

# THE YOGA ROOM

2530 San Pablo Avenue, Suite D, Berkeley, CA 94702 • YogaRoomBerkeley.com

## ADVANCED STUDIES PROGRAM 2019 – 2020

### 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 and no drop-ins are allowed. One year of yoga experience is required. (Please 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. (Please see page 3).

### Year 3: Continuing Education

We offer a wide variety of Continuing Education classes, workshops, and intensives for certified teachers. (Please 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. Please 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. The 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 seven years to complete all requirements for certification.

### Certification

The Yoga Room will certify students who successfully complete all elements of the program.

### Certification Requirements:

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

## FACULTY

**Founding Director:**  
Donald Moyer

**Co-Directors:**  
Mary Lou Weprin & Gay White  
**Advanced Studies Coordinator:**  
Dorinda Nyberg

**Teachers:**  
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

Weekly Ongoing Class: Level 2–4 or 3–5

Home Practice: 5 times per week  
(Please refer to the “Home Practice” section below for requirements).

#### Special Studies Classes

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

Breathing Awareness

Yoga Anatomy I & II

The Wisdom of Yoga

Kinesiology and Yoga

#### Personal Practice Classes

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

Intro to Advanced Yoga Studies

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 per week: twice for one hour and three times for at least 30 minutes. Second-year students are required to practice a minimum of five times per week for at least one 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 2019

#### INTRODUCTION TO ADVANCED YOGA STUDIES

*with Debbie Gilman*

Mon, 5:45 – 7:15pm, 9/9 – 10/28 | 8 classes, \$240

This class explores: What is yoga? What is the lineage of The Yoga Room? What does it mean to have a regular personal practice? We will get set up for home practice, address obstacles to practice, and begin reflecting on and writing about yoga practice.

#### BREATHING AWARENESS

*with Gay White & Bonnie Maeda*

Mon, 7:30 – 9:00pm, 9/9 – 10/28 | 8 classes, \$240

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

### November–December 2019

#### YOGA ANATOMY I

*with Ada Lusardi*

Mon, 5:45 – 7:15pm, 11/4 – 12/16 | 7 classes, \$210

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, 11/4 – 12/16 | 7 classes, \$210

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 2020

#### PRACTICE OF INVERTED POSES

*with Gay White*

Mon, 5:45 – 7:15pm, 1/6 – 2/24 | 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.

#### THE WISDOM OF YOGA

*with Phid Simons*

Mon, 7:30 – 9:00pm, 1/6–2/24 | 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.

### March–April 2020

#### YOGA ANATOMY II

*with Ada Lusardi*

Mon, 5:45 – 7:15pm, 3/2 – 4/20 | 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 – 9:00pm, 3/2 – 4/20 | 8 classes, \$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.

### April–June 2020

#### KINESIOLOGY AND YOGA

*with Shari Ser*

Mon, 5:45 – 7:15pm, 4/27 – 6/22 | 8 classes, \$240

(No class on Memorial Day, 5/25).

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

#### PRACTICE OF BACKBENDS

*with Dorinda Nyberg*

Mon, 7:30 – 9:00pm, 4/27 – 6/22 | 8 classes, \$240

(No class on Memorial Day, 5/25).

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	Tues, 7:30–9:00pm
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
- Pranayama
- 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 \$240.

### 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 2019

#### FOUNDATIONS OF ASANA

*with Mary Lou Weprin*

Tues, 5:45 – 7:15pm, 9/3 – 10/22 | 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*

Tues, 7:30 – 9:00pm, 9/3 – 10/22 | 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 2019

#### TEACHING OF STANDING POSES

*with Mary Lou Weprin*

Tues, 5:45 – 7:15pm, 10/29 – 12/17 | 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*

Tues, 7:30 – 9:00pm, 10/29 – 12/17 | 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 2020

#### TEACHING OF INVERTED POSES

*with Mary Lou Weprin*

Tues, 5:45 – 7:15pm, 1/7 – 2/25 | 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.

