

THE YOGA ROOM

2640 COLLEGE AVENUE / BERKELEY, CA 94704

ADVANCED STUDIES PROGRAM 2007–2008

Statement of Purpose

Founded in 1978, The Yoga Room is dedicated to the practice of hatha yoga as taught by B.K.S. Iyengar, author of Light on Yoga and Light on Pranayama. Our Advanced Studies Program (created in 1988) is a three-year training program at the 500-hour level.

Curriculum

Year 1. The Personal Practice Year focuses on developing a home yoga practice and a general knowledge of all aspects of yoga.

Year 2. The Apprenticeship Training Year emphasizes basic teaching skills.

Year 3. The Student Teaching Year refines teaching skills and deepens understanding.

Those who successfully complete all requirements will be awarded The Yoga Room Advanced Studies Certificate.

Admission

To enroll in the Advanced Studies Program, you must submit an application form, and have the written recommendation of your primary or ongoing teacher. There is a one-time application fee of \$10.

To be eligible for Personal Practice Classes, the applicant should have studied Iyengar-style yoga for at least the past two years, including six months in a level 2–4 class with a Yoga Room teacher or graduate. Other students are welcome to join Special Studies Classes, if space permits. (See Year 1 Overview.)

Fees & Registration

Tuition for Advanced Studies classes is \$144 per series. There may be an additional charge for handouts. Fees are due at the first class of each two-month series. Please register at least one week in advance by contacting Marie Hart as indicated below.

Tuition

Tuition for the Advanced Studies Program, including ongoing classes, is approximately \$1,960 for the first year, \$1,960 for the second year, and \$1,024 for the third year, for a total of \$4,944 for the entire program. For those who want to ease this financial burden, we offer a workstudy program.

A refund will be given for Advanced Studies classes if we receive notification of cancellation at least 24 hours before the second meeting of the class. Otherwise, fees are nonrefundable.

Length of Study

The Advanced Studies Program is a three-year program, but students may extend the time to meet their personal needs. The Program runs from September–June each year, with a two-month break in July–August.

Credit for Courses

Students who wish to receive credit for courses must attend at least seven of the eight classes per series, and submit all written papers and assignments as required.

If a student is absent more than once because of illness or other emergency, special arrangements may be made with the teacher of the class to cover the material missed, if the teacher considers it appropriate and feasible. This must be done within two months of the last meeting of the class.

Transfer of Credits

The Yoga Room will accept credit for anatomy and kinesiology courses taken at a recognized educational facility. Requests for transfer of credit for other Special Studies classes will be considered on an individual basis. Transfers generally will not be allowed for Personal Practice classes or Apprenticeship Training classes.

Contact

For information or an application form, contact Marie Hart, Administrator for the Advanced Studies Program, at 510-548-5534 or email mariehartyoga@hotmail.com.
No calls after 9:00 pm, please.

ADVANCED STUDIES FACULTY

Donald Moyer, Director

Mary Lou Weprin, Assoc. Director

**Marie Hart,
Advanced Studies Administrator**

Sandy Blaine, Bonnie Maeda,
Barbara Papini, Shari Ser,
Phid Simons, Gay White

YEAR 1: PERSONAL PRACTICE YEAR

YEAR 1 OVERVIEW

Weekly Requirements

September–June

Special Studies Class	Tues 5:45–7:15pm
Personal Practice Class	Tues 7:30–9:00pm
Ongoing Yoga Class	Level 2–4 or 3–5
Home Practice	5x per week (2x 1hr + 3x .5hr)

Special Studies Classes

These classes provide a general background in anatomy, pranayama, and yoga philosophy.

- Breathing Awareness
- Anatomy I
- The Wisdom of Yoga
- Anatomy II
- Pranayama

Personal Practice Classes

These classes are intended to give the student a deeper understanding of the poses and help to develop a home practice.

- Foundations of Asana
- Practice of Standing Poses
- Practice of Forward Bends
- Practice of Inverted Poses
- Practice of Backbends

Ongoing Yoga Class

Participants in the Personal Practice Year are required to attend a weekly class, Level 2–4 or 3–5, with a Yoga Room teacher or graduate.

