



Purna Yoga College

200 Hour Teacher Training

2017 Summer Immersion

DATES

July 7 – August 5, 2017

(Days off: July 10, 17, 24-25 and 31)

Questions?
Contact Tara
(425) 746-7476

TIMES

| | |
|------------|-----------------------------------|
| Fridays | 11:30 am-3:30 pm and 5:00-9:00 pm |
| Saturdays | 11:30 am-3:30 pm and 5:00-9:00 pm |
| Sundays | 10:00 am-2:00 pm and 3:00-7:30 pm |
| Tuesdays | 8:00 am-12:00 pm and 1:30-5:30 pm |
| Wednesdays | 8:00 am-12:00 pm and 1:30-5:30 pm |
| Thursdays | 11:30 am-3:30 pm |

TUITION

Regular: \$ 4,800

Priority Registration:

Enroll by May 20th, 2017 \$ 4,100 - **SAVE \$700**

Tuition does not include lodging, food, books and materials, or travel expenses.

PAYMENT SCHEDULE

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| Deposit | \$ 100 |
| Tuition balance | |
| Regular, due June 27, 2017 (if space allows) | \$ 4,700 |
| Priority, due June 7, 2017 | \$ 4,000 |

Payment Plans are available; contact Tara at (425) 746-7476 for more information.

CERTIFICATION

Successful graduates (having completed all class hours, homework and financial agreements) will be awarded the 200 Hour Certificate of Completion with which they may register with Yoga Alliance as an RYT-200.

PREREQUISITE

Applicants should have an established yoga practice of at least one year for example, 2-3 sessions a week in alignment-based yoga, such as Purna Yoga or Iyengar).

HOW TO APPLY

1. Pay the deposit and download an application (available at the end of this document)
2. Submit the application
3. We will contact you by email within two weeks of receiving your application to confirm your enrollment. In some situations, one of the lead instructors will contact you to discuss your readiness for the training.

To submit your application electronically:

- Complete the Application Form (PDF document) and essays (in a Word document)
- Save to your computer
- Attach the saved PDF and your Word documents to an email
- Send to info@purnayoga.com

To submit your application by mail:

- Print out the Application Form
- Complete the application and your typed essays and mail to:
Purna Yoga College, 2255 - 140th Ave NE, Ste F, Bellevue, WA 98005

INSTRUCTORS

Aadil Palkhivala, Lead Instructor



Aadil was conceived because of yoga. His devout Parsee (Zoroastrian) parents had been unsuccessful in their attempts to have children for seven years, and so they began studying yoga with B.K.S. Iyengar. Iyengar told them that if they were faithful in their practice, they would soon conceive a child. A year later, Aadil was born in Bombay.

He began studying asana with Iyengar at the age of seven and shortly after was introduced to the Purna Yoga of Sri Aurobindo. When Aadil was twenty, Iyengar encouraged him to embark on his first teaching tour of Europe and North America. Two years later, he awarded Aadil the Advanced Yoga Teacher's Certificate. For nearly thirty years, Aadil has been regarded as a "teacher of teachers," and many of the world's top yoga instructors have studied with him. He has a unique teaching style, mixing melodious instructions with recitations of poetry, philosophical insights, and in-the-moment humor.

Aadil and his wife, Savitri, are the founders of Purna Yoga™, a holistic synthesis of yogic traditions based on the work of Sri Aurobindo and The Mother. Aadil and Savitri also founded Alive and Shine Center in Bellevue, Washington, and Purna Yoga College, a 200-hour, 500-hour, 2,000-hour and 4,000-hour Certificate-Level teacher training program licensed by the State of Washington and Yoga Alliance Certified. Aadil teaches classes, teacher trainings, and workshops at Alive and Shine Center and throughout the United States, Canada, Mexico, Europe, India, and other parts of Asia.

An encyclopedic knowledge of health matters informs Aadil's teaching. He is a certified shiatsu and Swedish bodywork therapist and clinical hypnotherapist. Aadil has studied holistic healing and Ayurveda extensively. Aadil is the author of *Fire of Love: For Students of Life and Teachers of Yoga*. He has also written three manuals used in his beginning, intermediate, and therapeutic teacher trainings. He is currently working on *Passion for Yoga: Purna Yoga, Level One*, a practice guide for beginning yoga students. Aadil has written extensively for *Yoga Journal*, having been the Asana Columnist in 2003 and author of the Teacher's Column for the website, as well as the "Asana Expert" for both the magazine and the website. He is frequently a keynote speaker at national events.

