



WWW.ASHTANGAYOGAROOM.COM

“The Practice of Teaching”

with Melanie Fawer

200 Hr Teacher Training & Yoga Immersion February - May, 2015

Melanie Fawer:

My yoga journey began in high school where my interest in eastern philosophy and spirituality was ignited as well as my desire to travel to India. In my early 20's, I started exploring different styles of yoga which I enjoyed but intuitively felt there was more. I was increasingly driven to travel to India and experience authentic yoga and traditional teachings. This is where I met my teacher in Mysore, India in 1994, Sri K. Pattabhi Jois, the father of Ashtanga yoga. I made annual trips to study extensively with him until his passing in 2009. With his blessing I became a lineage holder in 2001, when he certified me to carry on his Ashtanga teaching tradition. This rare honor of Certification is held by only 18 others in the United States. I feel an incredible obligation to pass on this authentic knowledge to others of all levels who want to teach as well as deepen their own yoga practice regardless of previous experience or yoga styles.

Training Philosophy:

Pattabhi Jois ingrained in me that yoga is 95% practice and 5% theory. This philosophy is the basis for this training. The foundation is your individual Ashtanga practice which will be established with Melanie during the first weekend then evolve throughout the course. You will incorporate the essential Ashtanga principles: dristi (visual focal points), bandha (internal energy locks), ujjayi (breath) and vinyasa (breath with movement) to ground your practice in your body and breath. Once we establish these core principles through experience, we will integrate invaluable teaching techniques of alignment, subtle energy centers, self analysis and theory. As you learn new concepts you will apply them to your practice. **The way you practice is the way you are going to teach.**

Training Overview:

The opening weekend will steep you in practice and the subtle energy centers of the body. Practice includes asana, pranayama and meditation. Subtle energy centers refer to chakra awareness through trance, movement and journaling.

Weekend sessions will begin with Guided or Mysore Style Ashtanga practice then center around different aspects of yoga interspersed by relevant topics. Mysore Style is learning a fixed sequence of poses in a group setting but based on your own breath rate and level. Afternoons will be divided between asana alignment, manual adjustments and a host of yoga pertinent topics such as yoga philosophy and history, Hinduism,

Buddhism, Tantra, Indian Mythology, Ayurveda, Chanting and inspirational readings. Time permitting, you will be introduced to other healing modalities. You will leave the training with a full toolbox of resources and an understanding of how to apply them to teaching and yoga therapy.

In the Anatomy and Physiology weekend you will learn a basic map of the body with key terms, concepts and the language of anatomy. You will sharpen your ability to see and understand the body and its movement patterns. Later in the program, when you begin to practice teaching you will learn how and when to incorporate anatomical instruction into your lesson.

Alignment oriented weekends will use the Ashtanga series' to teach the fundamentals of basic poses, how they relate to more advanced permutations and how to teach, explore and adjust all levels of asana. Yoga as a form of physical therapy will be integrated throughout; how to alter and examine a practice specifically for rehabilitation, how to prevent injury by understanding pre-existing conditions, contraindications and common limitations. You will also learn how and when to use props to most effectively teach.

Adjusting is a refined skill of using your hands and eyes to read imbalances in another's body then redirecting the body back towards symmetry. The Art of Adjusting weekend will focus on when, how and why to adjust various poses. You will learn to identify and

correct for a student's blind spots through hands on techniques that deepen a student's experience of a pose without taking them away from the breath.

The practice of teaching and adjusting will come in the final week intensive. During this week, you will gain invaluable experience and feedback. You will practice teaching Mysore and Guided Style Ashtanga classes, Vinyasa yoga classes and Intro Level classes based on your interests for teaching and/or practice. You will hone the skills you are building and learn how to assess the level of a group class within the first few minutes, learn to teach to mixed levels while maintaining an individual approach, sequence effectively, build confidence in verbalizing what you see and discovering your own voice. You will develop essential skills of observation, assessment, prioritization, breath awareness, pacing, counting, intention and centering.

The direct experience of practice will be the testing ground for each new grain of knowledge and information that you acquire during your training. You will leave with the deep understanding of how to be your own best teacher and therefore the best source of inspiration for yourself and others.

