

Wisdom Flow Yoga Teacher Training - Advanced Modules

February 21 - March 1, 2015 plus continuing education online

Welcome. Thank you for your interest in advancing your skills as a yoga teacher. Wisdom Flow Yoga School welcomes you to our advanced training programs that will lead to your 500-hour certification. Our first module runs 9 days - Saturday through Sunday. We choose this time frame to support working teachers who want to minimize their time away from work and/or family. This first module covers 120 hours of your 300-hour requirement for 500-hour certification. The remaining 180 hours will be completed remotely through projects, assignments, and webinar classes conducted through GlobalYogaFlow.com (our interactive online yoga website). This makes the advanced training affordable and easy to integrate into your life.

We recommend the following prerequisites to ensure that you receive maximum benefit from the training. Please feel free to contact me with any questions about these requirements.

Prerequisites

- Practicing yoga for at least three years in a row, teaching for at least six months
- Can recite and explain briefly the eight limbs of yoga and knows the 4 sutra chapters.
- Understand basic human anatomy; e.g. how muscle, bone and CNS relate

Required Reading/Viewing (all available on Amazon.com)

- [How Yoga Works](#) by *Gesha Michael Roche*
- [Wisdom Flow Yoga Teacher Training Manual](#) by *Jennifer Lynn*
- [The Quantum Activist](#) - a film about "the science of God" by *Amit Goswami*
- [Getting into the Vortex](#) by *Abraham Hicks*

What is Wisdom Flow Yoga?

Wisdom Flow Yoga blends the feminine flow of spinal waves and graceful transitions with the masculine wisdom of optimal joint alignment and core strength. The awareness within the movement unites the science of how the body works with the organic beauty of how spirit moves through it. This is our metaphor for living a balanced life. We seek to understand and harmonize with the laws of nature, and within that life-honoring structure, celebrate our unbounded spirit.

JENNIFER LYNN is the founder of Wisdom Flow Yoga, a Vinyasa Flow style that blends the wisdom of optimal joint alignment and core strength with the playful flow of dance-like transitions. She has been teaching on Maui for seven years and offering Wisdom Flow Yoga Teacher Trainings since 2008. She is originally from that San Francisco Bay area. She received a B.A. in Mathematics and B.S. in Computer Science from San Jose State University. She has trained in TriYoga, Vinyasa Flow, Ashtanga and Anusara Yoga. She is ERYT 500 certified and has established her own style and YA Certified Yoga Training School. Wisdom Flow Yoga is based on the heart-centered philosophy of Shiva/Shakti Tantra; Tantra means to weave expansion and Shiva/Shakti implies the expansion is into and between the seen *and* unseen. Jennifer can be reached at Jennifer@wisdomflowyoga.com

SARAH GRAY co-teaches with Jennifer. Sarah Gray first discovered yoga after moving to Maui twelve years ago. She says, "I still remember my first class, and how overwhelmingly inflexible and weak I felt. What amazed me was the dramatic difference in just a few sessions, and how balancing the body began to affect my outlook on life and what I was capable of." After exploring different styles and teachers around the world Sarah found her joy in Wisdom Flow. Its precise alignments combined with freedom of expression are in perfect harmony to keep us safe and inspired. Whether you are suffering from overuse or underuse, your body will love you for choosing to spend quality time connecting with its needs. Sarah adores having the opportunity to share with you the freedom that comes from the practice. She has deep gratitude for the community that gathers in the playground we call our studio.

The Studio Space

Our training will take place at the Wisdom Flow Studio's in Maui's cool quiet Upcountry; just 15 minutes from the Kahului airport and close to Makawao, Kula and Pukalani. The schedule is filled with excellent and diverse teachers including the world-renowned Iyengar teacher, Kay Huckabee. Classes also include guided meditation from a graduate of the Chopra Institute, and a Dance Divine class where we can release our grip on form and let the flow take us... Currently classes are scheduled for morning and evening leaving the midday hours open for our training. Because of the rich offerings at the new studio, and its beauty, comfort, and stock of props and anatomical models, it is the perfect venue for our training. It is also the space where you are invited to complete an internship and launch a career teaching. The address is 95, Makawao Ave, Makawao, HI 96768.