Starting with a bachelor's degree in physics and math, Aadil eventually got a degree in law. He practiced law in Washington State until resigning to devote his energies to his true life purpose: exploring and sharing Purna Yoga. He has a passion for the arts, especially poetry, and has intensively studied elocution, operatic singing, Japanese flower arranging, painting, and drawing. He continues to be a student in the healing arts. Aadil lives with Savitri and their daughter Zenia, in Bellevue, Washington.

Savitri, Lead Instructor



Savitri, renowned Meditation Master, was born in India and grew up in Bombay until the age of 7, when she moved to America with her family. Her inspirational mother was of Italian-American decent and her father Indian. Savitri began her journey as a 25 year old housewife, praying for truth and understanding for the incomprehensible events of her life. When she was 11 she had a serious head injury, and as a teenager she suddenly lost both parents in a plane crash. A few years later she experienced the murder of her sister. Shortly thereafter her best friend died of a fatal illness. This chain of events led to her own life-threatening illnesses and many near-death experiences. Her sincere desire for truth steered her to find true love

within and discover, refine and practice the heart-focused Align and Shine Snack techniques, for over 30 years. Since 1995, it has become her life's work to share Heartfull Meditation™. The Align and Shine Snacks helped her to come alive and shine, blessing her with her beautiful daughter, Zenia. Savitri teaches exclusive classes and workshops at Alive and Shine Center. Her loving demeanor and undeniable integrity is felt by those who study with her. She delights in sharing her wisdom so that others can live a truly heartfelt life. Savitri is the founder and creator of Heartfull™ and Heartfull Meditation™

Marchella, Lead Instructor

Marchella is a Certified Purna Yoga instructor at the 2,000 hour level and an Experienced Registered Yoga Teacher with Yoga Alliance (E-RYT 200). She has been practicing yoga and meditation since 2001 and teaching since 2007. Marchella has an expertise in teaching kid's yoga classes for all ages (toddler-teenagers) and works with children with autism, high stress and anxiety. Marchella is also a faculty member of Purna Yoga College, teaching the Foundation Level program. Marchella brings a wide variety of experiences and knowledge to her teaching: she is a certified massage therapist, fluent in Japanese and French, plays the piano, and travels around the world, to new places to see and experience new perspectives on life and the way in which people live. She loves music because it is very similar to the feeling of being in meditation: filled with love and light! Marchella studies regularly with college directors, Aadil Palkhivala and Savitri, and teaches yoga and meditation classes at Alive & Shine Center in Bellevue, WA.

Erin Honeycutt, Assistant

Erin is a Certified Purna Yoga Instructor at the 2,000 hour level. He has attended Purna Yoga College for his 200 hour, 500 hour and 2,000 hour teacher training courses. He attends regular classes in meditation with Savitri and asana with Aadil. He has been assisting in the 200 Hour level since 2012 and teaches the popular Alignment and Adjustments Practice class.

Angelica Rose, Assistant

Angelica is a Certified Purna Yoga Instructor at the 2,000 hour level and is a graduate of Purna Yoga College. She has been a student of yoga since 2003 and has been teaching since 2005. Angelica is a former Microsoft employee so she understands the stress of corporate careers. Angelica has studied prenatal yoga since 2005 and in 2010 she birthed her daughter naturally at home. She has also co-led the 200 Hour Level over 6 times since 2008.

CURRICULUM

- Introduction to Purna Yoga, Philosophy and Lineage, Principles for Learning, Sanskrit Pronunciations
- Philosophy: Purna Yoga Applied Philosophy Overview, History of Sri Aurobindo and The Mother, Key Sutras, Yamas, Niyamas, Kleshas, Saucha, Om, Mantras, Poetry, and much more
- Heartfull Meditation™: Heartfull Meditation™ Introduction and Philosophy, Align and Shine Meditation Snacks, Understanding Chi and Light, Lifestyle to Come Alive and Shine, Quotes for Inspiration
- Nutrition and Lifestyle: Purna Yoga Nutrition Systems, Sunrider Basics, Ayurveda Basics, Ayurveda Recipes, What to Eat/What to Avoid, Alkalinity, Acidity, Digestive Health, What to Do/What to Avoid, Daily Practices for Health and Hygiene, Self-care
- Anatomy: Anatomy Principles in Yoga, Yoga Anatomy Muscle Sutras (“YAMS”), Asana and Anatomy
- Teaching Yoga: Foundations for Living, Creating a Practice, Preparations for Teaching, Foundations of Teaching Asana, Relationships with Students, Methodology of Teaching, Delivery, Actions and Alignment (Duality, Breath, Pelvis/Head/Heart, Muscles and Joints, Spine), Adjustments, Props, Injuries and Healing, Setting Up a Class, Class Control, Professional Presentation Skills and Appearance, Voice and Verbal Presentation, Command Language
- Asana: In each section on Standing Poses, Inversions, Twists, Backbends, Abdominal Strengtheners, Seated Poses, Forward Bends, Reclining Poses, and Restorative Poses you receive information on the actions in the pose, what to look for (alignment), safety points, benefits, contraindications, moving into the pose, adjustments, and prop work
- Prānāyama: Purpose and Practice, Methodology, Supine Position, Program for Prānāyama Practice
- Sequences and Series: Guidelines for Sequencing and Safety, Basic Asana Reference Sequences, plus 22 detailed class sequences, including Aadil’s Hip Series, Morning Series and Classical Surya Namaskar
- Health and Healing: Women’s Health, Menstruation Sequence, Pregnancy and Postpartum, General Considerations in Therapeutics, Therapeutic Topics - What to Do/Avoid
- Business Basics: Essential Tools, Foundations of Professionalism, Laws of Successful Business