The program is ideal for:

- Students who love the technical and want a deep understanding of the mechanics of asana and adjustments;
- Students wanting to deeply explore their own yoga practice, spirituality and yoga in its entirety;
- The basic practitioner wanting to fast track to another level;
- Teachers wanting to build on their knowledge and experience;
- Aspiring Ashtanga teachers ;
- Aspiring teachers that want the tools and experience to tailor a yoga class for any level independent of a formal yoga style.

Upon Program Completion:

Your training in Ashtanga yoga will be directly from the lineage of the late Sri K.

Pattabhi Jois, Melanie's teacher. "The Practice of Teaching" is registered with The Yoga Alliance, the national education and support organization for yoga in the U.S.

Graduates who fulfill all the requirements of the program will receive a Certificate of Completion making you eligible to register at the 200 hour level as a yoga teacher with The Yoga Alliance (www.yogaalliance.org.)

Weekend Sessions, March - May 2015

1) 2/6 - 2/8 Hrs: Fri - 8:45am-5:30pm, Sat. 8:30am-5pm, Sun. - 9:30am-6pm; **2) 2/27 - 3/1** Hrs: Fri.- 5:30-8:30pm, Sat. 8:30am-5pm, Sun. - 9:30am-6pm; **3) 3/13 - 3/15** Hrs: Fri.- 5:30-8:30pm, Sat. 8:30am-5pm, Sun. - 9:30am-6pm; **4) 3/27 - 3/29** Hrs: Fri.- 5:30-8:30pm, Sat. 8:30am-5pm, Sun. - 9:30am-6pm; **5) 4/10 - 4/12** Hrs: Fri.- 5:30-8:30pm, Sat. 8:30am-5pm, Sun. - 9:30am-6pm; **6) 4/17 - 4/19** Hrs: Fri.- 5:30-8:30pm, Sat. 8:30am-5pm, Sun. - 9:30am-6pm; **7) 5/1 - 5/3** Hrs: Fri.- 5:30-8:30pm, Sat. 8:30am-5pm, Sun. - 9:30am-6pm; **8) 5/15 - 5/17** Hrs: Fri - 8:45am-5:30pm, Sat. 8:30am-5pm, Sun. - 9:30am-6pm; **All classes will be held at The Yoga Room, 4905 Freret St., New Orleans, LA 70115, 2nd floor, unless otherwise announced.**

Fee & Deposit:

Tuition is \$3000. This includes all training sessions, training manual and materials, classes in alternative manual healing therapies and unlimited classes at Ashtanga Yoga Room throughout the duration of the training. Any books that are required are not part of the tuition. A \$500 non-refundable deposit is due with your application. Full tuition is due by February 1, 2015. Payment can be made online a www.ashtangayogaroom.com or by check or cash and mailed to: The Yoga Room, 4905 Freret St., New Orleans, LA 70115. Payment plans are available but full payment must be completed by February 1, 2015 unless special arrangements have been approved by Melanie.

Program Requirements:

- Four days per week yoga practice as will be prescribed to you within the first weekend of the program then amended over time. You do not have to live in New Orleans.
- Moderate reading/homework can be expected between sessions and prior to beginning the course;
- A final assignment;
- 100% attendance to receive Certificate of Completion. If you miss any days of the training, you can make them up through private instruction. Private instruction is \$100/hr. and one day of training will take 2-4 hours of private instruction. Make up sessions may be shared;
- Those not seeking a certificate are still required to attend all sessions and complete all assignments to foster the community experience of the training.

Meet Our Team:

Mollie Day will be teaching Anatomy and Physiology. She is certified in Rolfing Structural Integration and Rolf Movement through the *Rolf Institute* in Boulder, Colorado. Mollie's interest in healing stems from her education and experience in visceral manipulation and craniosacral therapy techniques, respectively, through the *Barral Institute* and the *Upledger Institute*. She is licensed as a Massage Therapist through the state of Louisiana. Mollie holds a B.A. with a focus on medical anthropology from Sarah Lawrence College and an M.F.A. from the University of New Orleans. Mollie continues to deepen her understanding of manual therapy and the

mind-body-spirit through continuing education courses, yoga, chi gong and meditation.

