

Yoga Teacher Training Certification

Duration:

Structured residential (in house)*: 13 days

Nonresidential: 6 Months

Offered in

Residential: June / September

Nonresidential: Ongoing (classes held one weekend/ month)

Location:

Residential: Berkshire, West Stockbridge MA

Nonresidential: Binghamton, NY

*Accommodation charges for residential program are not included in tuition. They are to be paid separately

Total hours -100 Hours

60 Practical (asana, pranayama, chanting), 16 teaching methods, 4 seva, 20 self-practice.

DATES:

DATES: Summer session: June 19 – July 1, 2016 (Registration Deadline – May 15,2016)

PURPOSE OF THE COURSE:

The purpose of this course is to educate evaluate and train students,wanting to pursue a career as yoga teacher or simply seeking a discipline for personal growth. The training follows the Kaivalyadhama Tradition of validating yoga through scientific research and traditional Yogic texts.

TIME AND DURATION:

The onsite practical course must be completed within two years after signing up for the "online" course.

Residential

the course duration is thirteen (13) days, including the day of arrival. It is offered two times per year. It is mandatory to complete the Teaching Methods (applied yoga) portion of the online lectures before starting this course. **Nonresidential** the course duration is six (6) months minimum and is offered one weekend (Friday- Sunday) per month. Accommodations and meals must be arranged by the student.

NATURE OF THE COURSE:

The course is intensive in nature and completed onsite. It is available to men and women of all races, religions and nationalities. Interactive learning via group discussions and question/answer sessions will be held daily. The subject, Applied Teaching Methods, requires students to prepare lesson plans and teach practice classes. Seva hours, selfless service, can be earned by volunteering onsite.

QUALIFICATIONS FOR ADMISSION:

Prospective students must be enrolled in the "online"portion of Kaivalyadhama Teachers Training and have completed the Teaching Methods lecture.

- Command of the English language
- Personal practice and some knowledge of Asana
- Verification of good physical health

FEES AND REGISTRATION:

Tuition for the onsite Abhyasa – 800 dollars, payable by cash or check.

Food and lodging at Harmony House – 600 dollars, payable by cash, check or credit card.

Fee for accommodations will be paid directly to the Harmony House administrator after onsite registration and tuition is complete. *The fees are guaranteed only for the sessions offered in 2016*

For more information about the course and to register, contact Dr. Vartika Dubey 607.624.6587 kdhamusa@gmail.com

LOCATION AND ACCOMODATIONS:

The spectacular Berkshires Mountains of Western Massachusetts will be the onsite location for Kaivalyadhama - North American 13 -day Practical Course (Yoga Teacher Training, Massachusetts). West Stockbridge is a 1 hour drive from Albany airport and 3 hours from NYC and Boston. Earn your 100 hours of yoga teacher training at Harmony House, a peaceful and comfortable private residence in the Berkshires. Learn with an optimal "6 to 1 student-to - teacher ratio" in the quiet and beautiful yoga studio. Three healthy vegetarian meals are provided daily. Your free time can be spent enjoying nature from the deck, walking in the woods or bicycling around the country roads. The option of daily excursions off site provides wanders to markets, restaurants and explorations in the nearby towns. A small fitness studio and sauna are available for you to use. Onsite massage therapy is available for an additional fee. For more information about accommodations contact

Carol Potts 607.761.2158 carpotts@gmail.com

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