



inner dance yoga studio

Expanded Studies and Teacher Training Programs
2008-2010

July 2008

Dear Friend of Yoga,

Thank you for your interest in deepening your yoga experience at the Inner Dance Yoga Studio. We are expanding class and workshop options both for students of yoga and for those interested in becoming yoga teachers. We have designed two year-long programs: the Expanded Studies Program and the Teacher Training Program. Each year includes approximately 90 hours of study.

Year 1 (Fall 2008-Spring 2009) – The Expanded Studies Program: This program concentrates on expanding each student's experience and understanding of asana, anatomy, pranayama, philosophy and history. It is designed for students interested in teaching as well as those interested in deepening their personal study and practice of yoga. Students not intending to participate in the Teacher Training Program can enroll in individual workshops and classes or participate in the full Expanded Studies Program. Completion of the entire Expanded Studies Program is a pre-requisite for the Teacher Training Program.

Year 2 (Fall 2009-Spring 2010) – The Teacher Training Program: This program is designed to provide a strong foundation in the skills of teaching, including directing asana practice, demonstration, sequence design, observation, adjustment, and developing your own voice, in addition to deepening knowledge of anatomy and philosophy and pranayama. Completion of this program constitutes a major requirement for teacher certification by the IDYS. IDYS certification involves additional workshops, apprenticeships, and practice teaching, and qualifies the student for the Yoga Alliance 200 hour teacher registration (200-RYT).

Schedule of Training: Each program is based on one weekend of study per month for eight months and a few additional classes and workshops. The schedule for the first year is detailed on page 6.

Location of courses: All classes and workshops will be held at the Inner Dance Yoga Studio located at 2610 Spenard Road, Ste A, Anchorage AK 99503. You will find the main studio entrance on W. 26th Ave. between Spenard Road and Minnesota Drive. We are right next door to the Organic Oasis Restaurant.

Instructors: There are two primary instructors, Lynne Minton and Karen Greenwood, and three additional instructors: Patty Bielawski, Lonnie Chace, and Alison Till.

Fees: The fees for the two programs are explained on pages 5 and 8.

Registration and application procedures: Students interested in enrolling in both programs with the goal of teacher certification should complete the application form on page 11. Notification of acceptance into the teacher training will be given no later than August 1, 2008 or if applying after August 1, 2008, within one week of receiving your application. Students who



inner dance yoga studio

Expanded Studies and Teacher Training Programs
2008-2010

would like to participate in all or part of the Expanded Studies Program should complete the registration form on page 12. For students interested in select courses, a form is included (page 13) for registering for specific classes.

We look forward to hearing from you and are sincerely excited about working with you in this new and vibrant program!

Namaste,

Lynne Minton, Coordinator of Teacher Training
Karen Greenwood, Director of Inner Dance Yoga Studio
907-277-7037

Table of Contents

Page 1	Introduction
Page 3	Primary Contact Teachers, Lynne and Karen
Page 4	Contact Teachers, Alison, Lonnie, Patty
Page 6	Expanded Studies Program
Page 7	Schedule of Courses
Page 8	Teacher Training Program
Page 9	Required Text Books
Page 10	Calendar of Master Teacher Intensives
Page 11	Application Form for Teacher Training
Page 12	Registration Form for Expanded Studies Program
Page 13	Form for select courses of the Expanded Studies Program



inner dance yoga studio

Expanded Studies and Teacher Training Programs
2008-2010



Primary Contact

Lynne M. Minton, RYT-500

Email: LynneMinton@gmail.com

(907) 248-1965

Lynne took her first yoga class while in college, at the YMCA in Oshkosh, Wisconsin. Her first instructor and mentor, Trudy Davis, encouraged Lynne to teach when she moved to Alaska in 1977. Her students were her main teachers for those first few years and then, something had to be done. Lynne enrolled in the Iyengar Yoga Institute of San Francisco's Teacher Training Program the summer of 1980. Encouraged by

Donald Moyer, she attended her first yoga Intensive at the Ramamani Iyengar Memorial Yoga Institute in Pune, India in 1981. She was certified to teach yoga by BKS Iyengar in 1984. Subsequent trips to Pune followed in 1988 and 1997. Lynne continues to study and be inspired by teachers of both the Iyengar and Anusara traditions of yoga. Judith Lasater, Donald Moyer, Fr. Joe Pereira, John Friend, Sarahjoy Marsh and Desiree Rumbaugh are influential in her teaching.

