

Wisdom Flow Yoga Teacher Training - Winter 2015  
January 17-31, 2015

Welcome. Thank you for your interest in becoming a Wisdom Flow Yoga teacher. We look forward to welcoming you to this intensive 15-day program. I am confident you will be impressed and pleased with the program and its ability to make you a confident and effective teacher. In this program, you will be challenged to use your voice everyday; as a result your ability to translate complex methodology and philosophy into clear inspiring instruction will grow. This is the key to excellence in leadership. Upon completing the program you will be ready and eager to offer yoga classes. It is our hope that you learn to teach in a way that leaves your students feeling educated, empowered and joyful.

This teacher training is not for beginner yogis. Because our program is an intensive we ask that you apply only if you can meet the following requirements before the start of the training.

Prerequisites

- Practicing an average of three times a week for at least one year
- Have a consistent meditation practice
- Can recite the yamas and niyamas
- Can speak the instructions for a simple “*Surya Namaskar A*” sequence

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*

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](mailto: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 it’s 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 Wisdom Flow Studio in Maui's cool quiet Upcountry; just 15 minutes from the Kahului airport, Sprecks 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](http://www.hawaiidrive-o.com) or [www.aloharents.com](http://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](mailto:dan@hawaiiactive.com), Tom at [tommy.g@me.com](mailto:tommy.g@me.com), Courtney at [Court\\_Brown2003@yahoo.com](mailto:Court_Brown2003@yahoo.com) or Karen at [karengallagher@yahoo.com](mailto: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

7:30-8:30 AM Review Circle with light movement, 8:30-10:30 AM Asana Practice or Observation, 11 - 1 PM Lecture and Practice, 1-2 PM Lunch, 2-4 PM Lecture and Practice, 4:30-6PM Asana Assisting and Co-teaching. Pertinent parts of each lecture are video recorded and will eventually be uploaded for your review. This allows you to relax a bit more in the moment and know you can replay the complete audio-visual experience later.

## What to Bring

Mat, Laptop or iPad (optional but so helpful), Notebook, pens, flash drive.

## Fees

Teacher Training fees are \$2500 (this does not include accommodation fees or meals) 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  
Attn: Yoga Teacher Training

## Contact Information

Ph: 808-268-4095  
Em: [Jennifer@yogawithjenniferlynn.com](mailto:Jennifer@yogawithjenniferlynn.com)

## Wisdom Flow Yoga Teacher Training Registration Form

Name: \_\_\_\_\_

Email: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Emergency Contact: Name: \_\_\_\_\_

Emergency Contact Phone (include area code): \_\_\_\_\_

Emergency Contact Relation to You: \_\_\_\_\_

How long have you been practicing Yoga? \_\_\_\_\_

What Styles? \_\_\_\_\_

Will you be teaching as a hobby or a career? \_\_\_\_\_

Why do you want to teach yoga?

How has Yoga changed your life, your heart, your body?

What are your strengths?

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 February 2014.

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Signature

Date

*Mail form to:* Wisdom Flow Yoga with Jennifer Lynn, 290 Paani Place, HI 96779