

## Wisdom Flow Yoga 300 hour Teacher Training Registration - 2018

### Feb. 24 - Mar. 4 Nine days on Maui followed by Weekly On-line sessions through July

Welcome. Thank you for your interest in the Wisdom Flow Yoga advanced teacher training program. We with a 9-day live training on Maui in late February and continue with weekly skype sessions for four months following. We are certain you will be pleased with the program and its ability to make you a more confident and effective teacher. In this program, we dive deeper into how the human body works and the how the heart and mind can participate in deliberate refinement of our personal reality.

This teacher training is for active yoga teachers.

Prerequisites

- Teaching an average of two times a week for at least one year
- Can recite all eight limbs of the Ashtanga System
- Can name the major muscles of the human body

Required Reading/Viewing (all available on [amazon.com](http://amazon.com))

- [How Yoga Works](#) by Gesha Michael Roche
- [Inner Engineering a Yogi's Guide to Joy](#) by Sadhguru
- [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 Goswani

What is Wisdom Flow Yoga?

Wisdom Flow Yoga is alignment-rich vinyasa flow style based on the philosophy that life is love in action and each individual comes to flow love in a unique way for the joy and expansion of it. Our Sequences blend the feminine flow of spinal waves and graceful transitions with the masculine wisdom of optimal joint alignment and core strength. The flows become our metaphor for living a balanced life. We seek to understand and harmonize with the science of the body, and within that life-honoring structure, celebrate our unbounded spirit.

JENNIFER LYNN is the founder of Wisdom Flow Yoga, she has been teaching on Maui for ten years and offering Wisdom Flow Yoga Teacher Trainings since 2008. She is originally from the San Francisco Bay area where she worked as a software engineer before leaving the corporate world to teach yoga on Maui. 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.

## 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 9 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

6-6:15AM Silent Meditation with Mantra, 6:15-7AM Philosophy Discussion, 7-8AM Functional Anatomy, 8:30-10AM Asana Practice, 10-11AM Break, 11AM-2:30PM Therapeutics, Sequencing, Hands-on Adjusting, Alignment Principles, Partner Work, Demos, etc.

## What to Bring

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

Fees for 300 hour Program - Total Cost \$3289

120-hour module on Maui (February 24 - March 11, 2018) - \$1299

180-hour module remote Skype sessions weekly for four months \$1990

Fees can be paid by credit card, cash or checks made to Wisdom Flow Yoga

**Fees are non-refundable and non-transferable. Your commitment is essential.**

## Wisdom Flow Yoga School Contact Information

95 Makawao Ave, Suite 202, Makawao, HI 96768

Ph: 808-268-4095 Em: [Aloha@WisdomFlowYoga.com](mailto:Aloha@WisdomFlowYoga.com)

Wisdom Flow Yoga Advanced Teacher Training Registration Form

Training Dates: \_\_\_\_\_ February 24 - March 4, 2018 plus 16 weekly remote sessions

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?

In your opinion, what makes a yoga teacher great?

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

MAHA VRATTA  
THE GREAT VOWS OF PURE JOYFUL LIVING

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

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