



3841 SW Hall Blvd, Beaverton, OR 97005
503 644-1865 www.yogaheartsong.com

Thank you for your interest in the teacher training program at HeartSong Yoga. Below is some general information about the program. We have also attached an application, policy document and the 2012 schedule.

Our training program is directed by Leslie Ellis, owner of HeartSong Yoga and Wellness Center, LLC. Leslie has been teaching yoga since 1998 and has trained and mentored many instructors over the years. In addition, Leslie is an Occupational Therapist and practiced in inpatient hospitals for 15 years. Her role as an OT also involved training OT interns. She finds teaching teachers a great joy and appreciates the opportunity and the responsibility.

Leslie's yoga studies began in 1988 with instructors who had studied primarily in the Iyengar yoga system. Her first teacher training, in 1999, was with Julie Lawrence, a certified Iyengar instructor in Portland, OR. She then began study with John Friend of Anusara Yoga and became an affiliated instructor in that system. Her 500 HR teacher training was with Mary Paffard of Yoga Mendocino in Ukiah, CA. She is currently registered with the Yoga Alliance at the eRYT-500 level (experienced, registered yoga teacher).

While currently not affiliated with a particular system, Leslie's background in Iyengar and Anusara Yoga lend a strong foundation in posture alignment and form to her practice and teaching. She also has extensive experience and knowledge in therapeutic yoga informed by her training as an Occupational Therapist and studies with John Friend and Sarahjoy Marsh. Through these studies, a long term personal practice which includes meditation and a chronic back injury which was healed in part with yoga, she has developed a unique style of her own that is grounded in anatomy, physiology and biomechanics while incorporating a strong connection to the inspiration of yoga and an intention to support students to find their way to a deeper connection with self and spirit.

The HeartSong Yoga teacher training is registered with the Yoga Alliance. Graduates are eligible to obtain registration at the 200 HR level. The Yoga Alliance is the only organization that tracks training and certification of yoga instructors and helps to ensure that instructors have completed training that meets minimum requirements for teaching yoga. Registration with Yoga Alliance is a standard that most studios and many other teaching venues are looking for in hiring new instructors.

The structure of the program at HeartSong is grounded in creating an environment to support teacher trainees to both deepen their practice and connection to yoga for themselves and to learn the foundations for instructing yoga safely and artfully.

The program begins with a one day orientation, followed by eleven weekend immersions. The program also includes one 3-day residential retreat at a location within driving distance from Portland and a 3-day workshop with a visiting instructor.

The majority of sessions are taught by Leslie Ellis and assisted by another HeartSong Yoga instructor. Anatomy sessions are taught by qualified body workers and healthcare professionals who understand and practice yoga. Guest instructors are brought in from time to time to share special knowledge and skills. Each monthly session includes time for philosophy study, pranayama and asana practice, development of teaching skills and practice teaching.

Skills development includes:

Understanding foundational yoga philosophy and application to modern day yoga practice

- Understanding and articulating movement principles and posture alignment
- Understanding of anatomy
- Language usage and voice
- Posture sequencing
- Verbal and physical adjustments
- Demonstration
- Development of themes (making a class inspiring)
- Adapting postures for injuries and special needs

Requirements of the program include attendance at all sessions, attendance in at least one weekly yoga class at HeartSong (for students from out of the area arrangements can be made to take class with another approved instructor) and development of a personal yoga practice at least 4 days/week for 30 minutes/session.

Homework requirements take 2 – 4 hours/week and include assigned reading, several book reports, class reports, practice journaling and assigned writings on philosophy, pranayama and asana.

There is a required reading list as well as a list of suggested texts. Authors used are Judith Lasater, Donna Farhi, Richard Rosen, Rodney Yee and others.

There is more information regarding the program online at www.yogaheartson.com or please call us to schedule a phone consultation with Leslie to determine if this program is a good fit for you.

Namaste',
HeartSong Yoga and Wellness Center



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2012 Training Schedule

Date/Time	Topic	Instructor
Jan 7, 11 am – 4 pm	Training Orientation	Leslie Ellis
Jan 20, 6 – 9 pm	Philosophy – Living a Yogic Lifestyle	Jessica Halpern
Jan 21, 11 am – 6:30 pm	Asana Focus: Principles of the Legs Teaching Focus: Being a Teacher	Leslie Ellis Leslie Ellis
Jan 22, 12 – 3 pm	Therapeutics and Adaptation: The Feet	Leslie Ellis
Feb 12, 6 – 9 pm	The Yoga Sutra/8 Limbs of Yoga	Leslie Ellis
Feb 13, 11 am – 6:30 pm	Asana Focus: Principles of the Pelvis Teaching Focus: Elements of Teaching	Leslie Ellis Leslie Ellis
Feb 14, 12 – 3 pm	Therapeutics and Adaptation: Anxiety and Depression	Leslie Ellis
Mar 9, 6 – 9 pm	Yama and Niyama	Leslie Ellis
Mar 10, 11 – 6:30 pm	Asana Focus: Standing Poses Anatomy and Asana: The Lower Body	Jessica Halpern Lynn Morrison, LMT
Mar 11, 12 – 3	Therapeutics and Adaptation: Hips and Pelvis	Leslie Ellis
Apr 13, 6 – 9 pm	The Branches of Yoga	Leslie Ellis
Apr 14, 11 am – 6:30 pm	Asana Focus: Principles of the Core and Belly Teaching Focus: The Power of Language	Leslie Ellis Leslie Ellis
Apr 15, 12 – 3 pm	Therapeutics and Adaptation: Core and Pelvic Floor	Leslie Ellis
May 11, 12 – 4 pm	Teachers' Class : Topic TBA	Mary Paffard
May 11, 6 – 8 pm	Topic TBA	Mary Paffard
May 12, 11 – 2 & 3 – 5 pm	Asana Focus: Balancing the Masculine and Feminine Elements in Yoga	Mary Paffard
May 13, 7 – 10 am	Asana : Balancing Masc/Fem	Mary Paffard
May 25, 6 – 9 pm	The Brahmaviharas	Leslie Ellis
May 26, 11 am – 6:30 pm	Asana Focus: Twists Anatomy and Asana: The Trunk/Neck and Head	Jessica Halpern Lynn Morrison
May 27, 12 – 3	Therapeutic Adaptations: Lower Back Pain	Leslie Ellis
June 8, 6 – 9 pm	The Koshas: Sheaths of Being	Leslie Ellis
June 9, 11 am – 6:30 pm	Asana Focus: Principles of the Arms/Shoulders and Neck	Leslie Ellis

