

500 Hour Advanced Teacher Certification Program Overview

Take the next step on your journey and go deeper to discover your untapped potential. The 500 Hour Certification prepares you for the liberating transformation at the heart of tantra yoga, the illuminating path to your Sacred Self. Your preparation will include advanced postures, anatomy, biomechanics, pranayama, mudras, kriya, shabda, ayurveda, meditation, spiritual exercises, bandhas, dharma, sadhana, yogic psychology, spiritual healing techniques, chanting, bhakti, bija, subtle energetic anatomy, therapeutic sequencing and methodology, tantric yoga philosophy and practical applications. Learn techniques to harness, clear, and channel your energy to heal yourself by finding inner beauty and bliss and eventually use this transformation to support the healing of others.

Course Format:

A. Sacred Yogic Spaces™ Series (Required)

1. Seven (20 hour) Intensives:
 - a. *Laying Down Your Roots*
 - b. *Cave of Creativity*
 - c. *Fire, Freedom and Illumination*
 - d. *Beauty, Bliss & Bhakti*
 - e. *The Yoga of Word and Will*
 - f. *The Master's Eye*
 - g. *Your Sacred Self*

B. Art of Teaching™ Series (Choose One)

1. Two (15 hour) Intensives:
 - a. *Overcoming Teaching Challenges* – 10 hours
 - i. Practicum – 5 hours
 - b. *Marketing Your Message* – 10 hours
 - i. Practicum - 5 hours

C. Life Enrichment™ Series (Required)

1. One (15 hour) Intensive:
 - a. *Begin Again: Strategic Life Planning* – 10 hours
 - i. Practicum – 5 hours
2. Two (15 hour) Intensives: (Choose One)
 - a. *Ayurveda Fall Rejuvenation*
 - b. *Ayurveda Spring Cleanse*

D. The Art of Healing™ Series (Required)

1. Four (15 hour) Intensives:
 - a. *Healing Power of Tantra*
 - b. *Transformative Nature of Shakti*
 - c. *Structural Assessment & Home Practice Planning*
 - d. *Body of Sound & Consciousness*

Cost:

Sacred Yogic Spaces™ (\$400/ 20 hour weekend): **\$2800**

Art of Teaching™ (\$300/ 15 hour weekend): **\$300**

Life Enrichment™ (\$300/ 15 hour weekend): **\$600**

Art of Healing™ (\$300/ 15 hour weekend): **\$1200**

245 Contact Hours plus 55 non-contact hours: \$4900

Plus additional \$25 books & materials fee per weekend

\$100 deposit per intensive secures place in each workshop. Payment plans available. Please contact yogaspirit® at (978) 927-0099 for specific information.

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Intensives that take place at Kripalu must be made payable directly to Kripalu as pricing may be different at that location. Appropriate deductions will be made to **yogaspirit[®] tuition costs. These intensives will also be held at **yogaspirit**[®] at future dates.

Cancellation/Make-up Policy:

Pre-registration is required for all weekends. Cancellation 48 hours or more prior to the start time results in **yogaspirit**[®] withholding your \$100 deposit for administrative purposes or option to pay in full and attend when that weekend occurs again as a make-up. Cancellation 24 hours prior to start or no show results in **yogaspirit**[®] withholding payment in full. Make-ups are done free of extra charge for exact course material that is missed.

Application Process:

1. Please submit an online 500 Hour application or print and mail to P.O. Box 2337 South Hamilton, MA 01982 or fax to (978) 468-4799.

2. Once application is received, school administrator will set up a brief informational phone session between you and the director, Kim Valeri to answer any questions you might have regarding the training.

3. If you are already **yogaspirit**[®] 200 hour certified, the 500 hour application and phone call are waived. Simply let the school administrator know that you will be beginning your 500 hour training and submit a deposit for the first intensive that you plan to attend.

