

Course Tuition

Before Jan. 17th: \$2,600

After Jan. 17th: \$2,800

Deposit of 25% is required to reserve your space. 50% due by start of training. Checks to Kula Yoga Shala please. Payment programs available upon acceptance. Space is limited. Payment is non-refundable.

Sacred Study Sessions

The Upanishads

Yoga Sutras of Patanjali

The Bhagavad Gita

Hatha Yoga Pradipika

Plus selected works from:

Georg Feuerstein

Jack Kornfield

Anodea Judith

Doug Keller

Paul Grilley

Russil Paul

Donna Farhi

“Don’t ask yourself what the world needs.
Ask yourself what makes you come alive,
Because what the world needs is people
Who have come alive.”

- Howard Thurman



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Kula Yoga Shala Teacher Training

The Essence of Yoga

A 200 Hour Certification
Program

Feb. 2018 – June 2018



Facilitated by

Kula Yoga Shala

A Registered Yoga Alliance School

Program Intention

The practice of Yoga is a rich wisdom tradition born from humanity's quest to deepen our understanding of the world within us *and* the world around us. Through this immersion into the heart of Yoga, this quest is both honored and nurtured with the ultimate goal of preparing you to light the path for others as a Certified Yoga teacher.

Taking the seat of the teacher is both a great privilege and a great responsibility. This 200 hour certification program will prepare you to flourish as both a capable and confident guide.

The teacher training program covers the full breadth and depth of the Yoga tradition, including its history, philosophies, lineages, and experiential practices. Teacher trainees will become well versed in how to hold the space of a Yoga class including alignment of asanas, sequencing principles and hands-on assists as well as guiding the subtler practices of pranayama and meditation.

Beyond the class setting, trainees will delve into how our Yoga manifests off the mat and into the very perspective we live through moment by moment.



Curriculum Overview

The training curriculum holds first and foremost the intention of preparing you to perceive your teaching as an offering. It is rooted not simply in the mastery of techniques but rather in the spirit of service as an authentic path to Self realization.

The program primarily consists of Wednesday evening and Saturday daylong intensives covering the many paths of Yoga including Hatha, Raja, Jnana, Mantra, Karma, Tantra, and Bhakti. Each path will be explored as both theory and practice. Special attention will be given to both the Yin & Vinyasa systems of Hatha Yoga.



The training covers ayurveda, pranayama, meditation, chanting, and anatomy. The program provides an in depth navigation of yoga as a philosophical system covering Patanjali's Yoga Sutras, the Upanishads, and the Bhagavad Gita.

Trainees will investigate the subtle body including chakras, nadis, vayus, koshas, and bandhas. The program includes practice teaching, observing and assisting community classes, and creating a group Karma Yoga-inspired outreach project.

Guest faculty include our areas most highly regarded teachers of asana, anatomy, and philosophy.

Training requirements include assigned reading, journaling, weekly contemplative inquiries and community classes each week with Scott Feinberg.

Training Schedule

Wednesdays 6:30pm – 9pm

2/21, 2/28, 3/7, 3/21, 3/28, 4/4, 4/11, 4/18

4/25, 5/2, 5/9, 5/16, 5/23, 5/30, 6/6

(Suggested to attend 5pm class beforehand)

Saturdays 8am – 6pm

2/24, 3/3, 3/10, 3/24, 3/31, 4/7, 4/14

4/28, 5/5, 5/12, 5/19, 6/2, 6/9

~ Sessions will be held at Kula Yoga Shala.
400 Toney Penna Dr., #F, Jupiter, FL

~ Training is registered with Yoga Alliance
at the 200 hour level.

~ Teacher trainees will be responsible for
purchasing required reading materials,
and bringing their own props including
mat, towel, block, strap, and blanket.

~ Download a training application at
www.kulayogashala.com.

