



Idaho's Yoga School Since 2008

Our Mission

We believe that yoga is both an art and a science. In our Advanced Teacher Training Program, we provide students with an opportunity to build upon the material introduced in a 200 hr Teacher Training, integrate what they've learned through practical application and support the development of students' individual voice and style. Through classes, workshops, group meetings, apprenticeship and a special project, students refine their teaching skills, identify areas of expertise and become part of a supportive forum for advanced inquiry.

Whether you're looking to deepen your own yoga practice or advance your teaching skills, the 300/500-Hour Shanti Yoga Teacher Training will help you distinguish yourself as a unique and inspired teacher by building your confidence in advanced elements of yoga, enhancing your skills and knowledge, and cultivating your authentic teaching style.

As yoga grows in popularity, students and studios expect teachers to have in-depth training and the ability to teach to wider varieties of students, beginners, advanced practitioners, those with unique limitations or special needs. This training is designed for yoga teachers already certified at the 200-hour level, you will graduate as a certified 300/500-hour Shanti Yoga teacher prepared to take your teaching to the next level and discover new realms of your personal practice.

Our Faculty

We are very proud of our advanced training faculty. All hold ERYT500 and YACEP registration with Yoga Alliance with whom Shanti Yoga Teacher Training has been registered with since 2008. Lead teacher, Debbi Murphy, holds a doctorate in Exercise Science and a masters in Counseling. She has over 30 years of teaching experience and continues her education with advanced trainings. Lead teacher, Jeanne Dillion, is one of just a few IAYT Certified Yoga Therapists in Idaho. She holds a certification in iRest(R) Yoga Nidra, a research based meditation protocol, and continues her studies with renowned Master Teachers. Other 300 hour faculty hold advanced training in their specific areas: Sharon Hammer (Yoga Philosophy/Advanced Techniques/Transformational Teaching) and Desiree Moores (Ayurveda).

Resources

Besides access to training sessions and faculty, all 300 hour students receive a 300 hour manual and all required texts. Videotaping sessions are also provided for you to review your teaching and presentations.

Our Program

Similar to a graduate school model, students are encouraged to study a great reservoir of teachings, specialize in a particular area which will culminate in the development of a “thesis” or special project. Our job is to facilitate this process, much as a dissertation supervisor would, helping students create a project that is as enlightening and educational to prepare as it is for those to whom it is presented. By first imitating, then integrating and finally innovating, our objective is to help each student create their own “brushstroke” on the constantly evolving art and science of yoga. In this training, you will:

- Deepen your knowledge of teaching postures in more advanced ways,
- Experience various transformational teaching methodologies, class designs, and approaches to sequencing,
- Build on your understanding of experiential anatomy, physiology, and kinesiology to maximize benefits and create safety for all students,
- Explore applied yogic philosophy,
- Yoga for Wellness: Develop skills for working with special populations,
- Gain extensive practice one-on-one with your students,
- Learn advanced pranayama, meditation and asanas.

Format

- Weekend Workshops - For the most part, 300 hr sessions coincide with the 200 hr workshop weekends but allow advanced students a deeper look at the topics covered. This means that during the weekend workshop in which we're covering Philosophy, the 300 hr students will also cover that topic in a separate session. Advanced students are encouraged to serve as assistants to the presenters and also present during these workshops. These presentations can be video-taped for review with the lead teachers.
- Weekly Classes - 300 hr students may attend any of the Wednesday & Sunday Shanti Yoga Teacher Training sessions and are invited to assist the senior teacher
- Apprenticing - Advanced students can work with any of the Shanti Yoga School teachers as assistants if approved. Terms of how this will work vary with each teacher.
- Book Discussions - Throughout the year, the 300 hour students will have the opportunity to get together to discuss a question related to the books from the reading lists.
- Special Project/Thesis - 300 hr students will select an area of interest to become their specialization and a topic for their project. This project can take the form of an audio, written or visual discussion of the topic but you will be expected to present it in the form of a workshop to the group. If possible, we will videotape your presentation to enhance your awareness of your unique skills and those you might want to develop.

Curriculum Attributes

Open to 200-hour-certified teachers from any tradition, the 300-Hour Shanti Yoga Teacher Training consists of 300 hours of Yoga Alliance-approved content that, when combined with your 200-hour training, delivers a comprehensive and advanced 300-hour certification. The curriculum is offered in five modules, which can be taken in any order as well as Practicum work. 300 hr students who received their Yoga Alliance Certification from other schools will need to complete the eight lessons from the Shanti Yoga School 200 hour program. All students will need to accrue a total of 250 additional contact hours on top of their 200 hour program hours. Each of the following modules provides contact hours of instruction and is designed to advance your practice, teaching skills, and repertoire. Each lists a minimum requirement that totals 195 hours, you can make up the additional 75 by specializing in one of the areas.