Lynne founded the Inner Dance Yoga Studio in 1982 overseeing its growth and development into a thriving center with 20 plus instructors. She trained the majority of the teachers through the Inner Dance Teacher Training program that began in 1999. Lynne sold the studio and turned directorship to Karen Greenwood in 2008. She has a love of "teaching teachers" and helping them to realize the depth of yoga through its 8 limbed path. Lynne teaches 5 weekly classes at the studio, Intermediate Level 3 from 10-11:30AM on Tuesday and Thursday; Beginning level 1-2 from Noon to 1 PM on Tuesday and Thursday, and Gentle Level on Wednesday from 5:15-6:45 PM.

Lynne grew up in Wisconsin. Her love of travel and degree in Environmental Geology brought her to play and work in Alaska in 1975. That year she met future husband, Jim, who greatly influenced her decision to make Alaska home. They have been married since 1978. Together they enjoy camping, flying, overseas travel and their wonderful community of family and friends. Lynne also loves to sing, garden, bike and hike.



Primary Contact

Karen Greenwood, PT, RYT-200

Email: innerdanceyoga@yahoo.com

(907) 277-7037

Karen Greenwood, a life-long student of sport and dance, began a regular practice of yoga in the mid 1990's. In 1996, she made the science of movement her vocation as well as her passion, graduating with a Master's Degree in Physical Therapy. Her yoga studies took flight when she met and began studying with Lynne Minton in Anchorage. In 2002,

Karen completed the teacher training program at Inner Dance Yoga Studio. She has been teaching yoga since 2002, and recently assumed leadership responsibilities as director of the Inner Dance Yoga Studio. She continues her yoga studies in the Anusara tradition with 250 hours of advanced studies including teacher training with Denise Benitez of Seattle. Other influential teachers include John Friend, founder of Anusara, Sarahjoy Marsh, Desiree Rumbaugh and Sundari Lucey.

Karen's teaching style is influenced by her training as well as her personal practice. On her own mat, she cultivates a creative expression of movement, awareness, breath and spirit. As an "Anusara-Inspired Teacher", Karen incorporates the Anusara Universal Principles of Alignment and a life-affirming vision to connect students to their highest motivation for practicing yoga. Karen invites her students to experience their unique beauty and subtle nature through the door of yoga: alignment, presence, energy, grace. She teaches weekly classes (Gentle, Introduction, Beginning and Intermediate levels) at the Inner Dance Yoga Studio. She also teaches private lessons at her home studio, Downtown Yoga.

Born and raised in Michigan, Karen moved to Alaska in 2000. She enjoys creative interests of gardening, singing; playing the harmonium in a Kirtan band; and loves to hike, bike, ski the wilds of Alaska with her husband, Bruce Greenwood.



inner dance yoga studio

Expanded Studies and Teacher Training Programs
2008-2010



Alison Till, RYT-500

Email: atdg588@acsalaska.net

(907) 333-9741

Alison took her first yoga class with Lynne Minton in 1980, and found great joy in practice. In the early 90's, her practice helped her weather change, illness, and other challenges in life. She learned a great amount assisting in Lynne's beginning classes for several years, and has been inspired by visiting teachers Judith Lasater, Donald Moyer, and Father Joe Pereira. Alison completed the Inner Dance Teacher Training Program in 2001, and is particularly thankful for the broad foundation in both the physical and spiritual richness of yoga that Lynne's instruction has provided her. Since 1997, she has studied with Donald Moyer and Mary Lou Weprin at the Yoga Room, Berkeley, in their Advanced Studies Program, which she completed in 2005 (RYT-500). Her experience at the Yoga Room gave her a passion for developing her powers of observation and adjustment, and in deepening her ability to teach asana for diverse body types. She teaches a beginning class on Sunday afternoons (4:30-6:00 pm) and starting September, 2007 she will teach an intermediate class on Tuesdays (5:30-7:00 pm).