Suggested Books:

- * *Kundalini Tantra*, Swami Satyananda Saraswati, (Yoga Publications Trust)
- * *Hatha Yoga Pradipika*, Swami Muktibodhananda, (Yoga Publications Trust)
- * *Light on Yoga*, BKS Iyengar
- * *Light on Yoga Sutras*, BKS Iyengar
- * *Hands of Light*, Barbara Brennan
- * *Yoga for Your Type*, David Frawley
- * *Ayurveda for Women*, Dr. Robert Svoboda
- * *Shakti Mantras*, Thomas Ashley-Farrand

Certification Requirements

Attendance – 100% attendance at all 16 intensives is required and expected of all students.

Tuition Paid in Full – Tuition must be paid in full for each intensive in order to receive certificate.

Certificate of Completion – will be awarded when all requirements are completed at the discretion of the Director. You will have met all standards of the Yoga Alliance.

Time of Completion – All 16 intensives must be completed within 3 years of first intensive attended in order to receive certificate of completion. Should it take more than 3 years, an alternate plan will be provided on a case by case basis at the discretion of the Director.

Course Curriculum:

Sacred Yogic Spaces Series:

1. Laying Down Your Roots -

Lay down your roots and grow into your personal power, accept yourself and create a harmonious relationship to your life. Make a commitment to plant your roots firmly and let them flourish as you open your body, mind and spirit to the path you are meant to walk on this Earth.

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Through this workshop you will explore your lower chakras through the lens of Asana, Yoga Philosophy, Tantra, Ayurveda, Kundalini and Surat Shabda Yoga. The root is where the creative energy of Kundalini Shakti sleeps, often untapped when we choose to keep the door shut to our fears and insecurities. Kim Valeri will help open and heal your roots so that you can begin to transform the legacy of your life. Liberate yourself from old patterns and insecurities that leave you stuck and move towards spiritual illumination as you evolve your primal reactionary impulses to an emotionally refined and spiritually mature way of being.

Asana Component -

500 Hour Key Asanas: Parivrtta Parsvakonasana, Parivrtta Ardha Chandrasana, Trianga Mukhaikapada Paschimottanasana, Ardha Baddha Padma Paschimottanasana. Other 200 Hour **yogaspirit**[®] Asanas will be reviewed and introduced as a preparation for these Key Poses.

2. Cave of Creativity –

Hips are the center of gravity and the seat of power in women. Connected to the water element, the emotional nature of a woman makes her more unpredictable, vulnerable and better able to dwell in the cave of infinite creativity and possibilities: a place where all things can be created and birthed.

Only when the practitioner is connected to spirit and trusting the Self is she/he able to navigate through the infinite possibilities in order to master the one-pointedness necessary to attain ecstatic tantric union releasing regenerative creative forces into the unconscious areas of the brain.

Sex is a part of normal tantric Sadhana intended for adept yogic householders who are able to transcend emotions and passions (pashupati) and who utilize sex for the purpose of Samadhi. This intensive will look at the two tantric branches: Left –handed path of Vama Marga which involves sexual practices to explode dormant energy in the Kunda and Right-handed path of Dakshina Marga which does not involve sexual practices and must be mastered first prior to ecstatic union and tantric initiation.

Through hip opening asana, kundalini yogic inner practices, tantric meditations, mantra, spiritual exercises, lecture, group exercises, contemplation of the sacred sound current of life (Shabda), we will purify the mind and initiate ecstatic union with the divine.

Asana Component -

500 Hour Key Asanas: Ardha Chandrasana, Padmasana, Eka Pada Rajakapotasana, Virasana, Supta Virasana. Other 200 Hour **yogaspirit**[®] Asanas will be reviewed and introduced as a preparation for these Key Poses.

3. Fire, Freedom and Illumination –

A luminous healthy body, a brilliant mind and a radiant and spiritually happy life are all signs that reorganization of the tantric pranic flow in the body from mooladhara has transcended to reside at the new base of kundalini at manipura chakra.