Home Practice

First year students are required to practice at home a minimum of five times a week – twice for an hour and three times for at least half an hour. Second and third year students are required to practice a minimum of five times a week for at least an hour each time.

Evaluation

Upon completion of their first year, students will be interviewed for admission into the second year of the program. To be eligible for the Apprenticeship Training classes, students must have successfully completed all Special Studies classes and Personal Practice classes or their equivalents, and attended their weekly ongoing class on a consistent basis. In addition, students should have maintained a consistent home practice for the previous six months.

CLASS DESCRIPTIONS

September–October 2007

BREATHING AWARENESS

with *Gay White*

Tues, 5:45–7:15pm, 9/4–10/23

Each class will begin with supported and restorative poses to relax the pelvis and open the chest. We will then practice breathing awareness exercises and some basic pranayama. There will be time for questions and discussion.

FOUNDATIONS OF ASANA

with *Mary Lou Weprin*

Tues, 7:30–9:00pm, 9/4–10/23

This asana class will examine the basic principles of movement and alignment, and the spiritual and philosophical values inherent in the Iyengar method of hatha yoga.

November–December 2007

ANATOMY I

with *Bonnie Maeda*

Tues, 5:45–7:15pm, 10/30–12/18

In Anatomy I, we will study the structural body, the bones and joints, as well as the major internal organs and their function. Required Text: *The Anatomy of Movement*, by Blandine Calais-Germain.

PRACTICE OF STANDING POSES

with *Gay White*

Tues, 7:30–9:00pm, 10/30–12/18

The standing poses are the foundation of yoga practice in the Iyengar tradition. They strengthen the legs, improve the mobility of the hip joints, and create a firm and steady base for the elongation of the spine. In this course, we will explore proper alignment, sequencing of poses, and the use of props.

January–February 2008

THE WISDOM OF YOGA

with *Phid Simons*

Tues, 5:45–7:15pm, 1/8–2/26

This course will introduce the basic principles and common themes of Indian philosophy, as taught in the *Yoga Sutras* and the *Bhagavad Gita*. We'll apply the wisdom of these ancient teachings as a guide to better self-understanding, more effective practice, and greater happiness.

PRACTICE OF FORWARD BENDS

with *Barbara Papini*

Tues, 7:30–9:00pm, 1/8–2/26

This course will focus on different ways of sequencing and practicing seated forward bends. We will also learn how to modify poses to deal with limitations and injuries. Students will be asked to keep a journal of observations and insights.

March–April 2008

ANATOMY II

with *Shari Ser*

Tues, 5:45–7:15pm, 3/4–4/22

In Anatomy II, we will study the major muscles of the spine, shoulders, arms and hands, pelvis, legs and feet. There will be an additional charge of \$10 for a class reader. Open to students who have completed Anatomy I.

PRACTICE OF INVERTED POSES

with *Sandy Blaine*

Tues, 7:30–9:00pm, 3/4–4/22

This class will focus on the practice of Headstand, Shoulderstand, Handstand, and Elbow Balance. We will explore different ways to sequence inverted poses in relation to standing poses, forward bends, backbends, and twists, and learn how to modify our practice to deal with injury and limitation.

May–June 2008

PRACTICE OF BACKBENDS

with *Gay White*

Tues, 5:45–7:15pm, 5/6–6/24

Backbends restore a normal curve to the lumbar and cervical spine, and strengthen the back muscles. They open the chest, stimulate the nervous system and increase vitality. The purpose of this class is to deepen our understanding of backbends, and to explore different ways of practicing them.

PRANAYAMA

with *Donald Moyer*

Tues, 7:30–9:00pm, 5/6–6/24

Pranayama is the practice of yogic breathing exercises, which are intended to increase your vitality and improve the quality of your breath. This course will introduce the basic techniques of pranayama as presented in *Light on Pranayama*, by B.K.S. Iyengar.

YEAR 2: APPRENTICESHIP TRAINING YEAR

YEAR 2 OVERVIEW

Weekly Requirements

September–June

Apprenticeship Training	Tues 7:30–9:00pm
Teaching Practice Class	Wed 5:45–7:15pm
Apprenticing	Level 1–2 or 1–3
Ongoing Yoga Class	Level 2–4 or 3–5
Home Practice	5x 1 hr per week

Apprenticeship Training Classes

These classes explore basic principles of movement in relation to asana practice.

