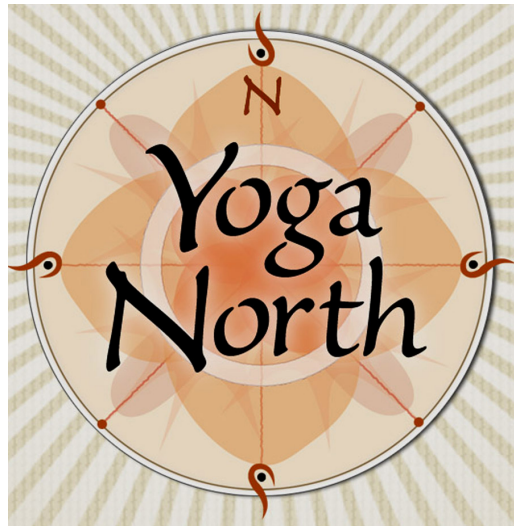


Yoga North  
Teacher Training Program – 500 Hour (part 2)  
2008



**Find Your True North.**

Your teachers at Yoga North are committed to your systematic development in postures, breath, meditation, and towards the goal of knowing yourself. Yoga North Studio provides quiet reflective space for this self-study and exploration.

Yoga North  
4628 Pitt St. Suite 208  
Duluth, MN 55804  
218.722.YOGA/888.722.YOGA  
[www.yoganorthduluth.com](http://www.yoganorthduluth.com)



Registered Yoga School



Registered Yoga School

## 2008 Teacher Training Program – 500 Hour (part 2)

### Pre-Requisites:

Applicant must have taken 200 hour Teacher Training program at Yoga North prior to admittance. Applicant who has completed 200 hour Teacher Training from another school will be accepted pending approval of the Yoga North faculty.

### Type of Certification:

The Yoga North Teacher Training program certification is in Hatha Yoga at the 200 hour level and 500 hour level. Completion of this program results in a certification at the 500 hour level which is valid for three years, after which continuing education is required for renewal of certification.

### Credit Hours:

The Yoga North Teacher Training program 500 hour part 2 requires a total of 380 credit hours for completion. Courses include postures, physiology & anatomy, breath, teaching methodology, practicum, personal practice, yogic philosophy, yogic history, and yogic sacred texts.

### Required Courses:

Wisdom of the Yoga Sutras  
Wisdom of the Vedas  
The Tantric Revolution & Practices  
Core Stability  
The Spine  
4 Fountains & the Mind  
Finding the Silence & Stillness  
A History of Gurus & Their Teachings  
Business Ethics  
Aligning the Subtle Body  
Mantra & Sound  
Teaching Meditation  
Yoga & Therapy

Wisdom of the Bhagavad-Gita  
Wisdom of the Upanashads  
Ayurvedic Practices  
The Philosophy of Postures  
Understanding Joints  
Advanced Breath & Bandhas  
Functioning Backbends  
A Personal Customized Practice

<b>Certification</b>	
<b>Requirements:</b>	<b>Credit Hours:</b>
Classroom	290
Home study	70
Student teaching	20
<b>Total hours:</b>	<b>380</b>

Home study includes reading assignments, answering directed questions, and journaling about personal experience. Students will be tested (oral & written) on required courses. Before certification, students will be required to teach classes under the guidance of faculty.

### Certificate of Completion:

A certificate of completion, indicating 500 hours of study, will be issued at the end of the program. These hours are applicable towards national certification with Yoga Alliance. All sessions must be attended.

**Length of Program:**

The program consists of 8 intensive weekends, one per month. Seven weekends will be held at Yoga North Studio. One entire weekend will be held at Camp Amnicon. Please note that expenses for the retreat are included in your registration fee.

From the end of the program, students are given one year to complete the program requirements including homework and student teaching.

**Location:**

Yoga North Studio, 4628 Pitt St. Suite 208, Duluth MN 55804

**Meals & Lodging:**

Teacher trainee is responsible for meals and lodging. Please note that some members of the Yoga North community have opened their homes to trainees for lodging at little or no cost. You may inquire with the Yoga North office as to the availability of this option. Water and tea are provided at the studio. A refrigerator and microwave are available for use.

**Teacher Training Requirements:**

Pre-registration consisting of an application and \$50 non-refundable deposit is required. Please submit your application as soon as possible. You will be notified by mail of your acceptance into the program. Please note 200 hour level pre-requisite.

**Program Cost:**

Cost of the program is \$2900 (plus \$50 application fee) prior to March 7, 2008 with a \$500 non-refundable deposit. Cost of the program after March 7<sup>th</sup> is \$3200, with \$800 due upon acceptance into program, and the balance of \$2400 due on or before the first session. The program cost includes 290 hours of core coursework, all handouts & mailings, access to the core teaching faculty, and the cost of the weekend retreat. Above fees do not cover coursework done outside of Yoga North studio, the non-refundable \$50 application fee, or required books. If preferred, a payment plan may be chosen with \$800 due 30 days prior to the beginning of the program and 5 more installments of \$500 due the first of each consecutive month for a total of \$3300. For those who register prior to March 7<sup>th</sup>, a payment plan may be chosen with \$500 due 30 days prior to the beginning of the program and 5 more installments of \$500 due the first of each consecutive month for a total of \$3000. Master Card and Visa are also payment options.

