



robin golt yoga | body mind heart

YOGA TEACHERS,

COMMIT TO YOUR FUTURE

with

*The Deepening Journey/Teaching as Yoga*

Advanced Yoga Study and Training Program

Oct. 2017 – Dec. 2018 at Sun and Moon Yoga Studio, Dorval

Here is an opportunity to **re-commit to your own practice and study** and **hone your teaching skills** in order to share yoga from a place of greater conviction, clarity and integrity.

This advanced training with **Robin Golt** and **Marianne Thorborg** offers a **dynamic, inspired, structured program of sadhana** that will support you on-goingly. It includes **yoga & tantra philosophy, history, asana, meditation** and **chanting**, as well as an exploration of more **sophisticated approaches** to teaching.



**Intrigued? Read On...**

**The Deepening Journey/Teaching as Yoga Program** is divided into 2 phases in order to inspire and educate you as a practitioner and as a teacher.

***Phase 1: The Deepening Journey.*** Here, we create a group learning environment that allows you to invest in your own practice and cultivate your understanding and experience as a contemporary Western yogi connected to the longstanding tradition of yoga.

These initial months of the program are designed to expand your comprehension and appreciation for yoga history and philosophy, and encourage you to engage with your yoga in a yet more awakened, dynamic way. You receive tools to **refine your asana and meditation practices**, plus powerful tips and guidance to help **unlock some rich yogic texts** that may otherwise feel quite inaccessible.

**Expect to set challenging, yet realistic monthly goals** for practice and study that work for you, based on your particular level of experience. Connect the dots between theory, practice and life!

***Phase II: Teaching as Yoga.*** The second half of the program integrates the Phase 1 material from the perspective of teaching, and goes deeper, bolstering and refining teaching skills from many angles. Phase 2 is designed to help ground your knowledge and allow wisdom to infuse your teaching. Depending on the type of students you work with, your goals and the orientation of your teaching, you will be encouraged and guided through the process of going to the next step in what you offer them.

**Monthly assignments will cover many aspects** of teaching, as well as anatomy & physiology.



*SARASWATI. The Indian goddess of wisdom & learning, speech, and the arts. I include her as a reminder that when we feel the urge to understand more deeply, or to articulate with greater clarity, we are experiencing her pull, the pull of something noble, gracious.*

**The Deepening Journey/Teaching as Yoga** Program is for current yoga teachers who have completed a 200-hr training or the equivalent. The program is registered with **Yoga Alliance** (YA) at the 300-hour level.

Participants who successfully complete this program (min. 95% attendance, all homework & other assignments in a timely fashion) will receive a Completion Certificate which may qualify them to register with YA at the 500-hour level.

### **Format & Location:**

Regular meetings, from October 2017 through December 2018, at Sun & Moon Yoga Studio, 557 Lakeshore Drive, in Dorval.

### **Format:**

- 1 or 2 Fridays per month, most months, 8:30 am - 3:30 pm
  
- 4-day intensives every few months of the training, Thursday to Sunday, 8:30 am - 5:30 pm (5 intensives in total)
  
- 1 final 2-day weekend, 8:30 am – 4:30 pm, in Dec. or January, based on the group's needs.

**Calendar of gatherings with specific dates is included at the end of this document.**

### **Additional Time Investments:**

In addition to attending all our group sessions, participants will be asked to:

- Attend at least one regular asana class per week with an agreed-upon teacher
- Maintain a personal home asana practice min 2x a week
- Establish a regular personal meditation practice
- Complete all reading & writing assignments on time

## **Pre-Requisites:**

- Completion of a 200-hour or equivalent yoga teacher training
- 2 years (approx.) teaching experience
- Willingness to engage fully with all aspects of the training
- An ongoing, regular asana practice. (Consistent, not fancy practice.)

## **How to Apply:**

- Download the 2017 Deepening Journey/Teaching as Yoga Application Form, or pick up a hard copy.
- Answer all questions on the form, and sign the agreement page.
- Submit the hard copy application with your administration fee either via snail-mail or in person, or e-mail a scanned copy. Payments can be made via cheque or e-transfer.

Ideally, your application and administration fee **are in our hands before June 30**. That way, you will have plenty of time to enjoy the Roots of Yoga Online Course of Study (included at no charge for all early-bird applicants) over the summer to help prepare for the program, plus you benefit from the **early-bird discount**.

We will be accepting 10-14 students into the 2017-2018 cycle of the program. The application process formally closes on Sept. 10.

We highly encourage you to apply asap.

**If we haven't met before, please write Robin at [robin@robingolt.com](mailto:robin@robingolt.com) to set up a time for a short chat on the phone.**

## Investment:

Full tuition **\$3990 + taxes** (includes \$425 administration fee)\*

Early-bird rate: **\$3800 + taxes** (includes \$425 administration fee & *Roots of Yoga Online Course of Study*). Application & administration fee due by June 30, 2017.\*

\*Note that regular full tuition rate does not include the cost of *Roots of Yoga Online Course*, Parts 1 & 2, which is required material for all participants. However, you will benefit from a hefty “discount” as a student.

\*\* Take advantage of the early-bird price to benefit from both the discounted tuition, plus receive the *Roots of Yoga Online Course* at no cost (a \$320 value).

Payment Schedule: See application form.

## Required Texts & Resource Material:

- *Deepening Journey/Teaching as Yoga Manual & Workbook* (Included at no cost with program)
- *Roots of Yoga, Online Course of Study*, Parts 1 & 2 (included free for early-bird applicants).
- *Yoga Sutra* of Patanjali
- *Bhagavad Gita* (commentary by Swami Satchidananda)
- *Splendor of Recognition, the Prayabhijnahridayam*, by Swami Shantananda
- *Light on Yoga*, BKS Iyengar
- *The Complete Idiot's Guide to Hinduism*, Linda Johnsen

Anatomy text, to be determined

You can find additional information about the program on my website,

[www.robngolt.com](http://www.robngolt.com)

QUESTIONS? CONCERNS? WANT TO TALK?

Contact me at [robin@robngolt.com](mailto:robin@robngolt.com).

I will be happy to write back or schedule a phone call.

## Schedule of Deepening Journey/Teaching as Yoga Gatherings

Fridays, 8:30 am – 3:30 pm

Intensives: Thurs-Sun, 8:30-5:30

### 2017

October 13

October 27

Nov. 10

November 23-26

Dec. 8

### 2018

Jan. 12

January 25-28

Feb. 9

Feb. 23

March 16

April 19-22

May 4

May 25<sup>th</sup>

June 8

June 15

July 5-8

Sept. 21

Oct. 12

Oct. 26

November 15-18

Dec. 7

FINAL WEEKEND DATE *to be determined*