	Teaching Focus: Class Planning and Sequencing	Leslie Ellis
June 10, 12 – 3 pm	Therapeutic Adaptations: Shoulders and Neck	Leslie Ellis
July 13, 6 – 9 pm	The Kleshas: What gets in the way of happiness?	Leslie Ellis
July 14, 11 am – 6:30 pm	Asana Focus: Inversions Teaching Focus: The Art of Adjusting	Leslie Ellis Leslie Ellis
August 10, 6 – 9 pm	Ayurveda: The Doshas	Gianna Piccardo
August 11, 11 am – 6:30 pm	Asana Focus: Back Bends Anatomy and Asana: Shoulders and Arms	Jessica Halpern Lynn Morrison
Aug 12, 12 – 3 pm	Therapeutic Adaptations: Digestion	Jessica Halpern
Sept 14, 15, 16	Residential Retreat	Leslie Ellis
Oct 12, 6 – 9 pm	The Bhagavad Gita	Leslie Ellis
Oct 13, 11 am – 6:30 pm	Asana Focus: Forward Bends Teaching Focus: The Art of Demonstration	Leslie Ellis Leslie Ellis
Oct 14, 12 – 3 pm	Therapeutic Adaptations: Headaches and Sleep	Leslie Ellis
Nov 9, 6 – 9 pm	The Chakras	Leslie Ellis
Nov 10, 11 am – 6:30 pm	Asana Focus: Potpourii – student lead practice – level 2 Teaching Focus: Elements of the Class Plan – From a good class to a great class!	Leslie Ellis Leslie Ellis
Nov 11, 12 – 3 pm	Therapeutics and Adaptation: Scoliosis	Leslie Ellis
Dec 7, 6 – 9 pm	Teaching Ethics	Leslie Ellis
Dec 8, 11 am – 6:30 pm	Asana Focus: Potpourii, student lead class – level 1 Teaching Focus: The Business of Yoga	Leslie Ellis Leslie Ellis
Dec 9, 12 – 3	Therapeutics and Adaptation: Restoratives and Basic Breathing Practices	Leslie Ellis
To be arranged by student	3 private lessons Observe 2 gentle/level 1 classes Observe 1 class in another venue	Leslie Ellis/HeartSong Instructors HeartSong Instructors

Scheduled dates for the training are confirmed. Exact date that any particular topic is presented is subject to change.

Refund Policy

- If you drop from the program before the first session, you will receive a full refund of all payments made, minus a \$500 administrative fee.
- Once the program has started no refunds will be given and you are liable for the entire tuition, even the portions you have not yet paid.

Attendance Requirements

1. Every group session must be attended and all homework assignments must be completed to receive a certificate of completion and be eligible to register with Yoga Alliance.
2. In ***extreme and unavoidable circumstances***, where a trainee must miss a group session, it may be possible to arrange a makeup session. In this case, the trainee will be responsible for the additional expense, which may be considerable, of a private session to cover the missed material.
3. It may also be possible to wait until the missed subject is covered the next year. There is no guarantee, however, that it will be presented in the same order or in the same manner the following year and it will be the responsibility of the trainee to determine when the subject matter is being covered and to request temporary inclusion in the program.

Assessment Policy

All trainees are expected to attend and fully participate in all group sessions, as well as turning in all homework assignments on time. An ongoing assessment by the teachers will determine if trainees are performing appropriately and benefitting from the program.

The following are grounds for dismissal from the program:

- Missing 3 group sessions
- Being disruptive or non-participatory in group sessions
- Behaving in a manner that does not follow the ethical guidelines

Please check the attached 2012 schedule of activities to verify dates and times of required sessions. Then sign this form to indicate that you understand the requirements outlined above and include it with your application and the non-refundable fee of \$25.

Please print full name

Signature

Date

Please make a copy of this document and keep for your records.



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Teacher Training Program Application

Name: _____ Date: _____

Address: _____

City: _____ State: _____ Zip: _____

Home phone: _____ Cell: _____ Work: _____

Email: _____

Number of years practicing yoga: _____ What style(s): _____

Are you currently teaching? _____ If so, how long? _____

How many classes/week? _____

How often do you attend yoga classes? _____ Are you willing to take at least one class/week? _____

Where have you taken classes? _____

How often do you practice yoga on your own? _____ How long is each practice session? _____

Are you willing to develop a 4 day/week home practice if you do not already have one? _____

What does a typical practice contain? _____

What are your personal practice goals right now? _____

Do you have any injuries/special needs? _____

What are your personal desires/intentions for this teacher training program? _____