Dr. Tim Cahill will be teaching yoga history, Eastern religions and philosophies and the Sanskrit primer. He is an Associate Professor at Loyola University, New Orleans and specializes in the religious traditions of South Asia. Dr. Cahill began graduate work in Indology with an emphasis on grammar, religious poetry and early Hindu traditions. He studied traditional Indian knowledge systems in India for six years and taught Indian philosophy, religion and literature at the University of Pennsylvania before coming to Loyola. He is the author of an annotated bibliography of Indian poetics (Brill, 2001).

Robert Lacy has studied eastern religion, Sanskrit and specifically Yoga philosophy under Dr. Cahill since 2011. He is an avid reader of yoga philosophy and history and is working towards getting his MA in Yogic Studies. Robert began apprenticing with Melanie two years ago and is now an integral part of the Ashtanga Yoga Room. He integrates his knowledge of yogic teachings into his daily yoga and meditation practices. Robert holds a BA in Jazz Guitar from Loyola University and uses his musical background in his chanting. A vegetarian for ten years and always the mindful eater, he loves Ayurvedic cooking and philosophy.



TESTIMONIALS, 2013-2014 TT & YI (unedited)

Theresa Lago (Orthopedic PA-C)

“Melanie’s teacher training is not simply a review of proper asana technique and how to effectively and safely teach the asanas to a student. These skills are certainly covered very thoroughly, but you will also be led through an in-depth study of yourself with unconditional support. Through the course of the training, the exercises and talks that we participated in helped me to identify themes in my life that were beneficial and ones that were toxic. With the insights I gained from the teacher training, I have had the ambition and confidence to make necessary changes in my life and to better understand my own purpose and path. Peace out!”

Adrienne Davis (Yoga Teacher & Studio Owner)

"I came to this training with a 200 hour certification under my belt, my previous training taught me how to teach a class; Melanie's training taught me how to be a teacher!"

Alison Lacivita, Ph.D. (Assistant Professor of English, University of Southern MS)

"Melanie's TT was exactly what I'd been looking for -- the program was rigorous and informative, her credentials and experience made it easy for me to get a job teaching once I finished, and her teaching style is amazing -- she expects a lot from you, and expects a lot from herself in turn. A fabulous TT that I'd recommend to anyone hoping to teach or to anyone just hoping to learn more about Ashtanga!"

Lindsi Martin (Well & Fed Louisiana & Fitness Trainer)

“Melanie Fawer's 200 Hour Teacher Training & Yoga Immersion was nothing short of life changing. I initially did the training to learn more about my practice so I could share it with others, but was taught so much more. I started practicing yoga after being diagnosed with scoliosis as a teen and experiencing pain for several years. During the training Melanie taught me to realign my body and I became more comfortable for the first time in years. Now I am able to pass what she's taught me to others. We had the opportunity to learn all of the Ashtanga traditions, postures, breathing, techniques, proper alignment and adjustments from Melanie who is a direct student of teacher of Sri

K. Pattabhi Jois. Learning the traditions would have been enough, but Melanie had the ability to teach us something greater. She taught me to let go of attachments, so I could find my true self. It is this teacher training & Ashtanga yoga that have set me out on a life changing personal journey, one that I will forever be grateful for.”

Sylvi Beamont (Chiropractor)

“Very valuable experience. As a chiropractor, alignment of the spine is what I practice professionally. In Melanie’s classes and training, Melanie teaches so well how to achieve alignment on your own. And Melanie teaches the student teacher how to give the adjustments necessary to enhance the posture. Melanie teaches plenty of alternatives for stiff, disabled and in pain students to make everyones Yoga practice fulfilling. I recommend her training highly. Melanie uses most qualified teachers for anatomy, Vedic Philosophy and hands on Body relaxing techniques.”

Alex Price (Yoga Teacher & Fitness Trainer)

“A teacher training that builds growth for a lifetime. I can't begin to explain how incredible the training was. Many may see a Yoga teacher training from a perspective of asana, however this training showed me so much more. While we did learn so much depth and understanding of the practice itself, moving through each posture with a fine tooth comb, we also learned a great deal about the philosophies and traditions of yoga and Ashtanga yoga itself. To history of yoga nights, studying sanskrit names and counts, chanting, chakra meditations, pranayama, amazing books, sutra readings, poetry and always being surrounded by amazing inspiring people, I felt like a brand new person by the end. My practice had sky rocketed to new heights, my mind started thinking in beautiful new ways, and my energies started waking up and opening. Bringing her direct lineage from Pattabhi Jois, she taught us how Ashtanga was traditionally practiced and taught. We had so many opportunities to teach classes full of diversity, give adjustments and learn the amazing adjustments that she gives to her students.

