



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.

Updated 10/1/2018

Contact Us!

shantiyogastudio.org • 208.634.9711 • info@shantiyogastudio.org



Shanti Yoga Teacher Training & Workshop Schedule

Dates/Location	Teacher	Topic
Apr. 12-14, 2019 Yoga Tree of Boise	Shanti Teachers	Pranayama/Meditation
**Apr. 13-24, 2019 Sri Lanka	Debbi Murphy	Sri Lanka Retreat
Apr. 19-20, 2019 Yoga for Wellness	Jeanne Dillion	Pranayama/Meditation
May 3-5, 2019 Yoga Tree of Boise	Shanti Teachers	Teaching Yoga I
May 10-11, 2019 Yoga Tree of Boise	Jeanne Dillion	Teaching from the Heart
May 17-19, 2019 Shanti, McCall	Alexandria Crow	Yoga Workshop
June 7-9, 2019 Yoga Tree of Boise	Shanti Teachers	Teaching Yoga II
June 21-22, 2019 Yoga for Wellness	Jeanne Dillion	Trauma Sensitive Yoga
July 12-14, 2019 Shanti, McCall	Laura Burkhart	Yoga Workshop
July 12-13, 2019 Yoga for Wellness	Jeanne Dillion	Ancient Teachings in Modern Day Yoga
July 12-14, 2018 Yoga Tree of Boise	Shanti Teachers	History/Philosophy
Aug. 9-11, 2019 Yoga Tree of Boise	Shanti Teachers	Anatomy
Sept. 6-7, 2019 Yoga for Wellness	Jeanne Dillion	Yoga for Specific Populations
Sept. 6-8, 2019 Yoga Tree of Boise	Shanti Teachers	Asana
**Sept. 28-Oct. 5, 2019 France	Debbi Murphy	France Yoga Retreat
Oct. 11-12, 2019 Yoga for Wellness	Jeanne Dillion	Advanced Pranayama/Meditation
Oct. 11-13, 2019 Yoga Tree of Boise	Shanti Teachers	Pranayama/Meditation
Nov. 1-3, 2019 Shanti, McCall	Baxter Bell	Yoga Workshop
Nov. 8-9, 2019 Yoga for Wellness	Jeanne Dillion	Yin Yoga & Storytelling
Nov. 8-10, 2019 Yoga Tree of Boise	Shanti Teachers	Teaching Yoga I
Dec. 6-7, 2019 Yoga Tree of Boise	Shanti Teachers	Teaching Yoga II
Dec. 6-8, 2019 Yoga for Wellness	Jeanne Dillion	Yoga Beyond the Mat
**Dec. 28, 2019- Jan. 4, 2020 Panama	Debbi Murphy	Panama Retreat

Dates/Location	Teacher	Topic
****Dec. 7-8, 2018 Yoga for Wellness	Jeanne Dillion	300 HR/Advanced Study-Yoga off the Mat
Dec. 14-16, 2018 Yoga Tree of Boise	Shanti Teachers	Teaching Yoga II
Dec. 23, 2018 Yoga Tree of Boise	Debbi Murphy	Solstice Celebration (12-2pm)
Jan. 1, 2019 Yoga Tree of Boise	Debbi Murphy	New Year's Yin & Yoga Nidra (12-2pm)
Jan. 4-5, 2019 Yoga for Wellness	Jeanne Dillion	Advanced History & Philosophy
Jan. 11-13, 2019 Yoga Tree of Boise	Shanti Teachers	History/Philosophy
***Jan. 19-20, 2019	Mindy Goodman	Prenatal Specialization
Feb. 8-9, 2019 Yoga for Wellness	Jeanne Dillion	Neuroscience of Meditation
Feb. 8-10, 2019 Yoga Tree of Boise	Shanti Teachers	Anatomy
***Feb. 9-10, 2019	Mindy Goodman	Prenatal Specialization
Feb. 22-24, 2019 Shanti, McCall	Micheline Berry	Yoga Workshop
Mar. 8-10, 2019 Yoga Tree of Boise	Shanti Teachers	Asana
Mar. 15-16, 2019 Yoga for Wellness	Jeanne Dillion	Effective Adaptations

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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-RYT500, YACEP lead teacher 200 & 300 hour tracks
Jennifer Knight, MA, E-RYT500, RPYT, lead teacher 300 hour track
Don Silva, MBA, E-RYT500, YACEP
Jeanne Dillion, E-RYT500, YACEP, lead teacher 300 hour track
Chelsea Cunningham, E-RYT200, RPYT, RCYT lead teacher Children's Specialization
Mindy Goodman, E-RYT500, RPYT, YACEP lead teacher Prenatal Specialization
Holly Lammer, RNC, PPNE, RYT500, RPYT Prenatal Specialization Instructor
Dr. Angela Young, DC, RYT200, Anatomy Instructor
Desiree Moores, CAS, LMT, MOTR/L, RYT500
Sharon Hammer, JD, LPC, MPA RYT500
Lisa Simpson, E-RYT500, YACEP
Brooke Kinzer, RYT200, McCall
Bill Dial, E-RYT500, Mentor 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 maintain optimal learning in a customized way, Shanti Yoga School's curriculum presents the YA approved syllabus in several ways: weekend workshops, workbook lessons, weekly classes, monthly study groups, mentor meetings, practicums, and videotaped class requirement. 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 of these 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