

**Mission Statement:**

Om Factory School of Yoga's Mission is to offer a comprehensive yoga teacher training program that provides teachers the knowledge, guidance, and capacity to instruct with true wisdom and integrity.

**Lead Instructors:**

Amanda Wentworth & Holly Coles

**Dates & Times:**

Saturdays & Sundays, April 10 – June 27, 2010  
9:00am – 6:00pm both days with breaks

**Price:**

\$3,500 Tuition: Due in full by April 1, 2010\*

\$3,200 Early Registration Tuition: Due in full by March 15, 2010\*

\*Participants will receive an Unlimited Yoga Pass valid for all on-going yoga classes at Om Factory. The pass activates on the date that participants submit payment in full for the training, and is valid through July 31, 2010 (1 month after the teacher training program is complete).

**Amanda's Personal Statement:**

I am honored to share my love of teaching by creating Om Factory's first 200 hour teacher training program. Everyday a teacher's practice is enriched by student development. Guiding students on the path of yoga and observing body and mind progress is fulfilling as a career and as a way of life. I am thrilled with this opportunity to cultivate a growing community of dynamic yoga teachers to share with the world.

**Holly's Personal Statement:**

My involvement in helping lead this teacher training is truly in homage to my own teachers. I came to yoga for one reason, yet unexpectedly ended up with so much more. My inspiration and guidance for personal transformation has come from some incredible teachers in many countries along the way, and I am continually amazed by the teachers show up on my path as the journey continues.

I strongly believe in embracing the responsibility that comes with teaching anything, and I feel it is even more important when learning to facilitate the oftentimes deep and cathartic practice of yoga. To this end, I endeavor to provide a training program that really appreciates all of the aspects of yoga, in an effort to create a space for the development of teachers with the knowledge and integrity that is asked for from this rich tradition. More than excited, I am really honored to have the opportunity to pass on the knowledge of this practice that has been gifted to me.

## **Asana**

Explore in depth the physical aspects of yoga and learn how to effectively instruct this powerful practice. This section will include precise anatomical alignment, sequencing, modifications, usage of props, hands on adjustments and self-practice.

## **Philosophy**

Read, write & discuss the rich history and philosophy of yoga providing a foundation of the entire yoga practice. Learn how to bring philosophy into your own life and into the practice of your students. This section will incorporate the study of traditional & contemporary texts, eastern philosophy and theory, and the ethics & responsibility involved in becoming a yoga teacher.

## **Anatomy**

Study with highly regarded anatomy scholar Leslie Kaminoff as he teaches “Yoga Anatomy and the Breathing Body”. This section provides a practical grounding in the essentials of the anatomy and physiology of yoga and breath. Leslie generates a creative and engaging learning environment to make anatomy a living, breathing part of teaching and life.

## **Pranayama**

Learn the importance of prana and the energetic body with various yoga breathing techniques. In this section you will integrate pranayama into the practice and instruction of yoga to unite the body and mind.

## **Meditation**

Explore different meditation practices that underline the foundation of yoga. This section will incorporate regular guided sessions and supported personal practice to further develop your awareness and concentration, as well as teach you how to bring meditation into the classroom.

## **Yoga Therapy**

Learn how to use the many facets of yoga to assist in the recovery, maintenance and further prevention of various health conditions. This section will include yoga for physical injury, chronic disease, pregnancy, and mental & emotional issues.

## **Restorative**

Enjoy an in-depth look at the restorative benefits of the yoga practice. In this section you will learn how a gentle approach can cause deep beneficial effects for the balance of body and mind.

