presentations required for Certification, 7 hrs.
Sunday: Teacher Trainee Final Presentations required for Certification, 3 hrs.; Final instructor feedback & group process, 2 hrs.