



Peace  
lies  
within.

# SHANTI

# YOGA

SHANTIYOGASTUDIO.ORG

debbimurphy.com

208.634.9711

Shanti Yoga School offers six workshops repeated each six months: 1) Yoga History, 2) Energetic Anatomy & Philosophy 3) Yoga Anatomy, 4) Asana, 5) Pranayama & Meditation & 6) Teaching Methodology. All provide credit for Shanti Yoga certification & are included in tuition. Each weekend has classes in both 200 & 500 hr curriculum. Those outside of the school may also attend & receive continuing education units by paying a fee. Shanti Yoga classes held in Boise & McCall reinforce the monthly topic. Check shantiyogastudio.org for updates, pricing & details. Workshops not included in the Shanti Yoga School tuition are indicated with an asterisk & are 30% off. Most full weekends provide 15 – 20 contact hrs.

Dates/Location	Teacher	Topic
Jan 7 – 8, Sage, Boise	Shanti Teachers	Teaching Yoga/History I
Jan 14 – 16, Sage, Boise	Shanti Teachers	Teaching Yoga/History II
Jan 21, Lhotse, Boise	Lori Tindall	*Advancing Your Practice
Feb 4 – 5, MUUV, Boise	Shanti Teachers	Energetic Anatomy & Philosophy
Feb 17 – 19, Shanti, McCall	Julian Walker	*Radical Transformation
Mar 10 – 11 Boise	Shanti Teachers	Yoga Anatomy
Mar 24 – 25 Boise	Shanti Teachers	Asana I
April 14 – 21, Sayulita, Mexico	Debbi Murphy	*Sayulita Retreat/Teacher Training Intensive (45 hr)
May 5 – 6 Boise	Shanti Teachers	Asana II
May 18 – 20 Shanti, McCall	Micheline Berry	Liquid Asana
June 9 – 10, Boise	Shanti Teachers	Pranayama/Meditation
July 14 – 15, Shanti, McCall	Shanti Teachers	Pranayama/Meditation
August 4 – 5 Shanti, McCall	Kathryn Budig	*Aim True

## Shanti YTT Workshop Series

Shanti Yoga School offers the following workshops each six months in both McCall & Boise. Although these workshops are geared towards those enrolled in the ongoing Shanti Yoga Teacher Training & are included in tuition, they are available to others for a weekend fee & provide CEU's with Yoga Alliance. Other workshops supporting the six topics are also offered throughout the year and accrue hours towards certification.

- Yoga History/Philosophy (Chapter/Lesson 1 & 2)
  - Yoga's evolution through the Vedas to Modern Times including study of the scriptures (Bhagavad Gita, Yoga Sutras)
  - Yoga as Self-Transformation
  - Ethics of Yoga (500 hr students)
- Energetic Anatomy (Chapter/Lesson 2 & 3)
  - Chakras, Vayus, Bandhas
- Yoga Anatomy (Chapter/Lesson 3)
  - Anatomy applied to Asana & Pranayama
- Asana (Chapter/Lesson 4)
  - Thorough exploration of basic asanas including primary movement principles, alignment & sequencing, lines of energy, playing the edge, contraindications & function,
  - Sanskrit & historical background
  - Vinyasa basics
  - Advanced Postures including arm balances, inversions (500 hr students)
- Pranayama/Meditation (Chapter/Lesson 5 & 6)
  - Science of Breathing
  - Science of Prana/Chi
  - Teaching basic breath awareness & Advanced Techniques (500 hr students)
  - Methods of Meditation Practice
  - How to teach
  - How to incorporate into the flow of a class
- Teaching Yoga (Chapter/Lesson 7 & 8)
  - Authentic Voice - tone, word choice,
  - Structuring a class - environment, sequencing, music
  - Yoga Therapy/Teaching Special Groups
  - Business of Yoga
  - Sustainable Teaching

**Note: Each month we hold at least one workshop in McCall and one in Boise. This schedule is updated every couple weeks, with new workshops added. Some workshops are scheduled months in advance so there might appear to be gaps when it is simply that the rest of the month hasn't been filled out yet. To see detailed schedule, go to [www.shantiyogastudio.org](http://www.shantiyogastudio.org) or [debbimurphy.com](http://debbimurphy.com).**

## Shanti Yoga School Instructors

the following teachers provide contact hour credit, find their schedules at their website

Debbi Murphy, PhD, ERYT 500, principle teacher, debbimurphy.com

Kimberly Lee, MS, RYT 500, kimberlyleeyoga.com

Lori Tindall, MS, RYT 500, loritindall.com

Angela R. Bryson, BGS, RYT500, Registered Yoga Therapist, zodhana.com

Jennifer Knight, RYT200, yogatreeofboise.com

Julia Jones, RYT500, iamyoga.com

Jessica Dean, RYT500, jesspearl@hotmail.com

Kasey Rose, RYT 200, shantiyogastudio.org

Jodi Lea, MS, RYT 200, shantiyogastudio.org

### Curriculum

Shanti Yoga School's curriculum is covered in three ways: weekend intensives, workbook lessons & weekly classes. Contact hour credit can come from any of Shanti's teachers, but not all classes are included in your tuition (however, most all studios provide discounts for Shanti students). All classes @ Shanti Yoga Studio, McCall are included in your tuition. The following classes are also included in your tuition and directly correlate with the monthly topic:

#### Boise Meeting Times

##### Tuesday

7 - 8:30pm taught by Jennifer Knight @ Yoga Tree of Boise, 207 Washington

##### Wednesday

1:30 - 3:30 (Discussion/Workshop) by Debbi Murphy @ Yoga for Life, Cole & Ustick

4:30 - 5:30 (Asana Check-off/Lesson Questions) led by Debbi Murphy @ Yoga Tree of Boise, 207 Washington

5:30 - 6:45 (Master Class on monthly theme) taught by Debbi Murphy @ Yoga Tree of Boise

##### Monthly Study Group

At the end of each month, Shanti teachers schedule a weekend study group to review the material learned.

#### McCall Meeting Times (all at Shanti Yoga)

##### Monday

11:45 - 1:15 Discussion

##### Friday

5:30 - 6:30 Student Taught Community Class

### Observation Form

To receive contact hour credit for classes other than Debbi Murphy & Jennifer Knight, you need to write a paragraph reviewing the class attended which includes the following observations:

What did you learn?

What did you like best?

Was anything unclear or confusing for you?

Note the following:

Theme

Timing of Elements

Effectiveness of Centering

Opening

Sequencing

Closing

Demonstration

Guiding of Postures

Breathing

Relaxation

General Tone of Class