



Yoga Tree & Yoga for Wellness, Boise  
Shanti Yoga, McCall

## Shanti Yoga Teacher Training & Workshop Schedule

All Shanti Teacher Training Intensives provide credit for Shanti Yoga certification & are included in tuition.

Shanti also presents workshops & retreats not intended exclusively for Shanti's teacher training program & not included in Shanti teacher training tuition, but that offer contact hours or CEUs.

Workshops with an \* are not required, though students may choose to attend at a 30% discount.

Workshops and retreats indicated with \*\* provide contact hour credit, but students are not eligible for a discount.

Workshops with \*\*\* provide hours toward specialized certifications, but may not be used for 200/300hr. certifications.

Workshops with \*\*\*\* are intended for 300 hour students or graduates of 200 or 300 hour programs looking for CEUs.

Current 200 hour students may attend with advance permission and at a discount.

Updated 2/19/2020

### Contact Us!

shantiyogastudio.org • 208.634.9711 • [info@shantiyogastudio.org](mailto:info@shantiyogastudio.org)

Dates/Location	Teacher	Topic
****Mar. 6-7, 2020 Yoga for Wellness	Shanti Teachers	(300) Advanced Asana
Mar. 13-15, 2020 Yoga Tree of Boise	Shanti Teachers	(200) Asana
**Mar.28,2019- Apr.5, 2020	Debbi Murphy	Bali Yoga Retreat
**Apr. 8-19, 2020 Sri Lanka	Debbi Murphy	Sri Lanka Yoga Retreat
****Apr. 10-11, 2020 Yoga for Wellness	Shanti Teachers	(300) Advanced Pranayama/Meditation
Apr. 17-19, 2020 Yoga Tree of Boise	Shanti Teachers	(200) Pranayama/Meditation
****May 15-16, 2020 Yoga for Wellness	Shanti Teachers	(300) Advanced Teaching Yoga I
May 15-17, 2020 Yoga Tree of Boise	Shanti Teachers	(200) Teaching Yoga I
<b>**June 12-14, 2020 Shanti, McCall</b>	<b>Taylor Harkness</b>	<b>Yoga Workshop</b>



## Shanti Yoga Teacher Training & Workshop Schedule

Dates/Location	Teacher	Topic
****June 19-20, 2020 Yoga for Wellness	Shanti Teachers	(300) Advanced Teaching Yoga II
June 19-21, 2020 Yoga Tree of Boise	Shanti Teachers	(200) Teaching Yoga II
July 10-12, 2020 Yoga Tree of Boise	Shanti Teachers	(200) History/Philosophy
****July 17-18, 2020 Yoga for Wellness	Shanti Teachers	(300) Advanced History/Philosophy
****Aug. 7-8, 2020 Yoga for Wellness	Shanti Teachers	(300) Advanced Anatomy
Aug. 14-16, 2020 Yoga Tree of Boise	Shanti Teachers	(200) Anatomy
<b>**Sept. 11-13, 2020 Shanti, McCall</b>	<b>Jason Crandell</b>	<b>Yoga Workshop</b>
Sept. 18-20, 2020 Yoga Tree of Boise	Shanti Teachers	(200) Asana
Oct. 16-18, 2020 Yoga Tree of Boise	Shanti Teachers	(200) Pranayama/Meditation
***Nov. 7-8, 2020 Location TBA	Mindy Goodman	Prenatal Specialization Level 1, Weekend 1
Nov. 13-15, 2020 Yoga Tree of Boise	Shanti Teachers	(200) Teaching Yoga I
**Nov. 14-21, 2020 Sri Lanka	Debbi Murphy	Panama Yoga Retreat for Susan G. Komen
Dec. 4-6, 2020 Yoga Tree of Boise	Shanti Teachers	(200) Teaching Yoga II
***Dec. 12-13, 2020 Location TBA	Mindy Goodman	Prenatal Specialization Level 1, Weekend 2
Jan. 8-10, 2021 Yoga Tree of Boise	Shanti Teachers	(200) History/Philosophy
***Jan. 23-24, 2021 Location TBA	Holly Lammer	Prenatal Specialization Level 2, Weekend 1
Feb 19-21, 2021 Yoga Tree of Boise	Shanti Teachers	(200) Anatomy
***Feb. 27-28, 2021 Location TBA	Holly Lammer	Prenatal Specialization Level 2, Weekend 2
Mar. 12-14, 2021 Yoga Tree of Boise	Shanti Teachers	(200) Asana
Apr. 9-11, 2021 Yoga Tree of Boise	Shanti Teachers	(200) Pranayama/Meditation



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Contact Us!