The ability to transform, self illuminate, acquire hidden knowledge, including knowledge of one's own body, freedom from disease and the ability to withdraw energy to crown in order to see beauty, live in truth, become auspicious, benevolent and compassionate are among the many blessings granted by Maha Agni.

We need Agni, our digestive fire not only for food digestion, but the mental fire that transforms us, gives us energy to move, create, transform and make healthy changes. We can then contemplate who we really are and how to live a dedicated and passionate life.

Through Agnisar kriya, kundalini yogic inner practices, tantric meditations, mantra, spiritual exercises, lecture, group exercises, contemplation of the sacred sound current of life (Shabda), we will purify the mind and illuminate (tejas) our life.

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Asana Component -

500 Hour Key Asanas: Paripurna Navasana, Chaturanga Dandasana, Salabhasana, Purvottanasana, Marichyasana I. Other 200 Hour **yogaspirit**[®] Asanas will be reviewed and introduced as a preparation for these Key Poses.

4. Beauty, Bliss & Bhakti –

Within your heart there is a secret place that holds your wish for personal happiness. When your heart is open and you are in a state of surrender (nirodha) and tranquility (citta prasadanam), your wish drops into a sacred and magical spot the way a coin is tossed into a wishing well. The ripples from that deep release flow into the ocean of love and mercy to create healing and transformation that can manifest your blissful destiny. Yoga can help to remind you that the choice to surrender into sweetness and happiness is always available.

Join Kim Valeri for a weekend of Kundalini tantric inner practices, mantra, pranayama, lecture, group exercises, contemplation of life's sacred sound current, and kirtan. By cultivating the quality of devotion (bhakti), you will purify the mind, awaken perception, and enliven your spiritual awareness. As the union of opposites (Shiva and Shakti) is drawn into your heart center, the psychic knot (granthi) is dissolved, making sweetness a simple choice.

Asana Component -

500 Hour Key Asanas: Gomukhasana, Urdhva Mukha Svanasana, Pincha Mayurasana, Dhanurasana, Urdhva Dhanurasana. Other 200 Hour **yogaspirit**[®] Asanas will be reviewed and introduced as a preparation for these Key Poses.

5. The Yoga of Word and Will -

Would you like to learn how to skillfully manage through life's conflicts by learning the yoga of the spoken Word?

Come learn the yogic teachings of the Sword (your tongue) and learn how this sword can be used to cut through conflict and illusion and if used skillfully, bring resolution of Karma, blessings and other miracles or if misused, bring entanglement, bondage and misfortune that further delays spiritual unfoldment.

Through Kundalini tantric inner practices, meditations, mantra, spiritual exercises, lecture, group exercises, contemplation of the sacred sound current of life (Shabda), we will purify the mind and awaken perception and spiritual awareness by cultivating the ability to look at life through the Master's eye, free from conflicts.

We will harness the healing energy that will connect you to your inner voice of awakened spiritual consciousness and accelerate the process of self realization and personal transformation. Speak healing words that will free your life and bring you peace and happiness.

Asana Component -

500 Hour Key Asanas: Salamba Sarvangasana, Halasana, Setu Bandhasana, Karnapidasana, Matsyasana. Other 200 Hour **yogaspirit**[®] Asanas will be reviewed and introduced as a preparation for these Key Poses.

6. The Master's Eye -

Bringing the "internal invisible" into your daily awareness can expand how you look at the circumstances in your life and offer you precious possibilities for living a truly cherished life.

Thoughts that fluctuate (vrittis) are the buttons that get pushed. They are the habitual reactions caused from past impressions (samskaras) and experiences that have left an imprint in consciousness. These buttons or reactors are the underlying expression or manifestation of inherent desires, predispositions, habits and tendencies created over time. Once they are triggered, usually a powerful urge sets off an outcome which often is not conducive to healing and transformation. The ability to arrest them lies in your ability to perceive yourself in the context of your life from a "larger point of view".

