



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 200/500hr. certifications.

Workshops with **** are intended for 300 hour students or graduates of 200 or 500 hour programs looking for CEUs.

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

Updated 5/18/2019

Contact Us!

shantiyogastudio.org • 208.634.9711 • info@shantiyogastudio.org



Shanti Yoga Teacher Training & Workshop Schedule

Dates/Location	Teacher	Topic
****Oct. 11-12, 2019 Yoga for Wellness	Jeanne Dillion	(300) Advanced Pranayama/ Meditation
Oct. 11-13, 2019 Yoga Tree of Boise	Shanti Teachers	(200) Pranayama/Meditation
*Nov. 1-3, 2019 Shanti, McCall	Baxter Bell	Yoga Workshop
****Nov. 8-9, 2019 Yoga for Wellness	Jeanne Dillion	(300) Yin Yoga & Storytelling
Nov. 15-16, 2019 Yoga Tree of Boise	Shanti Teachers	(200) Teaching Yoga I
Dec. 6-7, 2019 Yoga Tree of Boise	Shanti Teachers	(200) Teaching Yoga II
****Dec. 6-8, 2019 Yoga for Wellness	Jeanne Dillion	(300) Yoga Beyond the Mat
**Dec. 28, 2019- Jan.4, 2020 Panama	Debbi Murphy	Panama Retreat
Jan. 10-12, 2020 Yoga Tree of Boise	Shanti Teachers	(200) History/Philosophy
****Jan. 24-25, 2020 Yoga for Wellness	Shanti Teachers	(300) History/Philosophy
Feb. 7-9, 2020 Yoga Tree of Boise	Shanti Teachers	(200) Anatomy
****Feb. 21-22, 2020 Yoga for Wellness	Shanti Teachers	(300) Anatomy
****Mar. 6-7, 2020 Yoga for Wellness	Shanti Teachers	(300) 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. 3-4, 2020 Yoga for Wellness	Shanti Teachers	(300) Teaching Yoga I
Apr. 17-19, 2020 Yoga Tree of Boise	Shanti Teachers	(200) Teaching Yoga I
****May 2-3, 2020 Yoga for Wellness	Shanti Teachers	(300) Teaching Yoga II
May 15-17, 2020 Yoga Tree of Boise	Shanti Teachers	(200) Teaching Yoga II
****June 2-3, 2020 Yoga for Wellness	Shanti Teachers	(300) History/Philosophy
June 12-14, 2020 Yoga Tree of Boise	Shanti Teachers	(200) History/Philosophy



Follow us! #shantiyoga

[/shantiyoga.idaho](https://www.facebook.com/shantiyoga.idaho) [@shantiyogaID](https://www.instagram.com/shantiyogaID) [@shantiteachertraining](https://www.instagram.com/shantiteachertraining)

Contact Us!

shantiyogastudio.org • 208.634.9711 • info@shantiyogastudio.org

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-RYT500, YACEP, lead teacher 300 hour track
Chelsea Cunningham, E-RYT 200, RPYT, RCYT, lead teacher Children's Specialization
Mindy Goodman, E-RYT 500, RPYT, YACEP, lead teacher Prenatal Specialization
Bill Dial, E-RYT 500, YACEP
Linda Gilbertson, RYT 500, YACEP
Sharon Hammer, JD, LPC, MPA, RYT 500, YACEP
Brooke Kinzer, RYT 200, McCall
Jennifer Knight, MA, E-RYT 500, RPYT
Holly Lammer, RNC, PPNE, RYT 500, RPYT, YACEP, Prenatal Specialization & 200/300 hour teacher
Jessica Maitri, LCSW, RYT 500, 300 hour teacher
Desiree Moores, CAS, LMT, MOTR/L, E-RYT 500
Kathy Opp, RYT 500
Margit Sage, MS, RYT 500, RPYT
Lisa Simpson, E-RYT 500, YACEP
Don Silva, MBA, E-RYT 500, YACEP
Emily Wilson, RYT 500
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)

On the 1st Sunday of the Month, we also have two additional sessions @ Yoga Tree of Boise

2:30-3:15pm: Asana Checkoff led by Kimberly Azzarito

3:15-3:45pm: Mentor Session led by Kimberly Azzarito

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, monthly study groups, mentor meetings, practicums, and a videotaped class. 300 hr students can also accrue contact hours through Book Discussion Groups, 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 (approved 300 hr student) 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

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

6. Teaching Yoga II

- Teaching Yoga Personal Experience v. Demonstration
- Teaching Yoga from the Heart