**Cancellation Policy:**

For cancellations less than 30 days before the start date, Yoga North will retain the non-refundable deposit (plus \$50 registration fee) unless you are able to find a replacement for your reserved space, in which case Yoga North will issue a full refund (less \$50 registration fee). Yoga North reserves the right to cancel any program, and you will be issued a corresponding refund in full. No refunds once training has begun.

**Our Philosophy:**

At Yoga North we share the ancient yogic science, which provides tools and guidance to adjust your life to the true essence and evolution of your soul, allowing you the opportunity to "*find your true north*". Our philosophy and teacher training is in the Himalayan Tradition of Sri Swami Rama. The Himalayan Tradition is rich in the teachings of the 8-fold Astanga path, encouraging personal and social awakening and transformation. All classes at Yoga North are offered in support of the awakening and transformation of each student.

## Core Faculty

**Deborah Adele**, e-RYT 500, co-owner of Yoga North studio since March 1999, holds 2 masters degrees as well as KRI certification in Kundalini Yoga and IHT certification in Hatha Yoga. Initiated into the Himalayan Tradition and a long-time student of Yogiraj Achala and Phil Nuernberger, PhD, Deborah has done intensive studies in Yogic philosophy. She has also held a teacher/staff position with 10<sup>th</sup> Dot Transformations. She has worked extensively with Miick and Associates, combining the concept of body and breath with organizational development skills to improve leadership and management in various businesses around the country. Deborah is a wellness columnist for the Duluth News Tribune and author of an upcoming book on the Ethical Guidelines of Yoga.

**Yogiraj Achala** (Charles Bates) has been a leading disciple of the Himalayan saint Sri Swami Rama since 1969. For almost forty years he has studied with Swami Rama extensively in India, Nepal, the United States, and in silence. In 1976 Yogiraj was ordained a Pandit in the Sanatana Dharma and also certified as “Yogiraja” by his guru. He and his master founded the Twin Cities Yoga Society (now Namaste Yoga Institute™) in 1971. Yogiraj Achala is internationally well known in the fields of yoga, mysticism, therapy, leadership and personal & organizational development, bringing the value of ethics, self-inquiry and self-unfoldment to business leadership. From 1991 to 2002 he was a member of the organizational faculty at the Gestalt Institute of Cleveland, the world’s largest Gestalt institute, and four of those years he was chairman of its board. He is also a member of NTL (National Training Laboratories), and was on the faculty of the University of Minnesota Bush Foundation Superintendents and Principals Leadership Program. He is also a past board member of the national organization, Yoga Alliance.

**Duane Kimball**, D.C. brings a wealth of knowledge to Yoga North with his understanding of body/mind systems. With undergraduate work in pre-med and religion/philosophy, Duane graduated magna cum laude in April 1997 from Cleveland Chiropractic College in Kansas City, MO. He brings expertise in structural movement, soft tissue techniques, mind/body interaction, the autonomic nervous system, and biochemical stress. Duane’s personal yoga practice, study in the Himalayan tradition, and thirst for alternative knowledge adds an exponential wisdom and connection to his teaching of anatomy and physiology.

## Staff

**Ann Maxwell**, e-RYT 200, co-owner of Yoga North studio since December 2001, holds a masters degree as well as certification in Hatha Yoga with studies in Ashtanga Yoga. Initiated into the Himalayan Tradition, Ann is a student of Yogiraj Achala and a disciplined practitioner of yoga living. An experienced wilderness adventure guide, Ann brings the spirit of adventure and curiosity to her expertise as a yoga instructor and business owner, grounding her ability in the practicality and expertise of the body. Ann is a model of yogic living for her students and brings a sense of wisdom and fun to the daily practice of yoga.

**Joe Lindgren**, RYT 200, received his Hatha Yoga certification from Sun/Moon Studios in Mankato MN in 2002. Joe has studied in depth in the Himalayan tradition and the Iyengar method, which emphasizes the detail and precision of alignment. A committed yoga practitioner of 15+ years, Joe will be sharing his expertise in asana alignment and his love of the asana practice. Joe believes that the “focus on detail and precision in asana makes the poses come alive, and continually brings one to deeper levels of awareness in mind, body, and spirit.”

## APPLICATION FOR 500 HOUR TEACHER TRAINING –part 2



**Yoga North**  
**4628 Pitt St Suite 208**  
**Duluth MN 55804**  
**218-722-YOGA/888-722-YOGA**  
**www.yoganorthduluth.com**

Name:

Address:

Phone:

Email (will be kept confidential):

\$50 non-refundable deposit enclosed \_\_\_\_\_

On a separate sheet please answer the following:

1. What significant learnings did you glean from the 200 hour teacher training program?
2. In what ways did the 200 hour teacher training impact the core of who you are and how you think of yourself?
3. What shape does your current practice take?
4. What do you hope will change for you in your personal and professional life because you have immersed yourself in the 500 hour program?
5. Include anything else you want to tell us about yourself or your hopes for this program.

I have read and understand the agreements in the teacher training application.

Signature:

Date: