

# THE YOGA ROOM

2530 San Pablo Avenue, Suite D, Berkeley, CA 94702 • [YogaRoomBerkeley.com](http://YogaRoomBerkeley.com)

## ADVANCED STUDIES PROGRAM 2018 – 2019

### Statement of Purpose

Founded in 1978, The Yoga Room is dedicated to the practice of hatha yoga as taught by B.K.S. Iyengar, author of *Light on Yoga* and *Light on Pranayama*. As a multi-generational community, we are concerned with encouraging proper alignment in the poses, maintaining a balance between strength and flexibility, and making yoga available to people of all ages and abilities.

### Advanced Studies Program

The Advanced Studies Program (created in 1988 by Donald Moyer and Mary Lou Weprin) is a flexible, modular program that can be adapted to suit your individual needs and interests.

### Year 1: Personal Practice Year

The Personal Practice Year focuses on deepening your understanding of yoga and developing a home practice. Special Studies Classes and Personal Practice Classes are available on a series-only basis, no drop-ins allowed. One year of yoga experience is required. (See page 2.)

### Year 2: Teacher Training Year

The Teacher Training Year emphasizes basic teaching skills and practice teaching classes. Students who successfully complete this year will be awarded a Yoga Room teaching certificate and will be eligible to join Yoga Alliance at the 500-hour level. (See page 3.)

### Year 3: Continuing Education

We offer a wide variety of Continuing Education classes, workshops, and intensives for certified teachers. (See page 4.)

### Admission to Personal Practice Year

To be eligible, students should have had one year of yoga experience. There will be a brief phone interview and a one-time application fee of \$50.

### Admission to Teacher Training Year

To be eligible for the Teacher Training Year, students should have successfully completed all Special Studies classes and Personal Practice classes and attended their weekly ongoing class on a regular basis. In addition, students should have an established home practice.

Prior to joining the Teacher Training Year, you must have the recommendation of your primary or ongoing teacher and have completed all classes in the Personal Practice Year.

### Fees and Registration

Tuition for Advanced Studies classes are noted on pages 2 and 3 in the course descriptions. There may be an additional charge for handouts. Fees are due at the first class of the series. Register at least two weeks in advance.

Students are required to attend a weekly class, level 2-4 or 3-5 with an ASP graduate or faculty member. Cost to attend these classes is not included in course tuition amounts.

Total tuition for the Advanced Studies Program, including ongoing classes, is approximately \$3,200 for the first year and \$3,310 for the second year—or about \$6,510 for the program. For those who want to ease this financial burden, we offer a work-study program.

### Length of Study

The Teacher Training Program is a two-year program, but students may extend the time to meet their personal needs. The Program runs from September–June each year, with a two-month break in July–August. Students may take up to 7 years to complete all requirements for certification.

### Certification

The Yoga Room will certify students who successfully complete all elements of the program. Graduates are eligible to join the Yoga Alliance at the 500-hour level.

### Certification Requirements:

- ~ Successful completion of all 20 courses
- ~ 10 month apprenticeship
- ~ 4 month practice teaching
- ~ 30 hours of workshops taken at The Yoga Room
- ~ Home practice 5 times a week
- ~ Practicing weekly in a level 2-4 or 3-5 asana class with an ASP graduate or faculty member

## FACULTY

Donald Moyer, *Founding Director*

Mary Lou Weprin & Gay White,  
*Co-Directors*

Dorinda Nyberg,  
*Advanced Studies Coordinator*

Debbie Gilman, Ada Lusardi, Bonnie  
Maeda, Shari Ser, Phid Simons

# SPECIAL STUDIES & PERSONAL PRACTICE

## OVERVIEW

### Weekly Requirements

#### September–June

Special Studies Class	Mon, 5:45–7:15pm
Personal Practice Class	Mon, 7:30–9:00pm
Ongoing Yoga Class	Level 2–4 or 3–5
Home Practice	5x per week (2x 1 hr; 3x 1/2 hr)

### Special Studies Classes

These classes provide general background in anatomy, pranayama, and yoga philosophy.

Breathing Awareness  
Yoga Anatomy I & II  
The Wisdom of Yoga  
Pranayama

### Personal Practice Classes

These classes are intended to give the student a deeper understanding of the poses and help to develop a home practice.

