

Power Teacher Training Summer 2010

Book List

Light on Pranayama, BKS Iyengar

Yoga Sutras of Patanjali, BKS Iyengar

Autobiography of a Yogi, Yogananda

Yoga Anatomy, Leslie Kaminoff

Anatomy of Movement, Blandine-Calais

How It Works

BEFORE THE TEN-DAY INTENSIVE- There is a required 55 hour pre-study and prep prior to the 10-day intensive.

This includes: Three classes (POWER) per week minimum @ HYI (yoga will be free when tuition is paid in full).

There will be an e-manual distributed June 15th for students or when they have paid in full that they can study. The textbooks are not included in the tuition cost. Book reports and Quizzes will be assigned as part of the manual self-testing- they can work on them together in their study groups and should have ready prior to July 30th. The e-manual will have a summary of postures, HYI flow philosophy, Sanskrit, Anatomy, Nutrition, Hydration, introductory lectures on the book list titles.

They need to observe & write an essay they submit on two classes before the 10-day Intensive, and another two classes AFTER the ten-day Intensive.

DURING THE TEN-DAY INTENSIVE: Expect two Power classes per day, some :60, :75, and :90 in length. There will be time for breaks to eat and shower. They will be designated upfront. *We will not be in the hot room the entire day, but expect to maintain a high level of hydration and adequate calories to meet the demands of the course. This is not a time to fast, detox or go on a crash diet.*

AFTER THE TEN-DAY INTENSIVE- After the intensive, they will complete (by invitation only) two tandems, and lead a mock class of their own. They are also HIGHLY encouraged to volunteer to assist at any of the HYI posture clinics available in late summer/fall.

If they have taken our last HYI TT they ARE HIGHLY ENCOURAGED to participate in the full ten days and complete all homework/test assignments. This is to make sure they can pass the course successfully.

Any questions, please contact Ali Valdez at aliv@hotyogainc.com