Alison grew up in Massachusetts; she moved to Santa Cruz, California, for college, and became enthralled with the landscape of the west. Alison works as a geologist with the US Geological Survey, where she specializes in bedrock geology of northern Alaska and understanding deformation of the Earth's crust. She and her husband, Dirk, enjoy riding their recumbent bicycles, hiking, and time with friends and family



Lonnie Chace, RYT-500

Email: LChace1@gmail.com

(907) 345-5725

Lonnie Chace started her Yoga practice with Lynne Minton in 1993. She noticed two things immediately from her first yoga experiences: her back did not hurt and she drove home more slowly. Her continued practice helped Lonnie deal with chronic back and knee problems. This personal experience informs Lonnie's practice and teaching: she is careful with her body and extends great care to her students. Lonnie is sensitive to making all students feel safe and brings a forthright, positive presence to class.

She received her 200 hr RYT teacher's certification from the Inner Dance Studio and began teaching in 2000. Lonnie pursued and received two additional Prenatal Certifications, one with Colette Crawford and a second with Judith Lasater. In 2006 she earned her Advanced Studies Certificate from the Yoga Room in Berkeley, training with Donald Moyer and Mary Lou Weprin. She has been a part of the teacher training at the studio since 2002 offering Prenatal Yoga Instruction for all teachers. She teaches Gentle Yoga on Saturday 9-30-11 a.m. and Prenatal Yoga, Mondays 5:30 -7 p.m. at the Inner Dance Studio.

Lynne Minton has been her main inspiration in maintaining an inner growth through yoga practice. She has enjoyed the many teachers that the Inner Dance has offered through workshops. Her yoga teaching interests are in making Yoga accessible to everyone. "I thank Lynne Minton for making my Yoga experience such that I may comfortably share it with others."

Lonnie grew up in New England and has lived in Alaska since 1979. She lives with her husband John, is retired after many years as a mechanical designer and enjoys a passion for gardening.



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Expanded Studies and Teacher Training Programs
2008-2010

**Patty Bielawski's bio
(coming soon)**



inner dance yoga studio

Expanded Studies and Teacher Training Programs
2008-2010

Expanded Studies Program

The Inner Dance Yoga Studio Expanded Studies Program is designed to enhance and deepen your practice whether you are experienced or a beginner. The program is divided into three areas of focus: history/philosophy, pranayama/meditation, and asana/anatomy. In total, 90 hours of instruction are offered in this program. You can select the area or areas of study to meet your individual needs and interest. For students who intend to complete the teacher training program, all course work in the expanded studies program is required.

Purpose:

- To provide a foundation for the beginning student or deepen the roots of the more experienced students in the rich tradition of yoga.
- To provide an opportunity for students to customize a program of study in the area(s) of interest.
- To cultivate qualities of studentship: steadiness, receptivity, aspiration, creativity, and humility.

Pre-requisites: 6 months of regular asana class attendance.

Concurrent requirements: A recommended reading list and study guides will be provided to all participants. For students of the Expanded Studies Program, the readings and study guides are optional. For students who are also enrolled in the Teacher Training Program (beginning September 2009), the reading assignments and study guides are required as well as journal writing for each weekend of study. See page 8 for more information.

Format/content: The bulk of the courses in the Expanded Studies Program are held during one weekend training per month. The exceptions are the week long Pranayama class and the Meditation Series. The weekend schedule of classes is on page 7. Most weekends includes content in both philosophy and asana, as well as a two hour anatomy class related to the asana theme. Each weekend, the study emphasis is divided as follows:

Friday evening, 7-9: philosophy/history (this is not assigned for all 8 weekends)

Saturday morning, 9-noon: asana

Saturday afternoon, 2-4: anatomy

Sunday morning, 9-noon: asana

Fees for Expanded Studies Program: For students who are interested in the Expanded Studies Program, the fee for the whole program of 90 hours is \$1350, due September 1, 2008. If a student prefers to make three payments of \$500, first installment is due September 1, 2008, second payment due December 1, 2008 and third payment is due March 1, 2009 for a total of \$1500. A student of the Expanded Studies Program also has the option to selectively choose which course(s) they would like to take. Each offering is individually priced at about \$17.00 per hour of study. See page 13 for individual pricing.



