



***YOGA & ENERGETIC TRANSFORMATION***

• **How to prepare for the training** •

**Includes Pre- and Post-Training Homework**

## **Yoga Energetics Teacher Training**

**May 26 - June 24, 2018**

You have brains in your head. You have feet in your shoes.  
You can steer yourself any direction you choose.  
You're on your own. And you know what you know.  
**And YOU are the one who'll decide where to go. -- Dr. Seuss**

## Yoga Energetics Teacher Training

May 26 – June 24, 2018

### How to prepare for the training

Once accepted, it's important that you keep a consistent yoga practice as well as taking care of yourself on a physical, emotional, and mental level. Make a commitment to honor what nourishes you most as well as what “lights” you up. This will prepare you for your month-long commitment during the teacher training program.

You will also receive a required reading list and homework.

### Pre-Training

The only requirement in terms of reading is Ruiz's “Four Agreements.” Once accepted, you will receive a downloadable copy of this book in audio format. On our very first day of the course, you will be asked the following questions in discussion format:

- 1) Which agreement(s) do you resonate with most?
- 2) How does this apply to your own life?

### Post-Training

1) Required Reading and Writing - due June 24, 2019

2) Karma Yoga/Seva

- a. Minimum 15 hours of any volunteer yoga - due June 24, 2019

4) Take 10 classes of different styles - minimum 60 minutes for each class, Workshops count as 1 class. For 3 of these classes, write a critique. You are welcome to take an on-line class if you are in an area where these are not accessible. - due June 24, 2019.

### Reading and Writing

You will have some sections of books to read as well as some writing to do to show how you digest the information that you read. Essentially, you will read at least one-half of two books and write two 250-word reactions to what you have read. These assignments are due within one year of the ending of your course. There is a wide selection of choice within this reading. You are welcome to complete your homework at any point before or after the course. You will not have much time to do this homework during the course as you will have other assignments to focus on. You are not required to bring these books to the course unless you want to share them with your fellow students.

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#### **Seva Yoga**

Along with reading and writing, there is a minimum of 15 hours of karma/Seva yoga post-training. You will either share your craniosacral or yoga gifts with people who may never have had access or are not able to currently afford this work. Past projects have included teaching yoga to cancer patients, yoga and/or craniosacral therapy with autistic children, yoga to children in orphanages, yoga to women in women's shelters. This sharing is a gift, meaning you don't receive any money or trade in exchange. Please get a letter with a signature to verify the type of work that you shared along with the length of time as well as location.

#### **Class Critiques**

Take a minimum of 10 classes after your training, ideally with 10 different teachers and a variety of styles. For those of you with limited access to teachers, you may have to go online and take classes or use a DVD.

For 3 of these classes, write a critique. Minimum one paragraph for each critique. You don't have to answer all of these questions but things to keep in mind in your assessment:

- o What worked?
- o How did the sequence feel on your body?
- o How was the teacher's presence?
- o Did the instructor assist/adjust you? How did that feel? Did it work? How was her/his 'voice'?
- o What didn't work - either in the sequence or in her/his delivery?

Remember teaching is like art. Some teachers will break the "rules" and still teach a God-touching class. But if the class is flat or hollow, then these guidelines on how to teach a great class could apply.

Once you complete the reading, writing, Karma Yoga, and class critiques you will have completed all of the requirements both by Cat Kabira's Yoga Energetics Training and the minimum requirements set by Yoga Alliance. You will be able to register as RYT-200 with Yoga Alliance as well. Directly after the course you will be able to start teaching if you desire.

Your required reading and writing and Seva work is due within one year of the graduation date of the training. Any late submissions result in a fee of US\$108 for each year of late submission. A percentage of this late fee goes to charity.

#### General Guidelines for the Preparation

It is required that you have been practicing yoga regularly (minimum twice a week), for a continuous 6 month period prior to this training, and recommended that you do the following for a minimum of 3-4 months prior to this training:

#### 2 - 3 times a week: Breath + Meditation practice

Focusing on your breath: If you have never sat for meditation before, an easy way to develop concentration is to count 1 on the inhale, 1 on the exhale, then 2 on the inhale, 2 on the exhale - all the way up to 10.

- If by 3 or 4, you have a thought, like "yay I'm at 3!" or, "what's for breakfast?" or you want to space out and pick your thumbnail, label the thought, (doesn't matter what you label it as: thinking about meditation, breakfast, thumbnail) and then go back to 1.
- You can also practice feeling the sensations in your body as you sit. Just observe, don't try to fix or change what is there.

This practice is not about stopping your thoughts. It's about developing your ability to focus and becoming aware when you start to go off into a thinking tangent. No matter how long you've been meditating, some days your mind will feel really clear and other times it will be racing. There is no goal. Just observe. This is only one example. There are many sitting styles. If you already have a meditation practice, continue with that.

#### A regular asana practice: 3 - 4 times a week

To get the most out of the training ahead of you, get on the mat for 60-90 minutes, at least 4 days a week.

The important thing is to get on the mat every day, or as much as possible, even if it's for 15-20 minutes. It's great to go to classes because you will be motivated to stay on the mat for longer. If there are no classes near you, download classes off of the internet or use yoga DVDs. It's good to have a mixture of self and group classes so that you can learn how to listen and teach yourself while also learning new tools.

A vinyasa, power, Forrest, slow flow, or Iyengar practice is helpful. If you do more restorative or yin yoga, also find a practice that is more dynamic. Of course your access to types of classes is dependent upon where you live.

**During the training you will be doing at least 2.15 hour practice of asana, meditation,**

Cat Kabira

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and pranayama 5 - 6 times a week.

The important thing is to deepen your relationship with your body. While the yoga training is not contingent upon you being already in amazing shape, the more practice you do beforehand will offer you the benefit of going deeper in the training itself.

**You are about to embark on a transformation that will change your life forever.**

Take some time to reflect on why you're taking this course. Journal before you show up on the first day of our course to think about: What's releasing for you right now and what you're ready to shed? What and who are you stepping into? What matters to you? Or, as Mary Oliver puts it so perfectly: "Tell me, what is it you plan to do with your one wild and precious life?"