I am happy to say that I am starting to find my voice as a teacher, and the training was only a beginning. Just as the first book she had us read preached, you are always a student and always a beginner. I am starting to dive deeper into the histories and philosophies, understanding more about my chakra energies, really appreciating my practice and my meditation time. Most of all from a teacher training I am teaching with such a comfortable strong foundation that is only going to grow. This is a training that I would recommend to any practitioner who wants to share the beautiful practice of Ashtanga with those around them. It is not just for someone who wants to teach asana in a studio, but for anyone who wants to deepen their practice and knowledge of yoga to better pass on the tradition!”

Kristi Moore

“Melanie is truly an inspiration to anyone in her class, or looking to come into her class. I can not give enough credit to her teaching and her guidance. She is one of the most genuine, modest, witty and gifted people I have been so lucky to meet. I am so happy to be able to call her a mentor.

Words can't express how grateful I am to have found the teacher training program at The Yoga Room! I know I wouldn't have found anything like it anywhere else. The connection made with Melanie, Robert and the other students in the class will be for forever. We created a bond in which we learned, cried, danced (literally) and started a new chapter in all of our lives and there will always be an invisible string between all of us.

Whether you're looking to deepen your Ashtanga practice, become a yoga teacher or don't even know what Ashtanga is (I didn't), Melanie will be the best option if you're looking for a life-changing and eye opening teacher training.

She integrates so much other important knowledge into the training, whether it be literature, projects, anatomy or just experiences, you will leave with so much appreciation for the training. Even at the time if you don't understand 'why', when you are finished, it will all come together perfectly. ‘Practice and all will come.’”

Monica Fayad (massage therapist, yoga teacher and school teacher)

“Melanie’s training was more than just a training to teach yoga. Her keen eye with nearly 20 years of teaching Ashtanga transformed my personal practice. Her high expectations changed the way I look at the bodies of the students in the yoga studio. On a more personal level, her training was an inward journey which helped me investigate many long-standing patterns that affect me in my daily life. The use of the chakras as a platform was a healing and introspective experience which gave room for more forgiveness toward and understanding of myself. In turn, creating more efficacy and intention in my personal and professional life. Melanie’s training brought to light that the “Practice of Teaching” is the practice of life! I am forever grateful for the experience and highly recommend this training for anyone who would like to deepen their personal practice, their understanding of Ashtanga, and inquire inward.”



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2015 “The Practice of Teaching” with Melanie Fawer 200 Hour Teacher Training & Yoga Immersion Application Form

Name: _____

Address: _____

Phone: _____

E-mail: _____

Emergency Contact: _____

We would like to know more about you. Please answer the following questions.

Send completed application to: melaniefawer@yahoo.com or mail it in to the address listed below.

A \$500 non-refundable deposit must be submitted with your application.

You may pay online at: www.ashtangayogaroom.com or mail a check to:

The Yoga Room, 4905 Freret St., New Orleans, LA 70115.

Questions:

- 1. Why do you practice?*
- 2. What is your background and experience with yoga? Please include workshops, retreats and trainings. How many years have you been practicing and how often?*
- 3. Why do you want to take AYR 200 hr training? What do you hope to receive from it? What are your goals and expectations?*
- 4. Describe your asana practice. Describe your pranayama and meditation practice if you have one. What is your backbend and inversion practice like?*
- 5. What is your educational and professional background outside of yoga?*
- 6. Please describe the most challenging moment you've experienced as a yoga student. What did you learn from the experience?*
- 7. Please briefly describe any training you have had in anatomy or physiology.*
- 8. Please describe any medical concerns you have . Are you currently taking any medications? Please tell us about any past injuries and/or surgeries.*
- 9. Please tell us anything else you would like us to know or want to share.*
- 10 Please tell us about two of the most significant events that have shaped your life to date.*