#### PRANAYAMA

*with Gay White*

Tues, 7:30 – 9:00pm, 1/7 – 2/25 | 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. Prerequisite: Breathing Awareness.

### March–April 2020

#### TEACHING OF BACKBENDS

*with Mary Lou Weprin*

Tues, 5:45–7:15pm, 3/3–4/21 | 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*

Tues, 7:30 – 9:00 pm, 3/3 – 4/21 | 8 classes, \$240  
Each week a different apprentice will teach an hour-long 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 2020

#### TEACHING OF FORWARD BENDS

*with Mary Lou Weprin*

Tues, 5:45 – 7:15pm, 4/28 – 6/16 | 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*

Tues, 7:30 – 9:00pm, 4/28 – 6/16 | 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 through May at 9:30–11:30am every Thursday morning at The Yoga Room. For permission to join the class, please contact Mary Lou at 510-236-0295.

### Monthly Pranayama Class

The ongoing pranayama class with Gay White meets once a month, September through June, on Thursday afternoons from 2:00–3:30pm. For more information, please email Gay at [gay.yogagarden@gmail.com](mailto:gay.yogagarden@gmail.com).

*\*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 one week of the final class.

## GRADUATE SEMINARS

### SEEING AND UNDERSTANDING BODIES I

*with Gay White*

Saturday, September 7th, 2–5pm

In this seminar we will explore basic questions of alignment. Reading: *Rolfing*, Preface; Chapters 1–2.

### SEEING AND UNDERSTANDING BODIES II

*with Ada Lusardi*

Saturday, October 5th, 2–5pm

This seminar will focus on the feet and ankles, especially in standing poses. Reading: *Rolfing*, Chapters 3–4.

### SEEING AND UNDERSTANDING BODIES III

*with Gay White*

Saturday, November 2nd, 2–5pm

In this seminar we will explore the proper alignment of the knees and legs. Reading: *Rolfing*, Chapters 5–6.

### FREEING THE NECK AND SHOULDERS

*with Debbie Gilman*

Saturday, December 7th, 2–5pm

We will investigate and begin to re-pattern the upper, middle and lower trapezius.

### SEEING AND UNDERSTANDING BODIES IV

*with Ada Lusardi*

Saturday, January 4th, 2–5pm

This seminar will consider the alignment of the pelvis and develop awareness of the sacrum and tailbone. Reading: *Rolfing*, Chapters 7–8.

### SEEING AND UNDERSTANDING BODIES V

*with Gay White*

Saturday, February 1st, 2–5pm

In this seminar we will discuss the importance of the inner groins and the ilio-psoas. Reading: *Rolfing*, Chapters 9–10.

### SEEING AND UNDERSTANDING BODIES VI

*with Ada Lusardi*

Saturday, March 7th, 2–5pm

This seminar will cover aspects of the thorax, with particular focus on the sternum, collarbones and scapula. Reading: *Rolfing*, Chapters 11–13.

### DEEP AND QUIET FORWARD BENDS

*with Debbie Gilman*

Saturday, April 4th, 2–5pm

We will explore how to nurture a dialogue with the inner body so the whole body gently opens to receive deep forward bends like Paschimottanasana.

### SEEING AND UNDERSTANDING BODIES VII

*with Gay White*

Saturday, May 2nd, 2–5pm

In this seminar we will explore the relationship between the arms, elbows, wrists, and hands. Reading: *Rolfing*, Chapters 14–15.

### SEEING AND UNDERSTANDING BODIES VIII

*with Ada Lusardi*

Saturday, June 6th, 2–5pm

In our final seminar, we will consider the head and neck, with particular emphasis on the cervical curve. Reading: *Rolfing*, Chapters 16–18.

## Graduation Celebration

Saturday | June 20<sup>th</sup>, 2020 | 3–5pm

Family and friends are welcome!