

THE YOGA ROOM

2530 San Pablo Avenue, Suite D, Berkeley, CA 94702 • YogaRoomBerkeley.com

ADVANCED STUDIES PROGRAM 2024

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*. As a multi-generational community, we are concerned with encouraging proper alignment in the poses, maintaining a balance between strength and flexibility, and making yoga available to people of all ages and abilities.

Advanced Studies Program

The Advanced Studies Program (created in 1988 by Donald Moyer and Mary Lou Weprin) is a flexible, modular program that can be adapted to suit your individual needs and interests.

Year 1: Personal Practice Year

The Personal Practice Year focuses on deepening your understanding of yoga and developing a home practice. Special Studies Classes and Personal Practice Classes are available on a series-only basis and no drop-ins are allowed. One year of yoga experience is required. (Please see page 2).

Year 2: Teacher Training Year

The Teacher Training Year emphasizes basic teaching skills and practice teaching classes.

Length of Study

The Advanced Studies Program is a two-year program, but students may extend the time. Classes may not be available every year. The Program runs from January to December. There is a summer break in July and August with classes resuming after Labor Day.

Admission to Personal Practice Year

To be eligible, students should have had one year of yoga experience. There will be a brief phone interview and a one-time application fee of \$75.

Admission to Teacher Training Year

To be eligible for the Teacher Training Year, students should have successfully completed all Special Studies classes and Personal Practice classes and attended their weekly ongoing class on a regular basis. In addition, students should have an established home practice.

Prior to joining the Teacher Training Year, you must have the recommendation of your primary or ongoing teacher and have completed all classes in the Personal Practice Year.

Fees and Registration

Tuition for Advanced Studies classes are noted on pages 2 and 3 in the course descriptions. There may be an additional charge for handouts. Fees are due at the first class of the series. Please register at least two weeks in advance.

Students are required to attend a weekly class, level 2-4 or 3-5, with an ASP graduate or faculty member. The cost to attend these classes is not included in course tuition amounts.

Total tuition for the Advanced Studies Program, including the cost for required workshop hours is approximately \$3,400 for the first year and \$3,800 for the second year, or about \$7,200 for the program. For those who want to ease this financial burden, we offer work-study.

Certification

The Yoga Room will certify students who successfully complete all elements of the program. Graduates are eligible to join The Yoga Alliance at the 500-hour level.

Certification Requirements:

- ~ Successful completion of all 20 courses
- ~ 10 month apprenticeship
- ~ Four months of practice teaching
- ~ 30 hours of workshops taken at The Yoga Room
- ~ Home practice five times a week
- ~ Practicing weekly in a level 2-4 or 3-5 asana class with an ASP graduate or faculty member

Continuing Education

We offer a wide variety of Continuing Education classes, workshops, and intensives for certified teachers. (Please see page 4).

FACULTY

Co-Directors:
Mary Lou Weprin & Gay White

ASP Coordinator:
Gaby McKayle

Teachers:
**Mary Ann Furda, Tasha Hansen,
Phid Simons, Betsy Weiss,
Mary Lou Weprin, Gay White**

Founding Director:
Donald Moyer

SPECIAL STUDIES & PERSONAL PRACTICE

OVERVIEW

Offered in 2024

Weekly Requirements

Special Studies Class / Personal Practice Class
Mondays and Tuesdays, 5:45–7:15 pm
Weekly Ongoing Class: Level 2–4 or 3–5
Home Practice: 5 times per week

Special Studies Classes

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

Breathing Awareness
Yoga Anatomy I & II
The Wisdom of Yoga
Kinesiology and Yoga

Personal Practice Classes

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

Developing a Home Practice
Practice of Standing Poses
Practice of Inverted Poses
Practice of Forward Bends
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 an ASP graduate or faculty member.

Home Practice

First-year students are required to practice at home a minimum of five times per week: twice for one hour and three times for at least 30 minutes. Second-year students are required to practice a minimum of five times a week for at least one hour each time.

Evaluation

Students will be interviewed prior to beginning the Teacher Training courses to assess their readiness for the Teacher Training track. To be eligible for the Teacher Training track, students must have successfully completed all Special Studies classes and attended their weekly ongoing class on a regular basis. In addition, students should have maintained a consistent home practice.

IN-PERSON AND ONLINE CLASSES

Year 1 in 2024, classes will return to being in-person only at The Yoga Room. Students in the 2024 Year 2 courses may attend either in-person (encouraged) or online.

CLASS DESCRIPTIONS

January-February 2024

BREATHING AWARENESS

with Gay White

Mon, 5:45–7:15pm, 1/8–2/26 | 8 classes, \$265

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

DEVELOPING A HOME PRACTICE

with Tasha Hansen

Tues, 5:45–7:15pm, 1/9–2/27 | 8 classes, \$265

We will talk about how to structure a practice session, from time-management to effective warm-ups and preps for the main poses you plan to practice. We will explore important poses in all the pose categories around which a practice can be structured. Suggestions will be given for ways to vary practices.

