

Wisdom Flow Yoga Teacher Training - Winter 2016  
January 16-30, 2016

Welcome. Thank you for your interest in the Wisdom Flow Yoga teacher training program. We look forward to welcoming you to this intensive 15-day program. We are certain 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 steadily. This is the key to excellence in leadership. Upon completing the program you will be ready and eager to offer therapeutic and inspiring classes. We aim to teach you 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. You will be called and interviewed before your application is accepted.

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 and B sequences

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

- *How Yoga Works* by *Gesha Michael Roche*
- *Wisdom Flow Yoga Teacher Training Manual* by *Jennifer Lynn* (on [amazon.com](http://amazon.com))
- *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 (and the beach). The address is 95, Makawao Ave, Makawao, HI 96768. Our training sessions are mainly held at the Wisdom Flow Studio but also move to spacious comfort of the teacher's homes for some lectures and projects. Oral quizzes during nature hikes and beach walks are often included to keep the energy high. We often gather in large grassy parks to practice teaching in pairs. Halfway through the program, we take an ocean adventure day and let the wisdom and beauty of nature be our teacher.

## Arriving

If you are coming from off-island you will arrive in Kahului (OGG airport). We recommend you rent a car so you have freedom to explore and set your own schedule for the 15-days. However, we do have some accommodations close enough to the studio that you can be picked up by other students or the teachers. If you will not be renting a car, you must make clear plans with our teachers or your accommodations host for your pick up and drop off at the airport. 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. Most of the hosts are students of Wisdom Flow Yoga who offer their extra rooms to students like you for our trainings. Prices range from \$40 to \$80 per night. If you are seeking accommodations through the school please leave ample time to make arrangements. It is best to have your reservations two months before arriving. Once your application is accepted, you will be sent a list of accommodation hosts.

## The Daily Flow

7-8:30 AM Lecture or Students Teaching, 8:30-10:30 AM Asana Practice, 11 - 1 PM Alignment and Hands-on, 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, Makawao, HI 96768

## Contact Information

Ph: 808-268-4095

Em: [Jennifer@yogawithjenniferlynn.com](mailto:Jennifer@yogawithjenniferlynn.com)

Wisdom Flow Yoga Teacher Training Registration Form

January 2016

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, Makawao, 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.

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Signature

Date

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