inner dance yoga studio

Expanded Studies and Teacher Training Programs
2008-2010

2008-2009 Expanded Studies Program Schedule of Courses

Dates	Teacher	History/ Philosophy Focus	Pranayama/ Meditation Focus	Asana Focus	hours
Sept 26	Karen/Lynne	Brief history of yoga, intro to yoga sutras of Patanjali			2
Sept 27-28	Lynne			Standing asana Hand stand, Core	8
Sept 28	Staff – Intro to Teacher Training Program				
Oct 17	Patty	Yamas, Niyamas, Pratyahara			2
Oct 18-19	Karen			Forward Bends, Twists and headstand	8
Oct 20-24	Lynne		Pranayama I, M-F 7:30-8:30 a.m.		5
Nov 21	Patty	Sutras related to Dharana			2
Nov 22-23	Lonnie			Restoratives	8
TBA	Anne Doubek		Intro to Meditation, eves		5
Jan 23	Patty	Sutras related to Dhyana			2
Jan 24-25	Alison			Backbends and shoulder stand	8
Feb 20	Karen	Bhagavad Gita			2
Feb 21-22	Karen			Chakras and Asana	6
Feb 21	Karen/Peter Cohen		Bhakti Yoga		2
March 14-15	Lonnie			Restoratives Part II	8
April 11-12	Lynne			Chakras & Asana Part II	8
May 4-8	Lynne		Pranayama II, M-F, 7:30-8:30 a.m		5
May 16-17	Alison			Asana-Inner Body Awareness	8

Time Table for Weekend Workshops

Friday evening, 7-9: philosophy/history (this is not assigned for all 8 weekends)
 Saturday morning, 9-noon: asana
 Saturday afternoon, 2-4: anatomy
 Sunday morning, 9-noon: asana



inner dance yoga studio

Expanded Studies and Teacher Training Programs
2008-2010

Teacher Training

The Teacher Training Program begins in September 2009 and is devoted primarily to the development and practice of teaching skills. Successful completion of all the requirements of both the Expanded Studies Program and Teacher Training Program earns one a graduation certificate from the studio. Graduation from an approved program such as the Inner Dance Yoga Studio program qualifies a graduate to receive a 200 hour yoga teacher registration (RYT) with the National Yoga Alliance.

Purpose:

- To continue the development of a strong personal practice as the source of inspiration and understanding for sharing the art and science of yoga with students.
- To deepen the understanding of anatomy and physiology, alignment principles, yoga philosophy, and ethics for the beginning teacher.
- To practice and develop skills of teaching such as demonstration, verbal and manual instructions, sequencing classes, teaching to the needs of the students, finding your voice as a teacher, and maintaining presence of mind in the classroom.
- To develop understanding of how yoga may benefit students with general health concerns, common injuries or ailments.

Prerequisites:

Completion of the Expanded Studies Program is required, and intention to enroll in the Teacher Training Program is ideally expressed at the beginning of the Expanded Studies Program. Preference may be given to those with longevity of study and those who are currently enrolled in Inner Dance Yoga Studio classes. Recommendation from your current yoga instructor is required.

Concurrent Requirements:

Applicants enrolled in the program must also attend, as a student, at least one weekly ongoing asana class. It is our recommendation that you study with a teacher at the Inner Dance Yoga Studio. However, if that is not possible, another Registered Yoga Teacher is an alternative. If a class is not available in your area, you may be required to take additional weekend intensives to fulfill class room hours. We expect that each student has an established home yoga practice.

To earn a yoga teacher's certificate, applicants must fulfill all classroom and workshop requirements, and pass all written and oral teaching exams. Requirements include attendance, participation, homework assignments, and home practice. In addition, students of the Teacher Training Program must complete an apprenticeship and student teaching within 3 years of beginning the program unless granted an extension.

Although it is highly encouraged that you attend all aspects of the program, you may miss up to one weekend of the Teacher Training Program and one weekend of the Expanded Studies Program. It is up to the student to make arrangements with Lynne or Karen to complete an appropriate alternative to the missed training. More than one weekend absence from either program will disqualify the student from certification.



inner dance yoga studio

Expanded Studies and Teacher Training Programs
2008-2010

Required Textbooks:

Reading will be assigned from the following required textbooks. Students are expected to have read the assigned material prior to the weekend intensive. All books will be available for sale at the Inner Dance Yoga Studio.

