

Yogamaya's Illuminated Journey: Summer Intensive 2017

DATES: July 10th - August 6th, 2016

TIMES: Mon – Fri: 8am – 5:15pm + Final Weekend Aug 5/6

WITH: Bryn Chrisman, Stacey Brass-Russell, Anna Greenberg & Julie Pasqual + Faculty

TUITION: \$3300, Payment Plans Available – Early Bird \$3150 before May 15th

Rich in both ancient traditions and modern perspectives, Illuminated Journey is a full spectrum program for those who want to teach yoga or dive deeper into their personal practice.

We focus the asana portion of our Teacher Training on the clear understanding of foundational alignment and how to use this knowledge to sequence yoga classes with creativity and intelligence. In our training you will start to find your teaching voice the very first weekend. Our students graduate with the tools and experience to teach a solid 75min vinyasa class, along with yogic knowledge to cultivate spiritual growth and humility.

The following calendar details our program along with the faculty teaching each portion of it. Attendance is required for all scheduled dates and times in order to receive a certification. Missed days can be made up and we handle them on an individual basis. This calendar may have slight changes in scheduling but topics and teachers are confirmed.

In addition to the set calendar, there are required classes, readings, written homework assignments, and mentor and buddy meetings all to help process and consolidate the material covered during in-class sessions



Week 1

Mon Jul 10th

- 8-9am Orientation
- 9am-12:15pm Standing Poses 1 (Stacey)
- 12:15-1:45pm *Lunch*
- 1:45-5:15pm Standing Poses 1 Cont'd (Stacey)

Tues Jul 11th

- 8am-12:15pm Anatomy (Patrick)
- 12:15-1:45pm *Lunch*
- 1:45-5:15pm Yoga & Asana (Kaustubha Das)

Wed Jul 12th

- 8am-12:15pm Sun Salutations (Anna)
- 12:15-1:45pm *Lunch*
- 1:45-5:15pm Sun Salutations (Anna)

Thurs Jul 13th

- 8am-12:15pm Standing Poses 2 (Julie)
- 12:15-1:45pm *Lunch*
- 1:45-5:15pm Standing Poses 2 cont'd (Julie)

Fri Jul 14th

- 8am-12:15pm Anatomy (Patrick)
- 12:15pm-1:45pm *Lunch*
- 1:45-4pm The Holy Landscape (Bryn)



Week 2

Mon Jul 17th

- 8am-12:15pm Sanskrit (Kaustubha Das)
- 12:15-1:45pm *Lunch*
- 1:45-5:15pm Subtle Body (Keely)

Tues Jul 18th

- 8am-12:15pm Standing Poses 3 (Anna)
- 12:15-1:45pm *Lunch*
- 1:45-5:15pm Standing Poses 3 Cont'd (Anna)

Wed Jul 19th

- 8am-12:15pm Yoga Sutras (Dhanurdhara Swami)
- 12:15-1:45pm *Lunch*
- 1:45-5:15pm Yoga Sutras (Bryn)

Thurs Jul 20th

- 8am-12:15pm Arm Balancing (Anna)
- 12:15-1:45pm *Lunch*
- 1:45-5:15pm Arm Balancing cont'd (Anna)

Fri Jul 21st

- 8am-12:15pm Bhakti (Dhanurdhara Swami)
- 12:15-1:45pm *Lunch*
- 1:45-4pm Bhakti cont'd (Dhanurdhara Swami)



Week 3

Mon Jul 24th

- 8am-12:15pm Backbending (Julie)
- 12:15-1:45pm *Lunch*
- 1:45-5:15pm Backbending cont'd (Julie)

Tues Jul 25th

- 8am-12:15pm Subtle Body (Keely)
- 12:15-1:45pm *Lunch*
- 1:45-5:15pm Meditation (Keely)

Wed Jul 26th

- 8am-11:45am Twisting & Forward Bending (Anna)
- 11:45am-2pm *Lunch*
- 2-5:15pm Twisting & Forward Bending cont'd (Anna)

Thurs Jul 27th

- 8am-12:15pm Pranayama/Restorative (Stacey)
- 12:15-1:45pm *Lunch*
- 1:45-5:15pm Pranayama/Restorative (Stacey)

Fri Jul 28th

- 8am-12:15pm Ayurveda (Dr. Marballi)
- 12:15-1:45pm *Lunch*
- 1:45-4pm Ayurveda (Dr. Marballi)



Week 4

Mon Jul 31st

- 8am-12:15pm Prenatal (Deb)
- 12:15-1:45pm *Lunch*
- 1:45-5:15pm Hands on (Bryn)

Tues Aug 1st

- 8am-12:15pm Sequencing (Stacey)
- 12:15-1:45pm *Lunch*
- 1:45-5:15pm Head & Shoulderstand (Stacey)

Wed Aug 2nd

- 8am-11:45pm Sequencing (Bryn)
- 11:45am-2pm *Lunch*
- 2-5:15pm Mantra/Kirtan (Bryn)

Thurs Aug 3rd

- 8am-12:15pm Storytelling/Dharma Talks (Julie)
- 12:15-1:45pm *Lunch*
- 1:45-5:15pm Practice Teaching (Anna & Julie)

Fri Aug 4th

- Work on Final Projects, Study
- Take Written Final (Home test)

Sat Aug 5th

- 12:30-3:30pm Grading Final Together
- 4:30-7:30pm Final Projects



Sun Aug 6th

- 12:30-3:30pm Final Projects
- 4:30-5:30pm Graduation Ceremony Celebration

Your tuition includes unlimited classes at Yogamaya from June 1st to August 31st, 2017. For sign-ups after June 1st, you will receive 3-months Unlimited Yoga that will start on the day of your signup. All graduates receive a special on-going Yogamaya Grad Rate after you have completed our program.

We request that all interested applicants have a minimum of one year Vinyasa practice and attend at least 5 classes at Yogamaya between Stacey, Bryn, Anna and/or Julie to ensure this is the right environment for your yoga study. Exceptions can be made for people coming from out of town, but will require a personal conversation in addition to your application. We invite you to join in this long and ancient lineage of seekers taking the next steps.

For questions about our payment plans, to request an application, or any other inquires, please email Stacey at Stacey@yogamayanewyork.com. We look very forward to meeting you and guiding you on this important journey.

Yogamaya is registered with Yoga Alliance at the 200-Hr and 500-Hr Level.

