

Mindfulness Yoga Teacher Training at Inner Sun Yoga

A unique blend of vinyasa with a functional anatomy approach

Mindfulness Teacher Training follows the Eight Limbs of Yoga written down by Patanjali. Mindfulness practice grows out of the precise attention to alignment and the flow from one asana to another asana. As teachers we become mindful of how we practice, and from that, what practice we are encouraging in others.

The emphasis in Mindfulness Yoga Teacher Training is developing skills for confident and safe teaching. There are 8 new students in each session allowing for one-on-one instruction suited to the individual. The program is unique in how somatic movements are used to understand the asana and how many hours of hands-on anatomy are offered. This is how we avoid the repetitive strain injuries that result from some teaching methods. This promotes health in the body to prevent and heal injuries from imbalance in the body. Students will learn a variety of teaching formats including an introduction to alignment adjustment, Ashtanga, a gentle beginner class and centering restorative class, and some introductory Iyengar practices.

David Thomas, teacher trainer and past yoga teacher in the Kinesiology department at Acadia University, has had a yoga practice since his late teens. He is likely the most experienced yoga teacher in the province. David studied with B. K. S. Iyengar. David will also share his Somatics training as a basis for learning asanas. His wealth of knowledge continues to grow through his own practice and study of Yoga and Somatics. He will explore body movement and experiential anatomy, which are also his passions.

Catherine Guest, teacher trainer, has been teaching inter-disciplinary yoga on the South Shore of Nova Scotia since 2003. Catherine's focus is Ashtanga in the lineage of Sri Pattabhi Jois. Her approach to asana teaching brings safety to flow classes. She continues her study and practice with many teachers, including Manju Jois and Hart Lazer. Her special interests include chant (Sanskrit), writing, music, and native spirituality.

Carol-Joy Kail, program coordinator and teacher, is a certified yoga and prenatal yoga teacher with Loving Kindness and Shambhala Meditation training. Her 35 year yoga practice includes Ashtanga and Iyengar practices. She teaches gentle, restorative and slow flow classes. She has a Philosophy degree in ethics, Hasidic and Oriental philosophies; an MSC in Adult Education; and over 2 decades in Health Promotion.

There will be additional qualified teachers to expand exposure to other styles of yoga.

To receive a 200 hours certificate from this program you will:

- Attend all in-person sessions offered.
- Complete 20 hours practicum teaching including at least 5 assisting a senior teacher.
- Demonstrate your ability to teach a group of students.
- Pass all tests and complete homework to a satisfactory standard as set by the teachers.
- Develop a personal daily practice if you do not already have one.
- *Each of the above will be adapted to the individual student.*

Teachers completing certification at Inner Sun are known for their competence. Additional sessions or practicum may be required to assure demonstrated competence to teach, by teachers or coordinator. This is usually based on what experience the student had previously. It is often a result of student learning that additional mentoring is required and is in no way considered negative. Sometimes there is additional cost.

Inner Sun Yoga

South Shore & Annapolis Valley, Nova Scotia

Email: yoga@innersunyoga.ca Website: innersunyoga.ca



Admittance, Fees and Schedule

All applicants must pay a \$175 registration fee which is non-refundable unless you are not granted admission to the program. This \$175 will then be deducted from your tuition. The cost of the course is \$2400. You can also pay \$1600 for the first 100 hours and pay \$900 for the second part. There is no HST. There is a \$275 discount for 200 hours if paid in full at least 3 weeks before the program commences.

Refund Policy: When tuition for any segment is fully paid a 70% refund is available up to 30 days before program start and 40% up to 15 days before start date. There is no refund after these times.

The first 30 hours are tentatively scheduled for May and June 2026 (dates below). Approximately 50 hours will be in the summer in two sessions of three or four days each. The final 50 hours will be weekends in the fall. Specific dates will be planned around student availability. There are 20 hours of assignments and 20 practicum hours with a senior teacher. All materials and books will be provided.

Any unavoidable changes would be in consultation with all participants.

Tentative schedule: May 23 from 1:00-4:30pm (orientation), May 24 from 9:00-4:30pm, June 6 from 1:00-4:30pm, June 7 from 9:00-4:30pm.

Components of course Techniques (70 in-session, 10 guided homework)

Training in the techniques and practice of: Asanas, pranayamas, and meditation.

Teaching Methodology (25 hours, 5 guided homework)

Principles of demonstration, observation, assisting/correcting, instruction, teaching styles, qualities of a teacher, and the student's process of learning.

Special concerns (10 hours)

Physical concerns that commonly arise.

Anatomy and Physiology (20 in session, 5 guided homework)

Physical Anatomy and Physiology and energy/subtle Anatomy and Physiology. Anatomy is taught from the "Experiential Anatomy" perspective.

Practical Teaching (10 hours in session, 10 practice teaching and 10 hours which will be a combination of practice teaching and assisting depending on the student's requirements)

Student teaching as well as observing and assisting in classes taught by others.

History and Philosophy (25 hours in session)

Yama, niyama, history of yoga, styles of yoga

The curriculum as above will be modified to meet the needs of the present class as assessed by the teachers and will be taught by an appropriate, qualified instructor.

Limb 3 - Asana Mindfulness practice grows out of the precise attention to alignment and the flow. As teachers we become mindful of how we practice and from that, what practice we are encouraging in others. The emphasis in Mindfulness Yoga Teacher Training is developing skills for confident and safe teaching.

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Mindfulness Yoga Teacher Training at **Inner Sun Yoga**
Application Form

Name
Address
Phone Number
Email address

Minimum requirements for admittance, one of the following:

- 1) Have attended at least 100 yoga classes or will have attended at least 100 yoga classes before completing this program.
- 2) Have attended at least 50 yoga classes and have a back ground in teaching in another subject area for at least 2 years.

Which of the 2 descriptions applies to you? Please describe briefly why you gave this answer.

Do you currently have a regular yoga practice? Yes No

If so how often: (eg. once a day, twice a week)?

For how long: (eg. 30 minutes, one hour)?

Does it include meditation?

What is your reason for taking this course?

What are your expectations of the course?

Do you now or have you ever taught Yoga? Yes No

If yes please detail for how long and what style:

Do you have injuries or conditions that affect you on a regular basis? Yes No

If so, what and how does it affect you?

- I wish to apply to take the 200 hour certificate program
- I wish to apply to take the first 100 hours
- I wish to take the second 100 hours another year
- I am taking the above as an upgrade from a 200 hour certificate
- I am auditing the above and not working on a certificate

Signature

Date