Anatomy of Movement by Blandine Calais-Germain

Yoga, The Iyengar Way by Mira Mehta

Light on Pranayama by B.K.S.Iyengar

The Bhagavad Gita by Eknath Easwaran

Light on the Yoga Sutras of Patanjali by B.K.S.Iyengar

The Yoga Sutras of Patanjali by Chip Hartranft

Teaching Yoga by Donna Farhi

Recommended for additional reading

The Heart of Meditation by Swami Durgananda

The Breathing Book by Donna Farhi

Tree of Yoga by B.K.S.Iyengar

Living Your Yoga by Judith Lasater

Yoga Anatomy by Leslie Kaminoff

Fees for Teacher Training Program: Fees for the program are \$1350 if paid by August 1, 2009. If you prefer to make payments they may be paid in three installments of \$500 each. First payment is due August 1, 2009, additional payments due Dec 1, 2009 and March 1, 2010.

Additional costs for students of the Teacher Training Program include fees for Expanded Studies Program and 20-30 hours of study with Master Teachers, the cost of required textbooks and weekly attendance in a public class. See page 10 for Master Teacher Schedule for 2008-2009.

Other Information:

Enrollment is limited to 18 students in the Teacher Training Program. We are currently working with Yoga Alliance on our revised program and are confident that along with your Certificate of Completion from Inner Dance Yoga Studio, you will be eligible to apply for Registered Yoga Teacher (RYT) 200 hours, from the National Yoga Alliance.



inner dance yoga studio

Expanded Studies and Teacher Training Programs
2008-2010

Calendar of Master Class Instructors 2008-2009

Twenty (20) to Thirty (30) hours of instruction with a visiting master teacher is required to complete the Teacher Training Program. Most weekend intensives are 10 hours in length cost between \$175 and \$200.

<u>Instructor</u>	<u>Dates</u>
Fr. Joe Periera	September 12-14, 2008
Sarah Joy Marsh	November 14-16, 2008
Denise Benitez	March 27-29, 2009
Desiree Rumbaugh	May 1-3, 2009
Judith Lasater	June 12-14, 2009

You may also accrue additional needed hours by attending Lynne's weekend workshops in other locations throughout the year. She will be in the locations listed below.

<u>Location</u>	<u>Dates</u>
Moscow, ID	October 10-12, 2008
Fairbanks, AK	October 24-26, 2008
Kodiak, AK	November 7-9, 2008
Kenai, AK	November 15-16, 2008
Denali Park, AK	April, 2009
Juneau, AK	May, 2009
Saskatoon, Saskatchewan, Canada	June, 2009



inner dance yoga studio

Expanded Studies and Teacher Training Programs
2008-2010

inner dance yoga studio

Application for Expanded Studies and Teacher Training Programs

(complete this form if applying for **both** Expanded Studies and Teacher Training)

Name _____ Date ____/____/____

Address _____ City _____ State _____ Zip _____

Email _____ Phone Day/Eve _____/_____

Application Questions

On a separate page please answer the following questions.

1. Briefly describe your yoga background. Include years of study, styles of yoga you've practiced, influential teachers, and your current studies or practice. Who is your current teacher? May we contact him or her for reference?
2. Describe any training or experience you have in anatomy/physiology studies.
3. Do you teach? Yoga or other? If so, for how long and how often?
4. List any physical limitations and injuries, include old injuries as well as current problems.
5. Why do you want to enter this program? Do you have any special area of interest that you would like to pursue in yoga teaching?
6. Are you prepared to make the commitment necessary to complete this program? This includes a commitment in time, self-study and personal practice as well as a financial commitment.

Program Summary

The second year of the teacher training program begins September 2009 and is a one year program consisting of 8 weekend workshops. The program is devoted primarily to the development and practice of teaching skills. Areas of study include asana and anatomy, philosophy, pranayama and meditation, and the art of teaching. Total contact hours are 90. In combination with the first year, Expanded Studies Program, total contact hours are 180. Students are responsible for acquiring an additional 20-30 hours of instruction in workshop format with visiting teachers. Concurrent requirements of ongoing study with local teacher, assisting in classroom and teaching practicum will be reviewed at the start of the program. Required textbooks and other supplies are available at the Inner Dance Studio Store.