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## Shanti Yoga School Instructors & Staff

### **BOISE**

Debbi Murphy, PhD, E-RYT 500, RPYT, RCYT, YACEP, lead teacher 200 & 300 hour tracks, debbimurphy.com  
Kimberly Azzarito, E-RYT 500, YACEP, lead teacher 200 & 300 hour tracks  
Jeanne Dillion, E-RYT 500, YACEP, lead teacher 300 hour track  
Sharon Hammer, JD, LPC, MPA, RYT 500, YACEP, lead teacher 300 hour track  
Margit Bermudez, MS, RYT 500, RPYT, lead teacher 300 hour track  
Dr. Jaclyn Coopenrider, MD, RYT 200  
Chelsea Cunningham, E-RYT 200, RPYT, RCYT, lead teacher Children's Specialization  
Mindy Goodman, E-RYT 500, RPYT, YACEP, lead teacher Prenatal Specialization  
Holly Lammer, RNC, PPNE, RYT 500, RPYT, YACEP, Prenatal Specialization & 200/300 hour teacher  
Bill Dial, E-RYT 500, YACEP  
Linda Gilbertson, E-RYT 500, YACEP  
Brooke Kinzer, RYT 200, McCall  
Jennifer Knight, MA, E-RYT 500, RPYT  
Desiree Moores, CAS, LMT, MOTR/L, E-RYT 500  
Lisa Simpson, E-RYT 500, YACEP  
Don Silva, MBA, E-RYT 500, YACEP  
Dr. Angela Young, DC, RYT 200, Anatomy Program

### **Boise Meeting Times (sessions follow month's theme)**

#### Wednesdays, Weekly @ Yoga Tree of Boise

3:00 - 6:30pm: Teacher Training & Master Class led by Debbi Murphy

#### Sundays, Weekly @ Yoga Tree of Boise

11:45am-2:30pm: Teacher Training led by Kimberly Azzarito (not held on Shanti workshop, event weekends)

\*See the Course Materials Page for additional contact hours via Practice Teaching Labs

#### On the 1<sup>st</sup> Sunday of the Month, the Sunday session will be Asana Lab @ Yoga Tree of Boise

11:45am-2:30pm: Asana Lab led by Kimberly Azzarito (not held on Shanti workshop, event weekends)

### **Curriculum**

<http://shantiyogastudio.org/course-materials/>

To foster optimal learning in a customized way, our curriculum presents the YA-approved syllabus through: weekend workshops, workbook lessons, weekly classes, practicums, and a videotaped class. 300 hr students can also accrue contact hours through Project Development meetings and assisting senior teachers. Contact hours can come from any sessions in which one of the Shanti faculty or a Shanti mentor is presiding.

Non-contact hours come from the homework.

### Shanti 200 Hour Training Intensives

#### **1. Yoga History/Philosophy/Ethics/Energetic Anatomy**

- Yoga's Evolution through the Vedas to Modern Times/Yoga Mythology
- Energetic Anatomy (The Chakras)
- Business & Ethics for Yoga Teachers

#### **2. Yoga Anatomy & Physiology**

- Nervous System & Spine
- The Root (Lower Body) & Core
- Upper Body & Shoulder Complex
- Respiration
- Neuroscience & Meditation
- Injury Prevention

#### **3. Asana**

- Explore & practice 38 fundamental asanas
- Primary Movement Principles, Function, Alignment, Sequencing, Modifications, Contraindications & history
- Restorative/Yin Asanas
- Vinyasa

#### **4. Pranayama/Meditation**

- Anatomy & Physiology of Respiration
- Neuroscience Meditation
- Methods of Practice of Meditation & Pranayama
- How to Teach into a class

#### **5. Teaching Yoga**

- Clear Vision/Authentic Voice
- The Science of Teaching Yoga- Observation, Communication & demonstration
- Purpose & Use of Props
- Restorative, Yin, Yoga Nidra
- Mindful modifications, assists
- Class Structure: environment, sequencing, music, lessons plans, themes
- Yoga Off the Mat
- Sustainable Teaching/Business of Yoga
- Teaching to Various Populations

### 300-Hour Training Intensives

#### **1. Yoga H/P/E**

- Ayurveda
- Comparative Philosophy
- Ancient Teaching for Modern Living
- History of Tantra and Non-Dualism

#### **2. Anatomy**

- Advanced Anatomy & Physiology Concepts
- Prescription/Modifications

#### **3. Asana**

- Viniyoga Principles and Physiology
- Advanced Techniques

#### **4. Pranayama/Meditation - Advanced Techniques**

- Yoga Nidra/ Intro to iRest

#### **5. Teaching Yoga**

- Restorative Yoga
- Teaching to Special Populations
- Teaching for Transformational Teaching
- Trauma Sensitive Training
- Yin Yoga & Yoga for Graceful Aging
- Teaching Viniyoga
- Teaching Yoga Personal Experience v. Demonstration
- Teaching Yoga from the Heart
- Yoga for Mental Health
- The Business of Yoga