



## Mindful Yoga Teacher Training

### Unique 200+ Hour Mindful Yoga Teacher Dual Certification Program

Eligible Participants will receive

1. Mindful Yoga Teacher Certificate &
2. SMART (Stress Management and Resiliency Techniques) for Educators and Helping Professionals Certificate

CYA (Canadian Yoga Alliance) Registered



#### Course Description

This course is specifically designed for those who have a strong interest in sharing mindfulness and yoga practice, including mindfulness facilitators, school teachers, or health care providers, giving you the tools to empower yourself and your participants.

The course merges the two wisdom streams of Hatha Yoga and Mindfulness. As a Mindfulness Everyday Yoga Teacher graduate, you leave our 200+ hour training with the skills you need to lead safe, encouraging and contemplative Mindful Yoga classes as well as facilitating Mindfulness groups in community, educational and professional settings.

Explore and deepen your knowledge of Yoga philosophy and history, anatomy and physiology, yoga ethics/lifestyle, teaching methodology, mindfulness meditation, and breath work through hands-on instruction, independent study, and assignments. You will learn how to safely and confidently offer modifications, posture options, clarification of contraindications, and create a complete series of classes with progressive levels of difficulty.

The SMART (Stress Management and Resiliency Techniques) curriculum trains participants to better manage work-related and personal stress, in order to cultivate emotional balance, compassion, and enhanced relationship to self and others, as well as incorporate mindfulness into yoga instruction.

The course will provide information on the Business of Yoga and will address how to earn a supplemental income teaching in studios, community centres and private students by understanding the ethical professional obligations, tax benefits and implications.

For more information, please contact

Natalia Fister [natalia.fister@mindfulnessseveryday.org](mailto:natalia.fister@mindfulnessseveryday.org)

REGISTER NOW



*No prior experience in yoga or mindfulness necessary. We will differentiate instruction to meet the needs of all levels of students.*

This comprehensive program blends the best of mindfulness and yoga practices so that you can teach safely and with confidence. Our teachers have a long history of teaching yoga and meditation in a variety of settings.

*I am now confident that I have a solid foundation of mindfulness, the Asanas, breath work, and guided meditations with plenty of resources to find answers for questions as they arise and continued learning. I am ready to begin my teaching and learning journey.*

*~Helen Dea (MYTT graduate 2019)*

#### Materials Required:

- yoga mat / blanket / bolster / 2 yoga blocks / 1 yoga strap – 8ft / coloured pencils

#### Materials Supplied:

- Comprehensive Yoga / Mindfulness Binder, Handouts, Journal, incidentals & extensive resources.

#### 10 weekend training:

January to December 2024

Fee: \$3,500 plus \$200 material fee

Payment Details: \$900 deposit to secure your spot, includes materials fee; 4 monthly payments of \$700 to pay for the balance of the course fee, allowing you to "pay as you learn". Tax deductible receipt provided.

#### Location: Online & In-person

The Latvian Centre  
4 Credit Union Dr.,  
North York, ON M4A 2N8

Date and Times Saturdays 8:30 am—  
5 pm Sundays 9 am—5 pm

January 27-28, 2024, February 24-25,  
March 23-24, April 20-21, May 11-12,  
June 8-9

September 14-15, October 19-20,  
November 9-10, December 7-8, 2024

Practice Mindfulness  
Everyday®

[www.mindfulnessseveryday.org](http://www.mindfulnessseveryday.org)



## Who Should Attend:

The course will deliver participants who have specific personal and professional needs with the structure and modifications required to deliver both Mindful Yoga and Mindfulness classes.

For example:

For mindfulness facilitators, we will provide movement flows that compliment the themes of Mindfulness-based interventions (MBSR, MBCT, SMART), providing you with the training and information required to guide mindful movement/yoga practices safely and authentically.

For high school teachers we will help you write a proposal to present to your principal, a course outline, rubrics, and a student course pack to have this course offered as a grade 11 and/or 12 inter-disciplinary credit.

## Specific Learning outcomes:

Upon completion of this program, students will have gained knowledge in the following areas:

- ◊ Anatomy: An introduction to Functional Anatomy to understand the wide scope of needs for different levels of students.
- ◊ Philosophy: An introduction to Yoga Philosophy and Ethics, focusing on Patanjali's Eight Limbs of Yoga, the Chakra system and Buddhist Philosophy — that which is relevant to secular contexts.
- ◊ Pranayama/Breathwork: an introduction to the experience of mind-body-breath integration through yogic breathing and how to incorporate various breathing techniques into posture sequencing.
- ◊ Asana/Yoga Poses: Practical skills necessary for teaching, including:
  - Balancing between verbal instruction, demonstration, and hands-on assisting students.
  - How to design safe, systematic sequencing for a variety of needs, ages, body types and physical limitations.
  - Mindful Movement: yoga from the inside out — respecting the body's need to sometimes do less, not more, in order to heal and integrate.
  - Deepening one's personal practice over time while respecting the cycles of change and the "aging body".
- ◊ SMART Curriculum: The scaffolding curriculum is built on Mindfulness-Based Stress Reduction, Self-Compassion and Emotional Balance, providing the practices and techniques for imbedding mindfulness into your life, both personally and professionally helping you to:
  - Manage stress through a greater understanding of emotions
  - Employ self-care techniques to cultivate personal and professional resilience.
  - Create effective strategies for relating to challenging situations.
  - Enhance concentration and executive function (planning, decision-making, and impulse control).
  - Revitalize purpose, personally and professionally
  - Improve your overall mental and physical health
  - Promote happiness through healthy habits of the mind
  - Integrate mindful awareness into a Yoga class

### Typical Weekend Format

#### Saturday

8:30—9:00 am Group check-in/centering/setting intention

9:00—10:30 am Yoga

10:30—11:30 am Anatomy

11:30 — 12:00 Asana /posture lab

12:00—1:00 pm Communal Lunch 1:00—

2:00 pm Philosophy of Yoga 2:00—2:30

pm Asana /posture lab 2:30—3:30 pm

Breath Work / Pranayama 3:40—4:00 pm

Asana /posture lab 4:00—5:00 pm Group

Debrief and Sharing

#### Sunday

9:00—10:30 am Yoga

10:30—11:30 am Anatomy

11:30 — 12:00 Asana /posture lab

12:00—1:00 pm Pot-Luck Lunch

1:00—5:00 pm SMARTeducation -

Mindful Curriculum

*The schedule will be adapted to accommodate breaks and evolving needs.*

### Certificate Requirements

130 hrs	In-class yoga component: Supervised practice teaching sessions with constructive feedback
20 hrs	SMART Mindfulness Program in-class component
50 hrs	Yoga Self-Study/Homework: includes reading texts, journal assignments, external classes — including DVD's, external and online classes, etc.
20 hrs	Smart Mindfulness Program home practice
10hrs	An independent study / research project: pertaining to your own specialized area of interest co-developed with the staff

