



Shanti Yoga Teacher Training & Workshop Schedule

All Shanti Teacher Training Courses provide training hours 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 training hours or CEUs.

Workshops with an * provide training hours, but are not included in tuition. Students may choose to attend at a 30% discount.

Workshops and retreats with ** provide training hours, are not included in tuition, but students are not eligible for a discount.

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

Updated 2/12/2021

Contact Us!

shantiyogastudio.org • 208.634.9711 • info@shantiyogastudio.org



Shanti Yoga Teacher Training & Workshop Schedule

Dates/Location	Teacher	Topic
Nov. 19-21, 2021 Location TBA	Shanti Teachers	Meditation
Nov. 27-Dec.4, 2021** Bali	Debbi Murphy	International Retreat
Dec. 8-19, 2021** Sri Lanka	Debbi Murphy	International Retreat
Dec. 17-19, 2021 Location TBA	Shanti Teachers	Teaching Yoga

Dates/Location	Teacher	Topic
Feb 19-21, 2021 Location TBA	Shanti Teachers	Anatomy
Mar. 12-14, 2021 Location TBA	Shanti Teachers	Asana
Apr. 9-11, 2021 Location TBA	Shanti Teachers	Pranayama
May 14-16, 2021 Location TBA	Shanti Teachers	Meditation
June 11-13, 2021 Location TBA	Shanti Teachers	Teaching Yoga
July 16-18, 2021 Location TBA	Shanti Teachers	Yoga Humanities
August 20-22, 2021 Location TBA	Shanti Teachers	Anatomy
Sept. 17-19, 2021	Shanti Teachers	Asana
Oct. 15-17, 2021	Shanti Teachers	Pranayama



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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
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

Weekly Meeting Times*

Wednesdays, Weekly VIRTUAL SESSION

3:00pm-4:00pm:* Teacher Training & Master Class led by Debbi Murphy or Margit Bermudez

Sundays, Weekly VIRTUAL SESSION

12:00pm-2:30pm:* Teacher Training led by Kimberly Azzarito (not held on Shanti workshop, event weekends)

*The weekly reminder email and Course Materials page will notify students of additions or alterations to the weekly schedule, including any in-person options.

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, online learning platform, practicums, and a videotaped class. 300 hr students can also accrue training hours through Project Development meetings and assisting senior teachers. Training hours can come from any sessions in which one of the Shanti faculty or a Shanti mentor is presiding, or the online learning platform.

Shanti 200 Hour Training Courses

1. Yoga Humanities: History, Philosophy, & Ethics

- 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

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

5. Meditation

- Neuroscience Meditation
- Methods of Practice of Meditation
- How to Teach into a class

6. 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 Courses

1. Yoga Humanities: 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