

200-hr Tapasya Yoga Teacher Training – Canmore Hot Yoga, Canmore, AB

About:

This teacher training is certified through the Canadian Yoga Alliance.

Participants will be encouraged and empowered to develop as teachers and as individuals. This training offers an in depth understanding of traditional hatha yoga asanas, providing you with a solid foundation, the voice, skills, and confidence to teach the following:

Hatha, Hot-Hatha, Hatha-Vinyasa, as well as meditation and pranayama.

Curriculum Overview:

Along with a rich foundation in anatomy and alignment, you will dive into sequencing, philosophy, energetic anatomy, chanting, pranayama, self-care practices, and teaching methodology such as teaching with confidence and how to teach to every-body including those with special needs such as students with injuries or who are pregnant.

I am committed to training biomechanically intelligent teachers who can support their love of yoga with a deep understanding in and respect for functional movement and personal transformation.

To assist you with the integration of your studies, you will be given homework assignments consisting of; reading and book club summation assignments, anatomy assignments, personal practice recommendations and practice teaching hours during the time between in-person sessions. These hours will account for non-contact hours.

Module I: Lay your Foundation June 2 – 7, 2017

Deepen your practice and understanding of functional movement through classes, anatomy modules and asana labs, and begin to dive into the potent offerings from the Yoga Sutras of Patanjali.

- Daily pranayama, meditation, mantra, chanting + asana practice
- Anatomy modules:
 - Planes of Movement
 - Anatomy of the Heat
 - Anatomy of the Breath
 - Foot, Ankle + Knee, Hip
 - Hand, Wrist + Arm, Shoulder

- Asana labs to explore asana and alignment in Surya Namaskar a + b and Standing poses
- Introduction to Krama, the why behind Tapasya Hot-Hatha and Hatha-Vinyasa Sequence
- Introduction to the Tapasya Yoga Teaching Methodology
- Introduction to Pranayama + Meditation
- Philosophy: The Yoga Sutras, and the Eight Limbs of Yoga
- Practice Teaching

Module II: Integrate + Transform Sept 15 – 20, 2017

This will be an immersion into anatomy, asana, pranayama, meditation, teaching methodology, and a deepening of your understanding of yoga philosophy. Your why informs who you are and how you show up as a teacher in the world. How you place yourself (spiritually and physically) will be your GPS, and will forever navigate you.

- Daily pranayama, meditation, mantra, chanting + asana practice
- Anatomy modules:
 - Skull, Spine, Bones + Joints
 - Core, Muscle Tissue + Connective Tissue
- Introduction to Energetic Anatomy and the Subtle Body
- Asana Labs to explore asana and alignment in complex poses such as twists, arm balances and inversions
- Teaching Methodology + teaching skills
- Sequencing for Hot-Hatha, Hatha and Hatha-Vinyasa classes
- Philosophy: Completion of The Yoga Sutras
- Practice Teaching + feedback to hone your skills

Module III: Skill in Action Nov 17 – 22, 2017

Take the seat of the teacher; hone, refine and take-action with your teaching skills.

- Daily pranayama, meditation, mantra, chanting + asana practice
- Application of the Tapasya teaching Methodology and advanced teaching skills such as language, voice, concise cuing, space holding
- Theming skills
- Anatomy modules: Introduction to Injuries + Pregnancy
- Asana labs to explore the alignment of complex backbends, seated poses, and supine poses
- Introduction to Hands on Assists
- Philosophy: The Bhagavad Gita
- Philosophy: History of Yoga
- Philosophy: Ethical principles for Yoga Teachers

- Introduction to Ayurveda and other self-care practices
- The business of yoga and what's next
- Teaching Practicum and Evaluation

Required Reading:

The Bhagavad Gita - You will be asked to read and have a summation to be presented in Module 3, the other books we will chip away at during our time together.

Yoga Sutras of Patanjali - there are many interpretations, choose one version you resonate with. You do not have to read this ahead of time.

Some of my favourite interpretations are:

- Yoga, Power + Spirit. Patanjali the Shaman by Alberto Villoldo - It's the best! and now only available on kindle, which can be read through a kindle app on ipad.
- Iyengar
- Swami Satchidananda

Physical Anatomy – one of your choosing, here are ones I recommend choosing from:

- The Key Muscles of Yoga by Ray Long
- Yoga Anatomy by Leslie Kaminoff

Energetic Anatomy – I recommend one of these

- Chakras - Eastern Body, Western Mind by Anodea Judith.
- Chakras - Anatomy of the Spirit, Caroline Myss PHD

Prerequisites:

Have been practicing yoga for at least 6 months prior to the training.