- Yoga Philosophy, History and Ethics: Applying Ancient Teaching to the Modern Lifestyle
- Yoga Anatomy and Physiology: Advanced Study
- Advanced Techniques in Asana, Chanting, Pranayama and Meditation
- Tools for Transformational Teaching
- Yoga for Wellness
- Practicum

Yoga Philosophy, History and Ethics: Applying Ancient Teachings to Modern Lifestyle

30 hrs above and beyond your 200 hr program.

Focus is on the the Jnana Path through study of the ancient doctrines of Yoga as well as svadhyaya (self-study). Through discussion, asana and other practices, we'll dive deep into the history and philosophy of yoga and meditation, drawing from ancient texts; the Upanishads, Bhagavad Gita, Yoga Sutra, and Hatha Yoga Pradipika as well as Sanskrit and Ayurveda. We will also examine research in contemplative neuroscience.

Required Readings:

The Yoga Sutras (your choice, there's a version in Desikachar's Heart of Yoga)

Suggestions for further study:

Yoga Body: The Origins of Modern Postural Practice by Singleton; Hatha Yoga Pradipika: Light on Hatha Yoga by Steven Mitchell; Path to God by Ram Dass

Yoga Anatomy and Physiology

20 hrs above and beyond your 200 hr program.

Study includes both human physical anatomy and physiology (bodily systems, organs, etc.) and energy anatomy and physiology (chakras, nadis, etc.). We will focus especially on the

application of its principles to yoga practice (benefits, contraindications, healthy movement patterns, etc).

Required Reading:

Yoga Anatomy, Leslie Kaminoff and Amy Matthews

Suggestions for further study:

Anatomy of Movement by Calais-Germain; Your Body, Your Yoga by Bernie Clark

Advanced Techniques in Asana, Pranayama & Meditation

50 hours above your 200 hr program

- Asana - Build upon knowledge of postures, reinforce biomechanics and physiology of the core poses while exploring advanced asana techniques in a learning community of peers.
- Pranayama - Explore advanced techniques with a deeper study of the physiology of breathing from both Western & Eastern perspectives as well as explore the therapeutic applications.
- Dhyana - Deepen knowledge & practice of meditation with practice, svadyaya (self-study) and contemplation. Exploration of chanting, japa, mantra, yantra and visualization.

Required Readings:

Buddha's Brain by Rick Hansen; Relax & Renew by Lassater

Suggested Readings:

Path with Heart by Jack Kornfield

Tools for Transformational Teaching

15 hours above your 200 hr program for a total of at least 50 hrs.

Refine your teaching style with Practicums that include the opportunity to receive feedback on word choice and tone of voice, integration of anatomical study as well as sutras, poetry, koans and key teachings from the yoga tradition. Learn transformational teaching methodologies, class designs, and experiment with various sequencing techniques including how to present workshops and themed series. These hours will be a mix between analytical training in how to teach and practice the techniques, and guided practice of the techniques themselves.

Required Reading:

Yin Yoga by Bernie Clark; The Business of Yoga by Ippoliti

Suggested Readings:

Yoga Sequencing by Mark Stephens

Yoga for Wellness

20 hrs above and beyond your 200 hr program for a total of at least 40 hours.

How to teach with a deeper understanding of yoga for wellness of mind, body & spirit:

- Restorative Yoga and Yin Yoga – Philosophy, Methodology & Practice
- Teaching to Special Populations
- Trauma Sensitive Training
- Yoga as a Healing Art
- Yoga for Graceful Aging
- Non-dualism, Viniyoga, iRest
- Ayurveda and Yoga

Required Reading:

Yoga for Wellness by Gary Kraftsow; Yoga Nidra: A Meditative Practice for Deep Relaxation & Healing by Richard Miller; Yoga & Ayurveda: Self-Healing and Self-Realization by David Frawley

Suggested Readings:

Yoga as Medicine by Timothy McCall

Practicum

60 hrs above and beyond your 200 hr programs (videotaping is available).

Practice teaching, receiving feedback, assisting, observing others teach and hearing/giving feedback. Videotaping of teaching techniques and workshops.