- Kinesiology and Yoga
- Teaching of Standing Poses
- Teaching of Inverted Poses
- Teaching of Backbends
- Teaching of Forward Bends

Teaching Practice Classes

These classes can be divided between the second and third year of the program.

- Introduction to Apprenticing
- Basic Teaching Skills
- Teaching Practice (3 series)

Apprenticing

Apprenticing involves assisting for a total of at least ten months at a weekly class, preferably Level 1–2 or 1–3, with a Yoga Room teacher or graduate, or other Iyengar-style yoga teacher with special permission. Introduction to Apprenticing is a prerequisite for apprenticing.

Ongoing Yoga Class

Participants in the Apprenticeship Training Year are required to attend a weekly class, Level 2–4 or 3–5, with a Yoga Room teacher or graduate.

Evaluation

To be eligible for the Student Teaching Year, students should have successfully completed all Apprenticeship Training Classes, and attended a weekly ongoing class on a regular basis. In addition, students should have maintained a consistent home practice for the preceding year.

*Classes subject to change.
Please confirm times and dates on current
Yoga Room Schedule.*

CLASS DESCRIPTIONS

September–October 2007

KINESIOLOGY AND YOGA

with Shari Ser

Tues, 5:45–7:15 pm, 9/4–10/23

This class will focus on the basic principles of movement of the major muscles and joints, especially the knees, hips, pelvis, spine and shoulders. There will be an additional charge of \$10 for a class reader.

INTRODUCTION TO APPRENTICING

with Gay White

Wed, 5:45–7:15 pm, 9/5–10/24

This series is an introduction to assisting in an asana class. We will practice basic manual adjustments—developing our sense of touch to convey clear directions in a respectful way. We will also consider how to prepare effectively for teaching a class of your own.

November–December 2007

TEACHING OF STANDING POSES

with Mary Lou Weprin

Tues, 7:30–9:00pm, 10/30–12/18

This class will focus on the sequencing of the standing poses and their relationship to each other. We will learn how to adjust standing poses for particular needs using props and variations of the poses. We will discuss the major teaching points to communicate, and determine what beginners find most challenging about these poses.

BASIC TEACHING SKILLS

with Sandy Blaine

Wed, 5:45–7:15 pm, 10/31–12/19

This class will consider the fundamental skills required to teach a safe and effective yoga class for beginners, including verbal instructions, manual adjustments, the teacher/student relationship, and the basics of managing a class. The class format will include both discussion and practical exercises. Required text: *Teaching Yoga* by Donna Farhi.

January–February 2008

TEACHING OF INVERTED POSES

with Mary Lou Weprin

Tues, 7:30–9:00pm, 1/8–2/26

This class will explore proper sequencing and preparation for inverted poses, how to determine when a student is ready to practice an inversion, and various ways to prop and modify these poses for special needs.

TEACHING PRACTICE

with Gay White

Wed, 5:45–7:15 pm, 1/9–2/27

Each week a different apprentice will teach an hour-length class to friends and colleagues. Written feedback will then be requested from all class participants, and will be assessed by the teacher moderating the class. There will be time allotted for class discussion of relevant issues.

March–April 2008

TEACHING OF BACKBENDS

with Mary Lou Weprin

Tues, 7:30–9:00pm, 3/4–4/22

Starting with a basic understanding of movement theory in relation to backbends, we will explore when and how to introduce various poses, including special preparations, and the use of props and adjustments.

TEACHING PRACTICE

with Barbara Papini

Wed, 5:45–7:15 pm, 3/5–4/23

May–June 2008

TEACHING OF FORWARD BENDS

with Mary Lou Weprin

Tues, 7:30–9:00pm, 5/6–6/24

This course will explore safe ways to teach seated forward bends, using preparatory exercises, props, and manual adjustments. We will practice both working dynamically for proper alignment and holding the poses longer for their restorative power.

