



Founded and Directed by
Aadir Palkhivala and Mirra
World-renowned yoga masters, expanding the flame of Purna Yoga

500-hr Purna Yoga Teacher Training

Yoga Alliance Approved • State-Licensed Vocational School

For those who have completed a 200-hour training
and are ready to go to the next level—

**Nourish yourself with a holistic program
from a dedicated lineage, and learn to
teach and practice from the heart of yoga.**



*"Our life should be governed by the Love for
Truth and the thirst for Light."* -The Mother

The 500-hour level consists of 300 hours of classes (three 13-day intensives) and independent study (two 14-week sessions of book reviews, asana and meditation practice, and anatomy study). While at the College, you will receive the tools, techniques, and information to deepen your teaching, and when you are away from the College, you will have the time to integrate, deepen, and apply what you have learned. Looking deep within yourself, you will learn to discover the areas that hold promise, and unveil their potential. Plan to delve into the wellsprings of your inspiration to teach yoga, and into your heart, bringing forth the teacher within. In this course, expectations are higher and living yoga is the goal. Graduates of this program may apply to be an Affiliated *Purna Yoga* Instructor.

Each participant receives a 510-page manual, written by Aadir Palkhivala
(See next page for manual contents.)

Prerequisite: One 200-hour Teacher Training (which must be from a Yoga Alliance Registered School if you intend to register as an RYT-500 upon completing this course), and —if your 200-hour course was not in *Purna Yoga*— at least 30 hours of *Purna Yoga* experience and the *Purna Yoga* 500-hr Prep Course on Jan 10, 2010, 1:00-7:30 pm (\$120).

2010 Start Dates and Cost (Courses must be completed sequentially):

Registration Fee (due with application)	\$ 100
Course 1: Jan 11-23, 2010 (payment due by Dec 30)	\$1,890
Course 2: May 17-29, 2010 (payment due by May 3)	\$1,890
Course 3: Sep 6-18, 2010 (payment due by Aug 30)	\$1,890



Teaching Purna Yoga

The 500-hour Course Manual, by Aadil Palkhivala

Manual Includes:

Introduction:

Purna Yoga introduction and lineage, Yoga Class Etiquette, Affiliate Track Homework, RYT-500 Track Homework

Philosophy:

Key Sutras, Yamas and Niyamas, Kleshas, Saucha in Teaching, Savitri, Om, Mantras, Poetry, and much more

Meditation:

Purna Yoga Meditation introduction, Purna Yoga Meditation Snacks, Student/Teacher Relationships, Keeping Your Aura Clean

Nutrition and Lifestyle:

Nutrition Systems, Sunrider Basics, Ayurveda Basics, Ayurveda Recipes, What to Eat/What to Avoid, Alkalinity, Acidity, Digestive Health, What to Do/What to Avoid, Daily Practices for Health and Hygiene

Anatomy

Anatomy Principles in Yoga, Bones and Bony Prominences, Joints and Muscle Classifications, Yoga Anatomy Muscle Sutras ("YAMS"), Asana Names and Anatomy, Anatomy of the Foot

Teaching Yoga

Foundations for Living, Creating a Practice, Preparations for Teaching, Foundations of Teaching Asana, Relationships with Students, Method of Teaching, Delivery, Actions and Alignment (Duality, Breath, Pelvis/Head/Heart, Muscles and Joints, Spine), Adjustments, Props, Injuries and Healing, Setting Up a Class, Class Control, Professional Presentation Skills and Appearance, Voice and Verbal Presentation, Command Language

Asana and Prāṇayāma

In each section on Standing Poses, Inversions, Twists, Backbends, Abdominal Strengtheners, Seated Poses, Forward Bends, Reclining Poses, and Restorative Poses you receive the following information plus photos and illustrations on *each* of the 80+ asana: actions in the pose, what to look for (alignment), benefits, contraindications, moving into the pose, adjustments, and prop work.

Prāṇayama

Purpose and Practice, Methodology, Supine Position, Seated Position, Program for Prāṇayama Practice

Sequences and Series

Guidelines for Sequencing, Basic Asana Reference Sequence, plus 22 detailed class sequences

Health and Healing

Women's Health, Menstruation Sequence, Pregnancy and Postpartum, General Considerations in Therapeutics, Therapeutic Topics - What to Do/Avoid, Therapeutic References by Pose, Therapeutic References by Condition

Being a Yoga Professional

What is Business, Laws of Successful Business, Foundations of Professionalism, My Business Outline, Naming My Business, Places to Teach, Income and Expenses, Business Risks and Uncertainties, Essential Tools for Business, Essential Tools for Marketing, What to Charge, Basics of Bookkeeping, The Interview, Holistic Marketing, Social Media, Networking, Promotional Photos, Recruiting New Students, Retaining Current Students, Recommended Reading, Recommended Products, Continuing Education