March-April 2024

YOGA ANATOMY I

with Mary Ann Furda

Mon, 5:45–7:15pm, 3/4–4/22 | 8 classes, \$265

Anatomy I will study the structure of the body, including the axial and appendicular skeleton, as well as joint characteristics and range of motion.

PRACTICE OF STANDING POSES

with Betsy Weiss

Tues, 5:45–7:15pm, 3/5–4/23 | 8 classes, \$265

The standing poses 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.

May-June 2024

PRACTICE OF INVERTED POSES

with Rinat Fried

Mon, 5:45–7:15pm, 5/6–6/24 | 7 classes, \$232

This class will focus on the practice of headstand, shoulder stand, handstand, and elbow balance. We will explore different ways to practice inverted poses in terms of sequence, modifications, and alternatives for those with injury and limitation. (No class 5/27)

THE WISDOM OF YOGA

with Phid Simons

Tues, 5:45–7:15pm, 5/7–6/25 | 8 classes, \$265

This course will introduce the 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 self-understanding, more effective practice, and greater happiness.

July/Aug – Summer Break

September-October 2024

YOGA ANATOMY II

with Mary Ann Furda

Mon, 5:45–7:15pm, 9/9–10/28 | 8 classes, \$265

We will study the major muscles of the spine, shoulders, arms and hands, pelvis, legs and feet. Prerequisite: Yoga Anatomy I.

PRACTICE OF FORWARD BENDS

with Betsy Weiss

Tues, 5:45–7:15pm, 9/10–10/29 | 8 classes, \$265

This course will focus on 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.

November-December 2024

KINESIOLOGY AND YOGA

with Mary Ann Furda

Mon, 5:45–7:15pm, 11/4–12/16 | 7 classes, \$232

This class will focus on the basic principles of movement of the major muscles and joints, especially the knees, hips, pelvis, spine, and shoulders. (No class 11/25)

PRACTICE OF BACKBENDS

with Gay White

Tues, 5:45–7:15pm, 11/5–12/17 | 7 classes, \$232

Backbends restore a normal spinal curve and strengthen the back muscles. They open the chest, stimulate the nervous system and increase vitality. This class is meant to deepen our understanding of backbends and explore different ways of practicing them. (No class 11/26)

TEACHER TRAINING

OVERVIEW

Offered in 2024

Weekly Requirements

Teacher Training / Teaching Practice Classes
Tuesdays and Wednesdays, 5:45–7:15pm

Saturday Workshops	Monthly
Apprenticing	10 months
Supervised Teaching	4 months
Ongoing Yoga Class	Level 2–4 or 3–5
Home Practice	5x 1 hr per week

Teacher Training Classes

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

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

Teaching Practice Classes

These classes focus on communication skills and hands-on adjustments.

- Basic Teaching Skills
- Introduction to Apprenticing
- Pranayama
- Teaching Practice Class I & II

Saturday Workshops

To graduate, you must attend at least 30 hours of Saturday workshops, weekend intensives, or summer intensives at The Yoga Room during your time in the program (can be started in Year 1).

Apprenticing

Apprenticeship involves assisting for at least ten months at a weekly class, preferably level 1-2 or 1-3, with an ASP graduate or faculty member. Students are required to take Introduction to Apprenticing concurrent with or prior to beginning an apprenticeship. Yoga insurance is required by most studios for student teachers that are assisting in classes.

Supervised Teaching

You are required to teach an ongoing class for beginning students for at least four months under the supervision of an ASP graduate or faculty member who will observe the class at least once. The fee is \$256.

Ongoing Yoga Class

Participants in the Teacher Training track are required to attend a weekly class, level 2-4 or 3-5, with an ASP graduate or faculty member.

CLASS DESCRIPTIONS

Courses must be taken in the order presented below:

January-February 2024

FOUNDATIONS OF ASANA

with Mary Lou Weprin

Tues, 5:45–7:15pm, 1/9–2/27 | 8 classes, \$265

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.

BASIC TEACHING SKILLS

with Gay White

Wed, 5:45–7:15pm, 1/10–2/28 | 8 classes, \$265

We will consider the fundamental skills required to teach a safe and effective class for beginners, including verbal instructions, organizing a group and teaching topics.

March-April 2024

TEACHING OF STANDING POSES

with Mary Lou Weprin

Tues, 5:45–7:15pm, 3/5–4/23 | 8 classes, \$265

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.

INTRODUCTION TO APPRENTICING

with Gay White

Wed, 5:45–7:15pm, 3/6–4/24 | 8 classes, \$265

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.

May-June 2024

TEACHING OF INVERTED POSES

with Mary Lou Weprin

Tues, 5:45–7:15pm, 5/7–6/25 | 8 classes, \$265

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.

PRANAYAMA

with Gay White

Wed, 5:45–7:15pm, 5/8–6/26 | 8 classes, \$265

Pranayama is the practice of yogic breathing exercises, which are intended to increase your vitality and improve the quality of your breath. Prerequisite: Breathing Awareness.