TEACHING PRACTICE

with Sandy Blaine

Wed, 5:45–7:15 pm, 5/7–6/25

YEAR 3: STUDENT TEACHING YEAR

YEAR 3 OVERVIEW

Weekly Requirements

September–June

Supervised Teaching	Level 1–2 or 1–3
Monthly Grad Seminar	Sat 2:00–5:00pm
Ongoing Yoga Class	Level 2–4 or 3–5
Home Practice	5x 1 hr per week

Supervised Teaching

The Student Teacher will teach an ongoing class for beginning students for at least ten months under the supervision of a Yoga Room teacher or graduate, who will observe the class at least once. The fee for Supervised Teaching is \$144.

Monthly Graduate Seminar

A Graduate Seminar will be given for three hours one Saturday afternoon each month for ten months.

Ongoing Yoga Class

Participants in the Student Teaching Year are required to attend a weekly class, Level 2–4 or 3–5, with Mary Lou Weprin or Donald Moyer.

Optional Courses

During the Student Teaching Year, students are encouraged to explore at least one of the following options:

- Attendance at one series of Restorative Yoga, and assisting at one series of Restorative Yoga;
- Attendance at one series of Yoga for 55+, and assisting at one series of Yoga for 55+;
- Assisting at a Level 2–4 class.

Evaluation

To be eligible for graduation, students must attend at least nine of the ten Graduate Seminars, or their equivalents. Students who successfully complete all requirements for the Advanced Studies Program will be awarded a Yoga Room Advanced Studies Certificate, and will be eligible to join Yoga Alliance at the 500-hour level.

*Seminars subject to change.
Please confirm times and dates on current
Yoga Room Schedule.*

GRADUATE SEMINARS

SEEING AND UNDERSTANDING BODIES I

with Donald Moyer

Sat, Sept 15, 2–5pm

In this seminar, we will explore basic questions of alignment. Reading: *Rolfing*, Preface; Chapters 1–2.

SEEING AND UNDERSTANDING BODIES II

with Donald Moyer

Sat, Oct 13, 2–5pm

In this seminar, we will focus on the feet and ankles, especially in standing poses. Reading: *Rolfing*, Chapters 3–4.

TEACHING PRE- AND POST-NATAL YOGA

with Barbara Papini

Sat, Nov 10, 2–5pm

This seminar will provide guidelines for teaching yoga to pregnant women, including beneficial poses for each trimester. Poses for the postnatal months will be considered.

SEEING AND UNDERSTANDING BODIES III

with Donald Moyer

Sat, Dec 8, 2–5pm

In this seminar, we will explore the proper alignment of the knees and legs. Reading: *Rolfing*, Chapters 5–6.

SEEING AND UNDERSTANDING BODIES IV

with Donald Moyer

Sat, Jan 12, 2–5pm

This seminar will consider the alignment of the pelvis, and develop awareness of the sacrum and tailbone. Reading: *Rolfing*, Chapters 7–8.

TEACHING YOGA TO SENIORS

with Herta Weinstein

Sat, Feb 9, 2–5:30pm

In this seminar, we will consider various aspects of teaching yoga to seniors, such as aims, atmosphere, cautions, pacing, exercise tolerance, adaptations, and use of props.

SEEING AND UNDERSTANDING BODIES V

with Donald Moyer

Sat, Mar 8, 2–5pm

In this seminar, we will discuss the importance of the inner groins and the iliopsoas. Reading: *Rolfing*, Chapters 9–10.

SEEING AND UNDERSTANDING BODIES VI

with Donald Moyer

Sat, Apr 12, 2–5pm

This seminar will cover various aspects of the thorax, with particular focus on the sternum and collarbones. Reading: *Rolfing*, Chapters 11–13.

SEEING AND UNDERSTANDING BODIES VII

with Donald Moyer

Sat, May 10, 2–5pm

In this seminar, we will explore the relationship between the arms and shoulder blades, and will also consider the elbows, wrists and hands. Reading: *Rolfing*, Chapters 14–15.

SEEING AND UNDERSTANDING BODIES VIII

with Donald Moyer

Sat, June 7, 2–5pm

In our final seminar, we will consider the head and neck, with particular emphasis on the cervical curve. Reading: *Rolfing*, Chapters 16–18.

GRADUATION FOR CLASS OF 2008

Sat, June 21, 3–5 pm

Family and friends are welcome!