Personal Practice Basics  
Practice of Standing Poses  
Practice of Inverted Poses  
Practice of Forward Bends  
Practice of Backbends

### Ongoing Yoga Class

Participants in the Personal Practice Year are required to attend a weekly class, Level 2–4 or 3–5, with an ASP graduate or faculty member

### Home Practice

First-year students are required to practice at home a minimum of five times a week—twice for an hour and three times for at least half an hour. Second-year students are required to practice a minimum of five times a week for at least an hour each time.

### Evaluation

Students will be interviewed prior to beginning the Teacher Training courses to assess their readiness for the Teacher Training track. To be eligible for the Teacher Training track, students must have successfully completed all Special Studies classes and Personal Practice classes and attended their weekly ongoing class on a regular basis. In addition, students should have maintained a consistent home practice.

## CLASS DESCRIPTIONS

### September–October 2018

#### BREATHING AWARENESS

*with Gay White & Bonnie Maeda*

Mon, 5:45–7:15pm, 9/10–10/22 | 7 classes, \$210

Each class will begin with supported and restorative poses to relax the pelvis and open the chest. We'll then practice breathing awareness and some basic pranayama. There will be time for questions and discussion.

#### PERSONAL PRACTICE BASICS

*with Debbie Gilman*

Mon, 7:30–9pm, 9/10–10/22 | 7 classes, \$210

This class will help you develop and sustain a home yoga practice. We'll explore obstacles to practicing, sequencing poses, and how to create a nourishing, well-balanced practice.

### October–December 2018

#### YOGA ANATOMY I

*with Ada Lusardi*

Mon, 5:45–7:15pm, 10/29–12/17 | 8 classes, \$240

Anatomy I will study the structure of the body, including the axial and appendicular skeleton, as well as joint characteristics and range of motion.

#### PRACTICE OF STANDING POSES

*with Dorinda Nyberg*

Mon, 7:30–9:00pm, 10/29–12/17 | 8 classes, \$240

The standing poses strengthen the legs, improve the mobility of the hip joints, and create a firm and steady base for the elongation of the spine. In this course, we will explore proper alignment, sequencing of poses, and the use of props.

### January–February 2019

#### THE WISDOM OF YOGA

*with Phid Simons*

Mon, 5:45–7:15pm, 1/7–2/25 | 8 classes, \$240

This course will introduce the principles and common themes of Indian philosophy, as taught in the *Yoga Sutras* and the *Bhagavad Gita*. We'll apply the wisdom of these ancient teachings as a guide to self-understanding, more effective practice, and greater happiness.

#### PRACTICE OF INVERTED POSES

*with Gay White*

Mon, 7:30–9:00pm, 1/7–2/25 | 8 classes, \$240

This class will focus on the practice of headstand, shoulderstand, handstand, and elbow balance. We will explore different ways to practice inverted poses in terms of sequence, modifications, and alternatives for those with injury and limitation.

### March–April 2019

#### YOGA ANATOMY II

*with Ada Lusardi*

Mon, 5:45–7:15pm, 3/4–4/22 | 8 classes, \$240

We will study the major muscles of the spine, shoulders, arms and hands, pelvis, legs and feet. Prerequisite: Yoga Anatomy I.

#### PRACTICE OF FORWARD BENDS

*with Debbie Gilman*

Mon, 7:30–9pm, 3/4–4/8 & Sat., Apr 13, 1-4 | \$240

This course will focus on sequencing and practicing seated forward bends. We will also learn how to modify poses to deal with limitations and injuries. Students will be asked to keep a journal of observations and insights.

### May–June 2019

#### PRANAYAMA

*with Gay White*

Mon, 5:45–7:15pm, 4/29–6/24 (not 5/27)

8 classes | \$240

Pranayama is the practice of yogic breathing exercises, which are intended to increase your vitality and improve the quality of your breath. Required text: *Light on Pranayama*, by B.K.S. Iyengar. Pre-requisite: Breathing Awareness

#### PRACTICE OF BACKBENDS

*with Dorinda Nyberg*

Mon, 7:30–9:00pm, 4/29–6/24 (not 5/27)

8 classes | \$240

Backbends restore a normal spinal curve and strengthen the back muscles. They open the chest, stimulate the nervous system and increase vitality. This class is meant to deepen our understanding of backbends and explore different ways of practicing them.

# TEACHER TRAINING

## OVERVIEW

### Weekly Requirements

#### September–June

Teacher Training Class	Tues, 5:45–7:15pm
Teaching Practice Class	Wed, 5:45–7:15pm
Saturday Workshops	Monthly
Apprenticing	10 months
Supervised Teaching	4 months
Ongoing Yoga Class	Level 2–4 or 3–5
Home Practice	5x 1 hr per week

### Teacher Training Classes

These classes explore basic principles of movement in relation to asana practice.