## **Sanskrit and Chanting**

Gain knowledge of the Sanskrit language through asana, mantras, and chanting. We are privileged to have Sanskrit scholar Manorama join us for this section of study. “Sanskrit is a living language of Yoga and Mantra. It is the language of awareness and pranic intention. Linguistically and vibrationally it expresses our deepest core. The elegant sounds of Sanskrit gently coax our hearts to soar to their highest potential, the luminous whole that we all are” – *Manorama*

## **Teaching Skills and Practicum**

Gain invaluable practice for teaching in the yoga industry. In this section you will practice teaching group classes, assisting Om Factory teachers, and leading Om Factory Community Classes. You will also be introduced to the world of private yoga instruction, with a one-on-one teaching practicum that will prepare you for individual instruction.

## **Personal Development**

Evolve along your personal path through journaling, self-study and guided group discussion. This section creates a space to share your experiences of yoga in a supportive environment. On going self study and personal growth is nurtured as an important aspect of becoming an authentic teacher.

## **Business of Yoga**

Learn how yoga works in the business world from Om Factory’s founder, Fara Marz. In this section you will receive first hand knowledge on how to stay true to the path of yoga while creating the potential for a sustainable career as a yoga teacher, studio owner, etc. Understand the yoga industry in your area and how to carve out your niche & enhance the community.

**Guest Instructors:**

**Anatomy:** Leslie Kaminoff (Breathing Project) - [www.yogaanatomy.org](http://www.yogaanatomy.org)

**Sanskrit Studies:** Manorma (Luminous Shabda) - [www.sanskritstudies.org](http://www.sanskritstudies.org)

**Meditation:** Allyson Pimentel, Ed.D. (Om Factory)

**Pre/Post-Natal Yoga:** Latham Thomas (Om Factory)

**Restorative Yoga:** Chris Loeb sack (Om Factory)

**Posture Sequencing:** Eric Elven (Om Factory)

**Music in Yoga:** Paul Gruen (Om Factory)

**Business of Yoga:** Faramarz (Om Factory: Founder)

**Required Reading:**

*Light on Yoga* by B.K.S Iyengar

*Yoga Sutras of Patanjali* by Swami Satchidananda

*Yoga Anatomy* by Leslie Kaminoff

*Bhagavad Gita According to Gandhi* by Mahatma Gandhi

*The Power of Now* by Eckhart Tolle

*A Path with Heart* by Jack Kornfield

**Strongly Recommended Reading:**

*Teaching Yoga: Exploring the Teacher-Student Relationship* by Donna Farhi

*Light on Life* by B. K. S. Iyengar (Philosophy)

*Light on Pranayama* by B.K.S. Iyengar (Pranayama)

*Yoga the Iyengar Way* by Silva, Mira, and Shyham Mehta (Beginning Asana)

*Anatomy Coloring Workbook* by I. Edward Alcamo (Anatomy)

*The Diamond Cutter* by Geshe Micheal Roach (Philosophy)

*Wheels of Light* by Rosalyn L. Bruyere (Energy)

*A New Earth* by Eckhart Tolle (Enlightenment)

*Healing Mantras* by Thomas Ashley Farrand (Mantra)

*The Secret Power of Yoga* by Nischala Joy Devi (Yoga Sutras)

**Reading Suggestions:**

*Autobiography of a Yogi* by Paramhansa Yogananda (Yogic Path)

*First There Is A Mountain* by Elizabeth Kadetsky (Yogic Path)

*The Hindu Mind* by Bansi Pandit (Hinduism)

*Creating True Peace; Miracle of Mindfulness; etc* by Thich Nhat Han (Buddhism)

*Lotus Prayer Book; Inspiring Songs & Kirtans; etc* by Sivananda (Chants/Prayer)

*Qigong* by Kenneth S. Cohen (Energy)

*The Way of Energy* by Lam Kam Chuen (Energy)

*Back Care Basics* by Mary Pullig Schatz, MD (Spine Health)

*Gayatri: The Highest Meditation* by Sadguru Sant Keshavadas (Meditation)

*Buddha; Shiva; Hanuman; etc* Virgin Comics by Deepak Chopra (Yoga Tales)

*Freedom at Midnight* by D. Lapierre & L. Collins (Ghandi & Modern India)