Payment Options.

_____ Payment for the first year program, \$1350 with submittal of the application form. Second year payment due August 1, 2009. Total due \$2700.

_____ Payment in six installments of \$500 each. First due upon application, additional payments due Dec 1, 2008, March 1, August 1, Dec 1, 2009 and March 1, 2010. Total due \$3000.

Refund Policy: There are no cash refunds or credit on payment after the training begins.

Please select payment option and enclose check with completed application form. Sorry, we do not take credit cards. Checks will be held until confirmation of acceptance in the program. (No later than August 1, 2008)

Signed _____ Date ____/____/____

The Inner Dance Yoga Studio :: 1241 W 27th Ave, #663 :: Anchorage, AK 99503



inner dance yoga studio

Expanded Studies and Teacher Training Programs
2008-2010

inner dance yoga studio

Registration for Expanded Studies Program

(complete this form if registering for all or part of the ESProgram **and not** teacher training)

Name _____ Date ____/____/____

Address _____ City _____ State _____ Zip _____

Email _____ Phone Day/Eve _____/_____

Application Questions

Please answer the following questions in the space provided below.

How long have you been a student of yoga? Who is your primary teacher? What is your primary interest in the Expanded Studies Program?

Program Summary

This one year program consists of 8 weekend workshops and two classes in alternative formats. Areas of study include asana and anatomy, philosophy and history, pranayama and meditation. Total contact hours are 90.

Payment Options.

_____ Payment for the entire program, \$1350 with submittal of the application form.

_____ Payment in three installments of \$500 each. First payment is due September 1, additional payments due Dec 1, 2008 and March 1, 2009. Total due is \$1500.

_____ Selected courses at \$17/hour of study. Please indicate classes you wish to attend on the next page. Your space will be reserved when payment received.

Refund Policy: There are no cash refunds or credit on payment after the training begins.

Please select payment option and enclose check with completed application form. Sorry, we do not take credit cards.

Signed _____ Date ____/____/____

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The Inner Dance Yoga Studio
1241 W 27th Ave, #663
Anchorage, AK 99503



inner dance yoga studio

Expanded Studies and Teacher Training Programs
2008-2010

inner dance yoga studio

Expanded Studies Program – Form for Select Courses

Name _____ Date ____/____/____

Address _____ City _____ State _____ Zip _____

Email _____ Phone Day/Eve _____/_____

Course Selected	Dates	Teacher	History/ Philosophy Focus	Pranayama/ Meditation Focus	Asana Focus	hrs	Fee
	Sept 26	Karen/Lynne	Brief history of yoga, intro to yoga sutras of Patanjali			2	35
	Sept 27-28	Lynne			Standing poses Hand stand, Core	8	135
	Oct 17	Patty	Yamas, Niyamas, Pratyahara			2	35
	Oct 18-19	Karen			Forward Bends, Twists & headstand	8	135
	Oct 20-24	Lynne		Pranayama I, M-F 7:30-8:30 a.m.		5	85
	Nov 21	Patty	Sutras related to Dharana			2	35
	Nov 22-23	Lonnie			Restoratives	8	135
	TBA	Anne Doubek		Intro to Meditation, eve 7-8		5	85
	Jan 23	Patty	Sutras related to Dhyana			2	35
	Jan 24-25	Alison			Backbends and shoulder stand	8	135
	Feb 20	Karen	Bhagavad Gita			2	35
	Feb 21-22	Karen			Chakras and Asana	6	100
	Feb 21	Karen/Peter Cohen		Bhakti Yoga		2	35
	March 14-15	Lonnie			Restoratives Part II	8	135
	April 11-12	Lynne			Chakras & Asana Part II	8	135
	May 4-8	Lynne		Pranayama II, M-F 7:30-8:30 a.m.		5	85
	May 16-17	Alison			Asana-Inner Body Awareness	8	135

Total \$ _____