



Yoga Alliance Teacher Training Modules with Jody (Domerstad) Boisits October 4, 2018-June 27, 2019

- Thursdays 9am-2pm with Jody Domerstad of Become One Wholeness
- 2 Saturday Kula for Karma Trainings
- These modules can be applied to a Yoga Alliance 300-hour training. If you would like to apply them, there will be 5 hours of homework assigned per module

Special Offers

- Sign up for 3 modules and get \$30 off the lowest priced one
- Sign up for all 5 Modules from October - June for \$2850 (total cost of individual modules is \$3200)

Functional Anatomy: Teacher Training Thursday Module #1

8 weeks, 40 hours

October 4, 11, 18, 25

November 1, 8, 15, 29

Investment: \$800

What is the purpose of the yoga poses we do in our practices? Do you understand their function, benefits, and how they can be used to empower others to remedy di-ease in their body? The study of anatomy for functional yoga will take your practice and teaching to a new and more thorough level of understanding yoga beyond the traditional alignment of the poses. The deeper understanding that will come by studying functional yoga will make you a more dynamic teacher. You will learn to teach to individuals rather than the masses. This course will evolve your understanding of yoga, propel you forward and provide a safer, and more functional practice for your students so that they can begin to connect with their bodies, remedy their disease, and heal.

Material covered

- Difference between Function & Aesthetics
- Learn how to read bodies
- Skeletal Deviations
- Subtle Body
- History of Yoga
- Answer to the question: Why are most teachers not taught functional yoga?

[Click here to register for Module 1](#)

Yin Level One: Teacher Training Thursday Module #2

4 weeks, 20 hours

January 3, 10, 17, 24

Investment: \$400

Yin is a style of yoga that targets the deep connective tissues of the body (vs. the superficial tissues), and the fascia that covers the body. This Taoist yoga can help regulate the flow of energy in the body.

History of Yin Yoga

- Function over Aestheticism
- Anatomy of Yin Yoga - Skeletal Deviations
- Target muscle groups
- Seven archetypal Yin poses and ALL the variations
- Introduction to Meridians & Taoism
- "Playing the edge" physically and emotionally
- How to hold space and create a safe container for your students: Class Sequencing, Timing, Themes, Cuing, and Safety

[Click here to register for Yin Level One: Module 2](#)

Yin Level Two: Teacher Training Thursday Module #3:

8 weeks, 40 hours

January 31

February 7, 14, 28

March 7, 14, 21, 28

Investment: \$800

Did you want to learn more about the practice of yin? Explore ways to encourage people to slow down and reflect on what's under the skin?

This training will educate you on how to stimulate and affect the body's meridian system, which enhances the body's energetic flow and supports emotional equilibrium. Since Yin Yoga prepares both the body and the mind for deeper experiences, you will learn meditation techniques to share with your class to access a different experience.

This course will focus on and connect the mental and emotional dimension of the body using:

- Meridian System
- Chakra System
- Acupressure points
- Pranayama practices
- Meditation techniques
- Learn how to create a safe environment using languaging
- Sequence according to the meridian and chakra
- How to use Yin to support your private clients in health issues
- Review the 7 archetypal poses & variations
- Review Skeletal variations (differences in shapes of bones and muscles)

[Click here to register for Yin Level Two: Module 3](#)

Subtle Body: Teacher Training Thursday Module #4:

4 weeks, 20 hours

April 4, 11, 18, 25

Investment: \$400

In this section, we will discuss chakras, nadis, koshas, meridians and learn how to affect the subtler layers of the human body.

[Click here to register for Subtle Body: Module 4](#)

Meditation and Philosophy: Teacher Training Thursday Module #5:

8 weeks, 40 hours

May 2, 9, 16, 23

June 6, 13, 20, 27

Investment: \$800

Meditation - Beyond the Postures

Jody has studied different forms of meditation for the past 25 years. From forms taught in Classical Yoga and Vedantic to tibetan buddhism and taoism and yet none worked for me until I learned how the brain functions and its purpose. By learning how the brain functions I learned how to train it so I could meditate to change deep neural grooves into life enhancing beliefs and habits.

In this immersion you will learn the anatomy of the brain, breaking down the different parts and their functions, as well as brain's overall purpose. From understanding brain anatomy and function we will delve into different forms of meditation in different cultures, discussing the differences and similarities to figure out which connects to our soul and is the best for us in this moment.

Meditation techniques will include:

- Yoga Nidra - deep relaxation
- Neurosculpting
- Japa
- Guided meditations
- Shamata
- Metta
- Loving kindness

Philosophy: Add depth and potency to your practice, life and your classes

Discussion and deconstruction of Yogic Philosophy and literature highlights tools of yoga for use along your personal journey. Learn how to stay steady while life pulsates between expansion and contraction around you.

Topics to be covered:

- What are the different types of philosophy?
- Why is it important?
- Discuss in detail:
- Bhagavad Gita
- Yoga sutras
- Myths
- Gods * Goddess stories
- The three Malas

- Tattvas
- Integrating philosophy into your life- how to make it practical
- Yoga writing/healing by writing
- Understanding Myths and the purpose they service
- The difference between Dharma talk and theme

[Click here to register for Meditation & Philosophy: Module 5](#)

Saturday Module #1: Kula for Karma Advanced Teacher Training Yoga for Mental Health, Trauma & Trauma and Addiction with Dr. Deborah Lubetkin

February 9, 10-630pm

Investment \$200

Registration is through Kula for Karma



In this training we explore:

- Two Topics, One World: Why Trauma & Addiction?
- Introduction to Kula for Karma
- The Case for Yoga
- Kula for Karma Teaching Protocol
- Asana, Pranayama, Relaxation, Meditation
- The Five Koshas, Yamas, Niyamas, and Yoga Philosophy
- Stress
- Trauma
- Addiction
- Transformative Themes for Yoga Classes
- Self-Care for the Yoga Teacher
- Poems, A Breathing Meditation, Mindfulness Meditation,
- Body Scan Script and Yoga Nidra Script
- Articles, References & Resources, and Practicum

[For registration information please visit Kula For Karma](#)

Saturday Module #2: Kula for Karma Advanced teacher Training Yoga for Recovery from Eating Disorders, Disordered Eating & Negative Body Image with Jen Kraft, E-RYT & Melanie Struble, LCSW, LCADC

April 6, 10-630pm

Investment: \$200

Registration is through Kula for Karma



While offering a solid overview of the clinical aspects of Eating Disorders and Negative Body Image, this training focuses on the practical application of yoga techniques.

We explore:

- Why Yoga is Beneficial for Eating Disorders and Negative Body Image
- How to use Yoga to heal and not harm
- Connecting the eight limbs of Yoga and the Chakras to body image
- Essential concepts including: Cognitive Shifting, Body Shaming & Mindfulness

- How to incorporate Pranayama, Asana, & Meditation
- The mind-body connection
- And more

[For registration information please visit Kula For Karma](#)

COMING FALL 2019
Yoga Therapy & Hands On
Restorative Yoga

Any questions? Need more information? Please call us at 201.708.8448