July/Aug – Summer Break

September-October 2024

TEACHING OF BACKBENDS

with Mary Lou Weprin

Tues, 5:45–7:15pm, 9/10–10/29 | 8 classes, \$265

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 CLASS I

with Gay White

Wed, 5:45–7:15pm, 9/11–10/30 | 8 classes, \$265

Each week a different apprentice will teach an hour-long class. Written feedback will be requested from all class participants and assessed by the teacher moderating the class.

November-December 2024

TEACHING OF FORWARD BENDS

with Mary Lou Weprin

Tues, 5:45–7:15pm, 11/5–12/17 | 7 classes, \$232

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. (No class 11/26)

TEACHING PRACTICE CLASS II

with Gay White

Wed, 5:45–7:15pm, 11/6–12/18 | 7 classes, \$232

Each week a different apprentice will teach an hour-length class. Written feedback will be requested from all class participants, and assessed by the teacher moderating the class. (No class 11/27)

CONTINUING EDUCATION

FOR GRADUATES

Offered in 2024

Workshops* and Intensives
Advanced Practice Class
Pranayama

Workshops & Intensives

Saturday workshops, weekend workshops, and intensives are scheduled throughout the year. Saturday workshops are generally held from 2–5pm.

Advanced Practice Class

The Advanced Practice Class, led by Mary Lou Weprin, meets from 9:30–11:30am Thursday mornings at The Yoga Room. For permission to join the class, please contact Mary Lou at 510-236-0295.

Pranayama

Ongoing pranayama classes with Gay White are offered throughout the year. For more information, call Gay at 510-204-9322.

**Workshops are subject to change. Please confirm times and dates on the current Yoga Room schedule.*

Continuing Education

Graduates from the ASP or other teacher-training programs at the 200-hour level or greater can earn continuing education units for Graduate Seminars. Speak with the instructor prior to the class as there may be additional requirements for CEU credit.



2024 ASP GRADUATE SEMINARS

MOVEMENT IN YOGA SERIES

I – Saturday February 3, 2–5pm Yoga Movement with Gay White

A practice of connected asanas, unbroken phrases and strengthening movement variations. We move through balanced asana sequences, with natural breath awareness and an inner focus. Movement and yoga can create stillness, joy, and fresh movement possibility from one's whole self.

II – Saturday, March 2, 2–5pm Circularity in Asana with Mary Lou Weprin

The body is multi-dimensional and our yoga practice can reflect this. We can learn to move around the joints to enhance joint health and create more space, avoiding narrow, angular movements. The organs are multi-dimensional and benefit from this kind of breathable, circular space. We will create circular space in standing, seated, inverted and twisting poses.

III – Saturday, April 6, 2–5pm Movement & Iyengar Yoga with Michael Lucey

Movement is used in Iyengar Yoga for a variety of reasons. Some are physical (addressing mobility and strength), some have to do with integrating the breath with asana, and some are mental or psychological (addressing alertness, acuity, balance, and mood). In this workshop, we will use movement in asana in to clarify the different functions that movement can serve.

IV – Saturday, May 4, 2–5pm Yoga and Body-Mind Centering with Barbara Steiber

Body-Mind Centering, as developed by Bonnie Bainbridge Cohen, is a deep study of embodiment practices applied to movement and one's life. In this class, we will look at our skeletal, organ, and fluid systems to see how they influence and support ease of movement in the yoga asanas. This practice utilizes movement, touch, voice and mind.

V – Saturday, June 1, 2–5pm Transitions for Stability and Freedom with Gay White

By experimenting with transitions between asanas, we will develop strength, alignment and safety in our practice. We'll study moving between reclined, seated and standing, and moving with the breath. There will be options as needed.

VI – Saturday, September 7, 2–5pm Inversions and Variations with Mary Lou Weprin

Our Inversions focus will include preparations and propping suggestions for different stages of Handstand, Elbow Balance, Headstand and Shoulderstand. We will also practice variations in Headstand and Shoulderstand with attention to making these poses more accessible.

VII – Saturday, October 5, 2–5pm Surya Namaskar with Michael Lucey

In this workshop we will review and practice the poses that make up the basic sequence of Surya Namaskar and learn ways of modifying it to make it accessible to people in different circumstances. We will look at how the basic Surya Namaskar can be expanded in a number of directions and how it fits within a larger category within Iyengar Yoga, called "jumpings."

VIII – Saturday, November 2, 2–5pm Inner Body Movement with Barbara Steiber

In this class we will explore how patterns of development in utero and infant development are present in yoga asana movements. This class will continue the study of Bonnie Bainbridge Cohen's Mind-Body Centering.

\$480—series of 8 seminars or
\$65 for individual class(es)

2024 GRADUATION CELEBRATION

Saturday, Dec. 14, 3-5pm
Family and friends are welcome!