Participants must be physically fit (beginners or those working with injuries are welcome.

Modifications and variations of postures will be offered).

Be fluent in writing, reading and speaking English

Investment:

\$2500 - earlybird 'til May 2, 2017 if PAID IN FULL for all 3 modules by 40 days prior to day 1.

\$2900 - laterbird if paid after 40 days prior to day 1.

++ Investment includes a \$500 non-refundable deposit ++

Cancellation Policy:

40 days prior to training: 100% refund, minus non-refundable deposit.

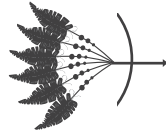
39 days prior to training: 50% refund, minus non-refundable deposit.

0-14 days prior to training or after training has begun: No refunds, credits or transfers

To register contact:

<mailto:hilary@canmorehotyoga.com>

About your Teacher:



KRISTIN CAMPBELL

YOGA TEACHER. MENTOR. TEACHER TRAINER. STUDENT.

Kristin Campbell www.kristincampbellyoga.com

Certifications: E-RYT 500 + RYT 500 YA Certified + CYA-RYT Gold Certified. Bikram, Baptiste Power Vinyasa, Anusara, Prenatal.

I teach Tapasya Yoga (pronounced tah-pahs-yah) which means to be with intensity for the sake of transformation. Tapasya is a spiritually uplifting, intelligently sequenced, alignment-based method of Hatha, Hot-Hatha, Hatha-Vinyasa, as well as meditation and pranayama.

Tapasya classes and teacher trainings are a creative synthesis of over 20+ years of yogic study in several traditions:

- Baptiste Power Vinyasa
- Anusara
- Bikram Yoga
- Incan Medicine Wheel Teachings (from the lineage of the Q'ero Medicine People of Peru)
- Meditation
- Ayurveda

Although each studio has branded their Hot class differently, Tapasya inspired classes and teacher trainings are being offered in the UK, Europe and Canada.

In the UK:
Triyoga (London UK)

In Europe:
Yoga Moves (Utrecht NL)

In Canada:

YYoga (Toronto ON, Vancouver BC, Whistler BC), Kamloops Hot Yoga (Kamloops BC), Bambu Hot Yoga (Nelson BC), Canmore Hot Yoga (Canmore AB) and Dynamic Fitness (Charlottetown PEI, Fredericton + Moncton NB).

I bow humbly at the lotus feet of all my teachers, peers and students who have been a deep well of knowledge and support.

Read this article by yoga columnist Genny Wilkinson Priest published December 2014, [The new Hot Yoga – gentler than Bikram which is officially OVER](#)

To support my work, I bring:

- 17+ years of teaching yoga full-time,
- 9 years of studio owning,
- 10+ years of leading teacher trainings around the globe,
- Continuing studies in Mountain Shamanism, Meditation and Ayurveda,
- Sincere love for what I do; I count my blessings daily.

Qualifications:

- E-RYT 500® Yoga Alliance Certified Yoga Teacher (since 2000)
- E-RYT 500® Yoga Alliance Certified Teacher Trainer (since 2006)
- Canadian Yoga Alliance CYA-RYT Gold (since 2014)
- Co-founded NeoAlpine Yoga, Whistler's first Yoga Studio which is now a YYoga studio (2001)
- Studio Director NeoAlpine Yoga, Whistler's first Yoga Studio (2001 – 2010)
- Program Creator / Lead Trainer for Triyoga UK Trihot (Tapasya Yoga Inspired) Teacher Trainings (since 2012)
- Program Creator / Lead Trainer for YogaMoves NL YogaMoves Hot (Tapasya Yoga Inspired) Teacher Trainings (since 2016)
- Former lead Trainer for YYoga YHot + 200-hr Power, Flow, Hatha Teacher Training (2008 – 2016)
- Creator + Director of Tapasya Hot Hatha + Hatha-Vinyasa Yoga Teacher Trainings (since 2012)
- Co-Founder of the Shamanic Yoga Institute (2014)
- Teacher Trainer for the Shamanic Yoga Institute (since 2014)
- Guest faculty for Gaiatri and Julia McCabe's Teacher Trainings
- Voted Best Yoga Teacher "Reader's Choice" in Squamish BC (2014, 2015, 2016)
- Lululemon Alumni Ambassador
- Manduka Mat Ambassador
- Wanderlust Whistler 2013 Workshop Presenter