- Foundations of Asana
- Teaching of Standing Poses
- Teaching of Inverted Poses
- Teaching of Backbends
- Teaching of Forward Bends

### Teaching Practice Classes

These classes focus on communication skills and hands-on adjustments.

- Basic Teaching Skills
- Introduction to Apprenticing
- Kinesiology and Yoga
- Teaching Practice Class (2 series)

### Saturday Workshops

To graduate, you must attend at least 30 hours of Saturday Workshops, Weekend Intensives, or Summer Intensives at The Yoga Room during your time in the program.

### Apprenticing

Apprenticeship involves assisting for at least ten months at a weekly class, preferably Level 1–2 or 1–3, with an ASP graduate or faculty member. Students are required to take Introduction to Apprenticing concurrent or prior to beginning an apprenticeship. Yoga insurance is required by most studios for student teachers that are assisting in classes.

### Supervised Teaching

You are required to teach an ongoing class for beginning students for at least four months under the supervision of an ASP graduate or faculty member, who will observe the class at least once. The fee is \$220.

### Ongoing Yoga Class

Participants in the Teacher Training track are required to attend a weekly class, Level 2–4 or 3–5, with a member of the ASP faculty.

## CLASS DESCRIPTIONS

Courses must be taken in the order presented below.

### September–October 2018

#### FOUNDATIONS OF ASANA

*with Mary Lou Weprin*

**Tues, 5:45–7:15pm, 9/4–10/23 | 8 classes, \$240**

This asana class will examine the basic principles of movement and alignment, and the spiritual and philosophical values inherent in the Iyengar method of hatha yoga.

#### BASIC TEACHING SKILLS

*with Ada Lusardi*

**Wed, 5:45–7:15pm, 9/5–10/24 | 8 classes, \$240**

We will consider the fundamental skills required to teach a safe and effective class for beginners, including verbal instructions, manual adjustments, and managing a class.

### October–December 2018

#### TEACHING OF STANDING POSES

*with Mary Lou Weprin*

**Tues, 5:45–7:15pm, 10/30–12/18 | 8 classes, \$240**

This class will focus on the sequencing of the standing poses and their relationship to each other. We will learn how to adjust standing poses for particular needs using props and variations of the poses.

#### INTRODUCTION TO APPRENTICING

*with Gay White*

**Wed, 5:45–7:15pm, 10/31–12/19 | 8 classes, \$240**

This series is an introduction to assisting in an asana class. We will practice basic manual adjustments—developing our sense of touch to convey clear directions in a respectful way.

### January–February 2019

#### TEACHING OF INVERTED POSES

*with Mary Lou Weprin*

**Tues, 5:45–7:15pm, 1/8–2/26 | 8 classes, \$240**

This class will explore proper sequencing and preparation for inverted poses, how to determine when a student is ready to practice an inversion, and various ways to prop and modify these poses for special needs.

#### KINESIOLOGY AND YOGA

*with Shari Ser*

**Wed, 5:45–7:15pm, 1/9–2/27 | 8 classes, \$240**

This class will focus on the basic principles of movement of the major muscles and joints, especially the knees, hips, pelvis, spine, and shoulders.

### March–April 2019

#### TEACHING OF BACKBENDS

*with Mary Lou Weprin*

**Tues, 5:45–7:15pm, 3/5–4/23 | 8 classes, \$240**

Starting with a basic understanding of movement theory in relation to backbends, we will explore when and how to introduce various poses, including special preparations, and the use of props and adjustments.

#### TEACHING PRACTICE CLASS

*with Gay White*

**Wed, 5:45–7:15 pm, 3/6–4/24 | 8 classes, \$240**

Each week a different apprentice will teach an hour-length class. Written feedback will be requested from all class participants, and assessed by the teacher moderating the class. There will be time for discussion.

### April–June 2019

#### TEACHING OF FORWARD BENDS

*with Mary Lou Weprin*

**Tues, 5:45–7:15pm, 4/30–6/18 | 8 classes, \$240**

This course will explore safe ways to teach seated forward bends, using preparatory exercises, props, and manual adjustments. We will practice both working dynamically for proper alignment and holding the poses longer for their restorative power.

