

# THE YOGA ROOM

2530 San Pablo Avenue, Suite D, Berkeley, CA 94702 • [YogaRoomBerkeley.com](http://YogaRoomBerkeley.com)

## ADVANCED STUDIES PROGRAM 2022

### 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

(not offered in Jan 22)

### Year 2: Teacher Training Year

The Teacher Training Year emphasizes basic teaching skills and practice teaching classes. Students who successfully complete this year will be awarded a Yoga Room teaching certificate and will be eligible to join Yoga Alliance at the 500-hour level.

### 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 in the course descriptions. 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 ongoing classes, is \$3,800 for the second year. For those who want to ease this financial burden, we offer work-study.

For information contact Gay White:  
[gay.yogagarden@gmail.com](mailto:gay.yogagarden@gmail.com) / 510-204-9322

### FACULTY

#### Founding Director:

Donald Moyer

#### Co-Directors:

Mary Lou Weprin & Gay White

#### Teachers:

Debbie Gilman, Mary Ann Furda, Phid Simons

### Length of Study

The Teacher Training Program is a two-year program, but students may extend the time.

Classes may not be available every year.

This year runs from January to December, with a summer break in July and August.

### Certification

The Yoga Room will certify students who successfully complete all elements of the program.

### 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

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## TEACHER TRAINING

### Weekly Requirements

#### January-December

Teacher Training Class: Tues, 5:45–7:15 p.m.  
Teaching Practice Class: Wed, 5:45–7:15 p.m.  
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

### 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.

### 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 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 \$240.

### Ongoing Yoga Class

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

## GRADUATION CELEBRATION

Saturday, December 10, 3–5pm

Family and friends are welcome!

For information contact Gay White at  
info@yogaroomberkeley.com | 510-204-9322

## OVERVIEW

*Courses must be taken  
in the order presented:*

### January-February 2022

#### FOUNDATIONS OF ASANA

*with Mary Lou Weprin*

**Tues, 5:45–7:15pm, 1/4-2/22  
8 classes | \$240**

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*

**Weds, 5:45–7:30pm, 1/5-2/23  
8 classes | \$240**

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 2022

#### TEACHING OF STANDING POSES

*with Mary Lou Weprin*

**Tues, 5:45–7:15pm, 3/1-4/19  
8 classes | \$240**

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.

#### INTRO TO APPRENTICING

*with Gay White*

**Weds, 5:45–7:30pm, 3/2-4/20  
8 classes | \$240**

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 2022

#### TEACHING OF INVERTED POSES

*with Mary Lou Weprin*

**Tues, 5:45–7:15pm, 4/26-6/14  
8 classes | \$240**

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

#### PRANAYAMA

*with Gay White*

**Weds, 5:45–7:30pm, 4/27-6/15  
8 classes | \$240**

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–August 2022

– ASP BREAK –

### September-October 2022

#### TEACHING OF BACKBENDS

*with Mary Lou Weprin*

**Tues, 5:45–7:15pm, 9/6-10/25  
8 classes | \$240**

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

#### TEACHING PRACTICE CLASS

*with Gay White*

**Weds, 5:45–7:30pm, 9/7-10/19  
7 classes | \$210**

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. There will be time for discussion.

### November-December 2022

#### TEACHING OF FORWARD BENDS

*with Mary Lou Weprin*

**Tues, 5:45–7:15pm, 11/1-12/13  
7 classes | \$210**

This course will explore safe ways to teach seated forward bends, using preparatory exercises, props, and manual adjustments. We will practice both dynamically for alignment and longer holds for the restorative effect.

#### TEACHING PRACTICE CLASS

*with Debbie Gilman*

**Weds, 5:45–7:15pm, 11/2 -12/14  
7 classes | \$210**

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. There will be time for discussion.