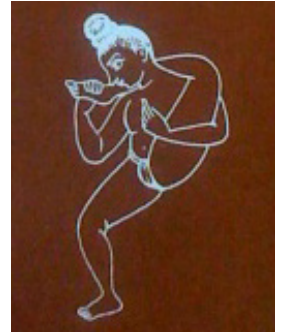


# 200-Hour Yoga Teacher-Training



W I T H  
T O N Y B R I G G S



*Spring Session: May 10 – July 18, 2010*

*Fall Session: September 27 – December 5, 2010*

## **TRADITIONALLY, THE PRACTICE OF YOGA AND THE ART OF TEACHING YOGA**

were learned under the tutelage of a single teacher or at most a small number of teachers, over many years. This is still the best way to gain a deep and coherent understanding of these subtle and complex matters. I want to offer you an opportunity to embark on such a journey. The 200-hour Yoga Teacher-Training Program is an intensive course, mostly held at Turtle Island Yoga in San Anselmo, designed to train you in the practical skills of teaching yoga. This 200-hour program is suitable for students who have not yet taken a yoga teacher-training course and want to learn the practical, everyday craft of teaching yoga effectively.

## **200-HOUR YOGA TEACHER-TRAINING PROGRAM:**

This includes Core Classes and Off-Site Classes. Core Classes with Tony Briggs cover the topics specified below, totaling 120 hours. You can start the program with any Session, and continue on at your own pace until you have accumulated your total of 120 Core Hours with Tony. All the Core Class hours must be completed within 36 months of starting the Program. Off-site Classes with other teachers cover the topics specified below, totaling 80 hours which must be completed within 36 months of starting the program.

## **CORE CLASSES** (120 hours): 40 hours per Session, as follows:

- Take one public asana/pranayama class each week for 10 weeks, selected from Tony's public class schedule.
- Assist in one of Tony's public classes each week for 10 weeks.
- Participate in four consultation/practicum classes at Turtle Island Yoga on Saturdays, 11:30 am – 2:00 pm on the following dates: **Spring 2010 Session:** May 15, June 5 & 26, July 17  
**Fall 2010 Session:** October 2 & 23, November 13, December 4

## **TOPICS TO BE COVERED IN THE 2-1/2 HOUR CONSULTATION/PRACTICUM CLASSES WILL INCLUDE:**

- How to sequence a class so that it is safe, interesting and effective
- How to demonstrate poses to enhance your students' learning
- How to modify the poses for individual student's needs
- How to use props for instructional and therapeutic purposes
- How to make respectful, compassionate hands-on adjustments that are effective

**OFF-SITE CLASSES** (80 hours): Each student selects his/her own classes from any teacher(s)/studio(s) they choose (selected from an approved list) according to the following requirements:

- Anatomy & Physiology - 15 hours
- Yoga Sutras, Bhagavad Gita, Yoga Psychology – 20 hours
- Chanting/Meditation - 21 hours
- Asana/Pranayama classes with one other teacher - 15 hours
- Electives - 9 hours

**CERTIFICATION:** Upon satisfactory completion of all course-work you will be certified at the 200-hour Yoga Teacher level by Turtle Island Yoga and Tony Briggs.

**COST:** The cost of the Core Classes (excluding reading materials) is included in the program fee of \$2,250 (\$750 per Session; see description above). The cost of Off-Site Classes is not included.

**PRE-REQUISITES:** A minimum of three years ongoing study with a known teacher; and a minimum of 24 hours of class-time with Tony Briggs within the last 12 months.

**TO APPLY:** Please contact Tony at [tonybriggs108@sbcglobal.net](mailto:tonybriggs108@sbcglobal.net) or 415-488-1930 or PO Box 216, Woodacre, CA 94973.

**TONY BRIGGS** has been teaching yoga for over 25 years, and training yoga teachers for over 18 years. He has designed, administered and taught in teacher-training programs at the Iyengar Institute in San Francisco, Turtle Island Yoga in Marin, Yoga Programs in Santa Rosa, and at Yoga Tree in San Francisco. He is currently Senior Instructor in both the 200-hour Advanced Studies-Teacher-Training Program at the Yoga Loft and at Turtle Island Yoga.