#### TEACHING PRACTICE CLASS

*with Debbie Gilman*

**Wed, 5:45–7:15pm, 5/1–6/19 | 8 classes, \$240**

Each week a different apprentice will teach an hour-length class. Written feedback will be requested from all class participants, and assessed by the teacher moderating the class. There will be time for discussion.

# CONTINUING EDUCATION

## FOR GRADUATES

### September–June

Workshops and Intensives	Various
Advanced Practice Class	Weekly
Pranayama	Monthly

### Continuing Education

You can earn Continuing Education Units by taking any of the following classes at The Yoga Room, if you have graduated from our Advanced Studies Program, if you are certified by another teacher-training program at the 200-hour level or greater, or by permission of the teacher.

### Workshops & Intensives

Saturday Workshops, Weekend Workshops, and Intensives are scheduled throughout the year. Saturday Workshops are generally held from 2–5pm.

### Advanced Practice Class

The Advanced Practice Class, led by Mary Lou Weprin, meets from September–May at 9:30–11:30am every Thursday morning at The Yoga Room. For permission to join the class, contact Mary Lou at 510–236–0295.

### Monthly Pranayama Class

The ongoing pranayama class with Gay White meets once each month from September–June on Thursday afternoon from 2:00–3:30pm. For more information, call Gay at 510–204–9322.

*Workshops are subject to change. Please confirm times and dates on the current Yoga Room schedule.*

### Credit for Courses

Students who wish to receive credit for courses must attend all classes and submit all written papers and assignments required. Students who miss class due to illness or other emergency are required to complete all missed assignments and written papers as prescribed and at the discretion of the faculty member teaching the course. The make-up work must be completed within 1 week of the last meeting of class.

## GRADUATE SEMINARS

### HANDS-ON ASSISTS

*with Gay White*

Sat, Sept 8, 2–5pm

We will explore assisting your students in a yoga class and work to develop a sense of touch that is respectful, instructive and effective.

### YOGA FOR ARTHRITIS

*with Shari Ser*

Sat, Oct 6, 2–5pm

Arthritis restricts movement of joints whereas yoga increases range of motion and ease of motion in joints. In this 3 hour seminar we will learn how to work with arthritic joints to regain health and movement.

### BACK CARE BASICS

*with Debbie Gilman*

Sat, Nov 3, 2–5pm

In this seminar, we will explore yoga practice for basic back care with attention to cautions and suggestions for common ailments and issues.

### YOGA FOR OSTEOPOROSIS

*with Shari Ser*

Sat, December 1, 2–5pm | \$55

Osteoporosis is a disease in which bones become fragile, more porous and there is a loss of bone mass. Learn to use yoga to build bone strength and improve bone density as well as fracture precautions.

### TEACHING RESTORATIVE YOGA I

*with Bonnie Maeda*

Sat, Jan 5, 2–5pm

The focus will be back bends and twists. We will begin with a short version of a restorative practice demonstrating how to prepare for particular poses and experience restorative sequences to support deep relaxation.

### TEACHING RESTORATIVE YOGA II

*with Bonnie Maeda*

Sat, Feb 2, 2–5pm

The focus will be forward bends and inversions. We will review the sympathetic and parasympathetic nervous systems and discuss the ways a restorative practice can help manage stress, and elicit the relaxation response, an essential component of the practice.

### TEACHING YOGA FOR SENIORS

*with Herta Weinstein & Deidre O'Brien*

Sat, Mar 2, 2–5pm

Herta and Deidre will present distinctive aspects of teaching yoga to seniors, such as aims, atmosphere, cautions, pacing, exercise tolerance, adaptations, and use of props.

### TEACHING YOGA FOR BEGINNERS

*with Gay White*

Sat, April 6, 2–5pm

Teachers can build confidence and skills for working with new students and conducting a class that is well organized, safe, and full of the joy of yoga.

### TWISTS

*with Mary Lou Weprin*

Sat, May 4, 2–5pm

Starting with warm-ups and preparations, we'll progress from standing twists to seated twists. We will analyze each pose for its uniqueness and discuss props and practice variations including basic twists in inversions.

### SANSKRIT PRONUNCIATION

*with Phid Simons*

Sat, June 1, 2–5pm

Learn the basics of the Sanskrit alphabet, phonetics, pronunciation, and yoga asana vocabulary. Emphasis on avoiding and correcting common pronunciation mistakes.

## Graduation Celebration

Saturday, June 23, 2018, 3–5pm

Family and friends are welcome!