REQUIRED TEXTBOOKS

Fire of Love by Aadil Palkhivala

Teaching Purna Yoga: Foundation Level Manual by Aadil Palkhivala (provided to students by Alive & Shine Center)

The Sunlit Path by The Mother of Sri Aurobindo Ashram

Trail Guide to the Body, 4th Edition by Andrew Biel

Trail Guide to the Body, Student Workbook, 4th Edition, by Andrew Biel

Titles are available for purchase from the [Alive and Shine Center Online Store](http://www.aliveandshinecenter.com) (www.aliveandshinecenter.com, then click on “Visit Our Shop”).

FREQUENTLY ASKED QUESTIONS

What is the Yoga Alliance?

The Yoga Alliance was created to establish national standards for yoga teachers. Over the years, it has grown to become the nationally recognized body of yoga teacher training standards. Yoga Alliance does not certify teachers; instead it provides yoga teacher training minimum standards, which are used in most 200 hour and 500 hour trainings. It also provides a list of teachers who choose to register as having completed teacher trainings which meet those standards. Most studios and yoga teaching venues require teachers to be registered with the Yoga Alliance in order to teach yoga. The only way to register with Yoga Alliance is to complete a training with a Registered Yoga School (or “RYS”) which meets or exceeds the standards set out by Yoga Alliance.

Questions?
Contact Tara
(425) 746-7476

When can I register with Yoga Alliance?

With your successful completion of the program requirements (course hours and homework) you will earn the Foundation Level Course Completion Certificate from Purna Yoga College. This certificate is the documentation that you need to complete your application to become a Registered Yoga Teacher at the 200-hour Level, becoming a “RYT-200.”

What if I miss a class?

To receive your Course Completion Certificate and be eligible for Yoga Alliance registration, you must complete 100% of the classes and requirements. In addition, you must attend the first 5 modules of the course. However, we understand that you may not be able to foresee every conflict, so we have devised the following procedures if you must miss a class.

- If you miss more than 30 minutes of a module (4 hour course), either by arriving late or leaving early, you will not receive credit for that module, and the entire module will have to be made-up.
- Any missed modules may be made up in the following ways:
 - If you miss 1-5 modules (up to 20 hours), you may still complete the program by making up missed classes by taking private lessons with a teacher training instructor. One module (4 hours) = 1.5 hours of private instruction, at a cost of \$120 per 1.5 hour session. Private lesson make-ups must be completed within 30 days of the completion of your course.
 - If you miss more than 5 modules, you may continue in the course, but you will not be eligible for a Course Completion Certificate. If you wish to receive a Course Completion Certificate, you will have to retake the course.

How many people will be in class?

We require a minimum of 8 students and accept a maximum of 30 students. In most cases, you will have one teacher and one or two assistants.

Will I have homework?

Yes, you will have two books to read and respond to, and anatomy worksheets to complete. Expect about 20 hours of homework during the 200 Hour Level.

How much should I expect to pay for books and materials?

Your books will cost approximately \$145, if purchased at Alive & Shine Center. You can order them from the Alive & Shine Center Online Store, or find them at other book resellers.

I am coming from out-of-town. Where can I stay?

We provide a list of local recommended accommodations, ranging from rooms in houses, to hotels and bed and breakfasts, as well as transportation options. Many students find that they prefer to set up carpools and shared lodgings with their classmates while they are here. Please contact our [Concierge](#) for a list of travel and lodging options

After I graduate, where will I be able to teach?

Upon completion, you will be able to apply to teach alignment-based yoga at a variety of venues, such as studios, gyms, park departments, and schools. While there are no legal requirements for teaching yoga, most studios require their teachers to be registered with Yoga Alliance. The 200 Hour Level will equip you to teach basic classes; your teaching repertoire will grow as you increase your level of training.