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Ajna (vision) is the witnessing center where one becomes the observer of all events including those within the body and mind. Here, the level of awareness is developed whereby one begins to “see” the hidden essence underlying all visible appearances which most people are blind to.

Intuition and transcendence begins here, as well as the creation of words. The tongue can speak the language of blessings or curses depending on if you are speaking from your ordinary or extraordinary perception.

Join Kim Valeri for a program of Kundalini tantric inner practices, mantra, pranayama, lecture, group exercise, contemplation of life’s sacred sound current, and kirtan. Along with Asana and Inner Practices of Kriya Yoga, learn more about your neurobiology by developing your intuitive capacities, awakening perception and enlivening your spiritual awareness. As the veil of illusion dissolves, so does the psychic knot (granthi) of this center, transforming intuition into knowingness and wisdom through initiating the path to ‘The Master’s Eye’.

Asana Component -

500 Hour Key Asanas: Garudasana, Urdhva Mukha Vrksasana, Salamba Sirsasana, Dwi Pada Viparita Dandasana. Other 200 Hour **yogaspirit**® Asanas will be reviewed and introduced as a preparation for these Key Poses.

7. Your Sacred Self -

You are a vast extraordinary being of magnitude and significance and at the same time you are a simple ordinary human being living a simplified life in moderation. It is possible to have your spirituality accessible in the midst of daily life as you expand the limits of your super-mental awareness; beyond your senses, beyond mental awareness, into the awareness of your human and authentic spiritual self.

From Ajna, the Ahamkara (Ego) dissolves and lower energies fuse and flow up to Crown chakra where Vasanas (desires) and the hidden negative karmas, habits and tendencies are burned away. Bindu awakens and the cosmic sound of OM is heard. One realizes the course of all creation as enlightenment unfolds.

Join Kim Valeri for a program of Kundalini tantric inner practices, mantra, pranayama, lecture, group exercise, contemplation of life’s sacred sound current, and kirtan. The potential to bring to life the untapped hidden potential within you is released and your life purpose and destiny merge into your ecstatic awareness.

Asana Component -

500 Hour Key Asanas: Bharadvajasana I, Bharadvajasana II, Marichyasana II, Marichyasana III. Other 200 Hour **yogaspirit**® Asanas will be reviewed and introduced as a preparation for these Key Poses.

Art of Teaching Series:

1. Overcoming Teaching Challenges -

Geared for the teacher who would like to learn specific strategies that can help in the yoga classroom, you will explore new ways of working with problem poses. Learn to meet everyone’s needs in a mixed level class as well as how to manage disruptive students. Know what to look for in finding the right substitute teacher and protecting your own personal space as a teacher.

2. Marketing Your Message -

Geared for the teacher who is ready to take his or her teaching to the next level, learn how to fine-tune your teaching style and delivery. While learning how to teach to different student populations, you will increase your student enrollment through reaching a broader audience. Find your teaching voice and your own niche that will aid in development of your own personal projection and branding.

Practicum -

Through group exercises, peer-sharing, and hands-on teaching, teachers will get a chance to test their hand

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at teaching from yogaspirit® Studios advanced asana syllabus. Using the Practicum series, students will come away with creative sequencing tips and ways to assist and modify the student in a multi-level classroom. Prerequisite: Sacred Yogic Spaces Series.

Life Enrichment Series:

1. Begin Again: Strategic Life Planning -

Do you let your life "run" you or do you "run" your life? How do you live harmoniously cultivating sacred relationships with friends and family, career and financial life, creative pursuits and happiness, spiritual growth, self care and good health?

Yoga Masters embody the ability to harness and easily manifest specific outcomes through Sankalpa (spiritual "intention" and directed will) in order to bring forth all of creation for the highest good of all.

Kim will be creating the sacred space for you to contemplate your dharmic destiny and the steps you can take as you strategically prepare for the year ahead. Through the process of self-inquiry, Kim will assist you in the awakening and spiritual transmissions that will help you tap into your creative potential.