Arriving

If you are coming from off-island you will arrive in Kahului (OGG airport). If you are staying in Sprecklesville and wish to walk or bike (rather than rent a car) we will pick you up at the airport and get you to your accommodations. If you are looking for inexpensive rental cars, check out **Maui No Ka Oi** or go to www.hawaiidrive-o.com or www.aloharents.com. You can also check Craigslist Maui.

Accommodations

There are many options for places to stay on Maui. One option is to stay in the beach-side neighborhood where I live: Sprecklesville. I have many friends with extra rooms willing to rent to yoga students for a reasonable rate. If you stay in my hood, we can commute up to the studio each morning and have casual quiz time on the way. You can make arrangements for the near-by rooms by emailing Daniel at dan@hawaiiactive.com, Tom at tommy.g@me.com, Courtney at Court.Brown2003@yahoo.com or Karen at karengallagher@yahoo.com. There are also upcountry options if you want to be walking or biking distance to the studio. Call me if you need help.

The Daily Flow

Co-teaching, Sadhana, Lecture, Presentations :: 8 AM - 12 Noon :: Lunch :: Practice and Projects 1 - 6 PM

There will be about two hours of homework each night. Our first day begins with a short orientation then we dive into the curriculum. The curriculum is available upon request. It includes subjects such as Therapeutics, Hands-on Adjusting, Deeper Anatomy and NeuroPhysiology, Vibuthi Pada (law of attraction), and teaching inversions safely. As the training continues we will unfold an organic extension of the set curriculum that fits the group.

What to Bring

Mat, Notebook, pens, flash drive. Optional: camera and small voice recording device

Fees

120-hour 9-day Module - \$1299

Continuing Education for full 300 hours leading to 500 hour certification (3 months) - \$1990

Fees can be paid through Paypal (request an invoice).

Checks should be made to: **Wisdom Flow Yoga**

Mail to: Wisdom Flow Yoga 95 Makawao Ave Suite 202, Pukalani, HI 96768

Contact Information

Ph: 808-268-4095

Em: Jennifer@WisdomFlowYoga.com

Wisdom Flow Yoga Advanced Teacher Training Registration Form

Name: _____

Email: _____

Address: _____

Which Module(s) are you Registering for?

- 120 hour Module – Maui February 21 - March 1, 2015 (\$1299)
- 180 hour module (includes continuing education) (\$2398)

Home Phone: _____ Cell Phone: _____

Emergency Contact: Name: _____

Emergency Contact Phone (include area code): _____

Emergency Contact Relation to You: _____

What is your Yoga Alliance Registry Number? _____

How long have you been Teaching Yoga? _____

What Styles? _____

What areas of your teaching would you like to improve?

What do you think is the number one priority of a good yoga teacher?

What are your strengths as a teacher?

What are your weaknesses?

Mail form to: Wisdom Flow Yoga, 95 Makawao Ave. Suite 202, Pukalani, HI 96768

MAHA VRATTA

THE GREAT VOW OF RIGHTEOUS LIVING

Principles of love that help us plant seeds of freedom and joy

YAMAS

ETHICAL OBSERVANCES

1. AHIMSA - non harming - the practice of loving kindness to all beings
2. SATYA - honesty - telling the truth and living your truth and the truth of our oneness
3. ASTEYA - non stealing - only take what is freely and clearly given, including energy and time
4. BRAMACHARYA - sexual purity - never come between others who are in relationship; always treat your beloved as divine
5. APARIGRAHA - non grasping - release neediness and attachment, celebrate the success and happiness of others and offer compassion when others suffer

NIYAMAS

PERSONAL OBSERVANCES

1. SAUCHA - cleanliness and order in body mind and home
2. SANTOSHA - contentment - gratitude for what is and willingness to make the best of it
3. TAPAS - passion and determination to strive for betterment even when severely challenged
4. SVADYAYA - study of self and scriptures - willingness to look at where we are out of alignment, how we got there and how we can return to our highest
5. ISHVARAPRANIDHANA - surrender of all effort to the grace that supports us and all life – offering our efforts to God and the good of all beings

I _____ (*your name*), have read and understood the above principles and agree that my signature below is evidence that I have read, understood and am willing to follow them while attending the Wisdom Flow Yoga Teacher Training.

Signature

Date