



Basics
2010 - 2011

Immerse Yourself in the Flow



Teacher Training
TriYoga® Center of Central Pennsylvania
Spring Mills, Pennsylvania

Basics
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Program Overview

- Seven monthly weekend programs, including one buffer weekend in case of inclement weather
- Presentation of all aspects of TriYoga Basics
- Sessions taught by Senior TriYoga Teacher Theresa Shay assisted by certified teachers
- Opportunities to deepen knowledge of one's journey: physical, mental, spiritual

Who Enrolls

- Those interested in teaching and sharing TriYoga
- Students who would like to deepen their own practice
- Certified Basics teachers expanding their understanding of the Flow

Curriculum

- Understanding the 5 Basics series of TriYoga
 - Technique
 - Teaching Methodology
 - Practicum
- Using the Basics manual
- Refining alignments, transitions, pacing, breath, focus
- Providing modifications and prop use
- Giving hands-on assists
- Teaching Prana Vidya: breathing practices, concentration techniques, meditation
- Deepening knowledge of life's Flow

Requirements

1. Enrolling as a Basics intern through TriYoga International
2. Committing to a daily home practice
3. Completing monthly homework assignments
4. Teaching a friend or family member informally on a regular basis, to begin as you feel ready
5. Offering two seva (selfless service/volunteering) experiences to share TriYoga with your community
6. Recommended: assisting a certified teacher at Basics classes

Process

1. Read the Certification Handbook at triyoga.com
2. Contact Theresa to discuss your interest by August 15, 2010
3. Submit the Internship Application to TriYoga International to receive your Basics manual (\$108 fee)
4. Submit program payment (complete or partial) to Theresa by September 1, 2010

Becoming a Certified TriYoga Teacher

TriYoga's certification process insures that you develop a strong foundation in TriYoga, as well as excellent teaching skills. The length of time needed to certify depends on one's experience, ability and time dedicated to the process. Participation in this program is one aspect of becoming a qualified TriYoga teacher and does not necessarily result in certification.

Program Dates

September 10-12, 2010
October 1-3
November 5-7
December 3-5
January 14-16, 2011
February 11-13
March 18-20

Programs begin at 7 pm Friday and end by 2:30 pm Sunday.

Fees

\$1008 payable to Theresa Shay **by September 1, 2010**

For those preferring an installment plan:

\$408 Due Sept 1
\$300 Due Nov 1
\$300 Due Jan 1

Some scholarship money is available. To apply, please contact Theresa.

Cancellation Policy

By Sept 1 Full refund
By Jan 1 Prorated refund minus \$108
After Jan 1 No refund

Program Contact

Theresa Shay
814-364-2435
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www.PennsylvaniaYoga.com

TriYoga Contact

www.triyoga.com
310-589-0600, ext. 0