Evaluate all the areas of your life: vision quest, see what you have accomplished, and see what new direction you can set for the upcoming year.

2. Ayurveda Spring Cleanse –

The Spring Sadhana will focus on detoxification, and weight loss based on the principles and practices of Ayurveda and Yoga. Fasting, yoga, rejuvenation treatments, lectures, ayurvedic cooking, personal care habits, yogasana, silence reflection, spiritual practice and Kirtan will supplement our journey together. Purify build-up of toxins that can lead to health problems later on as your flush the winter away and bring in renewal and spring freshness!

3. Ayurveda Fall Rejuvenation –

The Ayurveda Fall Rejuvenation will focus on rejuvenation and anti-aging based on the principles and practices of Ayurveda and Yoga. Nurturing practices that build immunity, strength and vitality, rejuvenation treatments, lectures, Ayurvedic cooking, personal care habits, yogasana, silence reflection, spiritual practice and Kirtan will supplement our journey together. During this season change we will disperse the heat of Pitta and enhance immunity through rasayama.

The Art of Healing Series:

1. Healing Power of Tantra –

You were born with a unique creative genius that remains untapped until the right chemistry of physiological and spiritual changes occur to activate this potential. Come and heal – body, mind and spirit so that you can channel this blessing toward others and begin to bring about a sense of harmonious and purposeful living.

Through asana, inner practices, studying yogic scriptures, such as the Hatha Yoga Pradipika and Pantanjali's Yoga Sutras, and lectures on Tantra and Shabda teachings, we will focus on weaving the yogic teachings into daily life and ignite your personal destiny through the Healing Power of Tantra.

This course expands upon the teachings from yogaspirit®'s Sacred Life™ Course (included in the 200 Hour Teacher Certification) and broadens the scope of teachings to include Ayurveda, Kundalini Tantra and Shabda yoga perspectives.

2. Transformative Nature of Shakti –

Learn the 10 building blocks that are essential to develop the readiness of Shakti's ascent and to dissolve that which separates us from our true nature.

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Through studying yogic scriptures and lectures in Ayurveda, Kundalini Tantra and Shabda yoga teachings, we will discover how Mantra affects physiological and spiritual changes that occur in cellular memory. We will aim at awakening Shakti's primal regenerative power and creative genius human potential.

This course expands upon the teachings from **yogaspirit**®'s Sacred Life™ Course (included in the 200 Hour Teacher Certification) and focuses your understanding on how personal free will and one's willpower, discipline and super-mental faculties all play a role in transformation.

3. Structural Assessment & Home Practice Planning -

At some point in a yogi's journey, the desire to gain more knowledge and become one's own teacher emerges from within. This course is perfect for anyone who would like to deepen their own personal practice or establish a home practice. In addition, certified yoga teachers will gain the necessary assessment skills for developing a professional private client practice.

This course includes a series of evaluations that will challenge your critical thinking in various poses to determine and assess weaknesses or key areas of limitation. All participants will learn the importance of a healthy history, including a review of stress factors, breath and nervous system functioning, and a look at lifestyle considerations for optimal health. Personal case studies will be used to discuss documentation, consultations and working with individuals who have complex histories.

Students will also learn to develop a written home practice plan for themselves and refine evaluation techniques and recommendations specific to the individual needs and level of current yogic practice.

4. Body of Sound and Consciousness -

Healing works by transforming physical pain, emotional or mental suffering, and karma that comes from a deeply rooted sense of incompleteness and separation. Starting from the core of our being out through the periphery of the physical body, Kim helps to liberate patterns of limiting consciousness to bring about healing through yogic healing therapies.

During this weekend you will be introduced to the therapeutic mind/spirit skills such as active listening, guided self-inquiry, body-frequency techniques, Subtle Pranic Body Energy healing, laying of hands and sound therapies. You will explore these skills with Kim and with each other.