



yoga
on high

Teacher Training in North Canton, Ohio

With the help of this program and its gifted teachers, I deepened my experience, not only to yoga, but also to myself. I uncovered places in me so deeply tucked away that it felt like an extraordinary adventure . . . one that was exciting, fun-loving, and extremely informative. I feel very prepared to offer my students a journey into self-exploration through the practice of yoga.

~ Jodi Patton
class of 2001

True institutions of learning such as Yoga on High profess that one never stops learning. As the principal teachers, they send their accredited teachers out to share "healthy" yoga. Just when you think your training is over, the door opens with new insights and reinforcements of enduring principles. It is an unselfish program.

~ Nonie Daniels
class of 2004

This isn't teacher training. It's training on how to be a human being.

~ Megan Osborn
class of 2010

Yoga on High is holding a 10-month, yoga teacher training program at The Yoga Place in North Canton, Ohio. It offers two levels of study—one that certifies graduates to teach yoga, and one that allows serious students to deepen their practice and understand aspects of yoga beyond the physical postures, but it does not lead to teacher certification. This is the same curriculum and headed by the same senior teachers who for 10 years have mentored hundreds of students through an experience that has enriched their lives and prepared them to share their gifts with yoga students.

For more information contact Marcia@yogaonhigh.com or Linda@yogaonhigh.com or call Yoga on High at 614.291.4444.

Eligibility & Requirements

Below you will find the minimum course requirements for the Teacher Training certification.

These are designed to deepen your own practice as well as impart classroom skills.

<u>Event</u>	<u>Time Commitment</u>
Asana class	Weekly for 10 months
Teacher training sessions	Monthly for 10 months
Anatomy weekend	Once during the year
5-day retreat	Once during the year
Personal phone consults with your mentor	Twice a year

The Basic Teacher Training program will meet in Canton for one weekend a month (Saturday and Sunday) for 10 months. It also includes weekly asana classes with local yoga teachers, one weekend workshop on anatomy for yoga teachers with Roger Cole in Columbus, Ohio, and a five-day retreat in Grailville, Ohio. A full schedule of dates will be available online.

As part of the course materials, you receive a teacher training manual and a nine-week beginners' course curriculum.

To be eligible for the program you must have had at least a solid year of training with a reputable yoga teacher and a regular yoga practice during that time.

While enrolled in the teacher training program, we require that you maintain a daily personal practice in addition to regular attendance at a weekly asana class. You must also attend 9 of the 10 weekend teacher training sessions and both the anatomy weekend and the 5-day retreat or make arrangements to attend equivalent trainings. Should you be unable to meet attendance requirements within a given year, we will work with you to extend your training until you can complete the course.

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Faculty

Marcia Miller has been a full-time, certified yoga teacher for thirty-five years and is recognized throughout the Midwest as a premier yoga teacher in her form. Her current focus is on bringing yoga to the widest variety of people possible including diabetics, cancer survivors, homeless veterans, and people with post traumatic stress disorder. She has designed yoga programs used by researchers at Ohio State University to determine yoga's benefits to people under stress.

Linda Oshins has been practicing yoga for over twenty years and teaching for eleven; she specializes in teaching pranayama and meditation. Linda also has a background in curriculum design and lends that skill to the development of training manuals for the teacher training program.

Ambre Emory-Maier is a long-time dance teacher and gifted yoga teacher who brings her acute sense of movement and self-awareness to teaching beginning teachers. Graduates of the program say that the interplay between the three principal teachers is one of the best parts of the program.

At the end of this training course, you will be able to:

- Design safe, graduated classes for beginning students (we define beginners as students in the first several years of yoga classes and practice)
- Teach breath awareness to beginners
- Understand how to sequence poses from warm up through deep relaxation
- Analyze a pose and break it into focused points of emphasis in order to introduce it to students in increments
- Protect students with common functional or structural problems from harm
- Use props creatively
- Teach basic principles of alignment
- Step a pose up or down in complexity to accommodate students with differing capabilities
- Ask your own body a question about the beginner's body and answer it
- Diversify your teaching approach to accommodate students with different learning styles
- Teach simple restorative poses
- Guide relaxations
- Understand classroom ethics and professionalism
- Understand general principles of anatomy as they apply to teaching yoga
- Be familiar with basic theoretical principles of yoga philosophy

For more information, please contact:

Linda Oshins at Linda@yogaonhigh.com

Marcia Miller at Marcia@yogaonhigh.com

or call Yoga on High at 614-291-4444 and ask for either of us.

We would love to talk to you about your past training and practice, our program, or any of your concerns. If you would like to be on our mailing list for information on this and other teachers' programs, please let us know. To apply send completed application form to info@yogaonhigh.com or send it to the address below. Visit <http://www.yogaonhigh.com/training/to-apply/> to download application. With acceptance a \$300 non refundable deposit is due. Once deposit is received you will be sent your start-up packet. You will be embarking on a wonderful adventure.

Yoga on High
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