

THE YOGA ROOM

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

ADVANCED STUDIES PROGRAM 2023

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. 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. (Please see page 3).

Continuing Education

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

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 ongoing classes, is approximately \$3,600 for the first year \$4,000 for the second year or about \$7,600 for the program. For those who want to ease this financial burden, we offer work-study.

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.

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

FACULTY

Founding Director:
Donald Moyer

Co-Directors:
Mary Lou Weprin & Gay White

Teachers:
Debbie Gilman, Mary Ann Furda,
Jason Hardage, Phid Simons,
Betsy Weiss, Mary Lou Weprin,
Gay White

SPECIAL STUDIES & PERSONAL PRACTICE

OVERVIEW

Offered in 2023

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.

Intro to Advanced Yoga Studies
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.

COVID CONSIDERATIONS

We are committed to offering ASP Year 1 classes in 2023 and Year 2 classes in 2024 on Zoom and will offer hybrid classes when public health recommendations permit. Workshop and intensive classes (in person only, Zoom only, or hybrid) are at the discretion of the teacher. We strongly encourage ASP students to attend in-person when possible.

CLASS DESCRIPTIONS

January-February 2023

BREATHING AWARENESS

with Gay White

Mon, 5:45–7:15pm, 1/9–2/27 | 8 classes, \$256

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 Mary Lou Weprin

Tues, 5:45–7:15pm, 2/7–2/28 | 4 classes, \$130

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 2023

YOGA ANATOMY I

with Jason Hardage

Mon, 5:45–7:15pm, 3/6–4/24 | 8 classes, \$256

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, 3/7–4/25 | 8 classes, \$256

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 2023

PRACTICE OF INVERTED POSES

with Gay White

Mon, 5:45–7:15pm, 5/1–6/26 | 8 classes, \$256

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.

THE WISDOM OF YOGA

with Phid Simons

Tues, 5:45–7:15pm, 5/2–6/27 | 8 classes, \$256

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 2023

YOGA ANATOMY II

with Mary Ann Furda

Mon, 5:45–7:15pm, 9/11–10/30 | 8 classes, \$256

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 Debbie Gilman

Tues, 5:45–7:15pm, 9/12–10/31 | 8 classes, \$256

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 2023

KINESIOLOGY AND YOGA

with Mary Ann Furda

Mon, 5:45–7:15pm, 11/6–12/18 | 7 classes, \$224

This class will focus on the basic principles of movement of the major muscles and joints, especially the knees, hips, pelvis, spine, and shoulders.

PRACTICE OF BACKBENDS

with Gay White

Tues, 5:45–7:15pm, 11/7–12/19 | 7 classes, \$224

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.

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, \$256

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, \$256

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, \$256

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, \$256

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, \$256

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, \$256

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, \$256

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, \$256

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, \$224

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 CLASS II

with Debbie Gilman

Wed, 5:45–7:15pm, 11/6–12/18 | 7 classes, \$224

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.

CONTINUING EDUCATION

FOR GRADUATES

Offered in 2023

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 January–December at 9:30–11:30am every Thursday morning 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

You can earn Continuing Education Units if you have graduated from our Advanced Studies Program, are certified by another teacher-training program at the 200-hour level or greater, or by permission of the teacher.

Credit for Courses

Students who wish to receive credit for courses must attend all classes and submit all written papers and assignments required. Students who miss class due to illness or other emergency are required to complete all missed assignments and written papers as prescribed and at the discretion of the faculty member teaching the course. The make-up work must be completed within one week of the final class.

2023 ASP GRADUATE SEMINARS

SEEING AND UNDERSTANDING BODIES

with Gay White

I – Saturday, January 7, 2–5pm

In this seminar, we will explore basic questions of alignment.

II – Saturday, February 4, 2–5pm

In this seminar, we will focus on the feet and ankles, especially in standing poses.

III – Saturday, March 4, 2–5pm

In this seminar, we will explore the proper alignment of the knees and legs.

IV – Saturday, April 8, 2–5pm

This seminar will consider the alignment of the pelvis and develop awareness of the sacrum and tailbone.

V – Saturday, June 3, 2–5pm

In this seminar, we will discuss the importance of the inner groins and the iliopsoas.

VI – Saturday, September 9, 2–5pm

This seminar will cover various aspects of the thorax, with particular focus on the sternum and collarbones.

VII – Saturday, October 7, 2–5pm

We will explore the relationship between the arms and shoulder blades, and will also consider the elbows, wrists and hands.

VIII – Saturday, December 2, 2–5pm

In our final seminar, we will consider the head and neck, with particular emphasis on the cervical curve.

\$440 – series of 8 seminars

TWISTS

with Mary Lou Weprin

Saturday, May 6, 2–4pm | \$55

Starting with warm-ups and preparations, we will progress from standing twists to seated twists. We will analyze each pose for its uniqueness and discuss props and practice variations including basic twists in inversions.

YOUR MID BACK

with Debbie Gllman

Saturday, November 4, 2–5pm | \$60

A strong shoulder girdle helps support upright posture, and knowing how to engage the muscles of the mid-back can protect the shoulder joints. In this workshop we will find the muscles of the mid-back and strengthen them through our yoga practice.

2023 HOLIDAY CELEBRATION

Saturday, December 9, 3–5pm

Family and friends are welcome!

