



Yoga and Chakra Immersion - A Return to Wholeness with Melanie Fawer

How do you choose between yoga trainings when there are so many out there?

Before investing your money and time, you'll want to know the training you choose is taught by instructors that have the greatest experience possible. You'll want to align with the best! Melanie Fawer brings 25 years of study, practice and teaching to her training ensuring unparalleled instructions in yoga asana, breathing techniques, biomechanics, yoga theory, and integration of the chakra system. Joining Melanie will be other specialists in anatomy, chanting and yoga history. The caliber of instructors in the AYR training and their ability to impart their knowledge to you cannot be beat.

Melanie's knowledge of the chakra system coupled with her expertise in yoga is a unique opportunity not found in other trainings. If yoga is union of the body with mind, the soul with spirit, matter with the Divine, then the chakra system is the template for how to make this journey. Yoga practice begins the process of putting you back in your body, the chakra system takes you to the next level. Understanding the subtle body and how to apply techniques for each chakra to your life, yoga practice and classes, will set you apart from other teachers and bring true transformation into your life. This course is a journey inward that enables you to manifest your dreams outward.

What You Will Learn:

A Training Grounded in Practice

Observation and Assessment of Different Body Types

Yoga Sequencing, Biomechanics of Key Poses & How to Teach to Different Levels

Yoga Alignment & Safe Hands-On Adjustments & How to Use Props

Anatomy of Pelvis & Legs, Shoulders & Arms, Spine & Ribs

The Chakra System

Historical Timeline of Yoga, Major Religions and Yoga Texts

Patanjali's Yoga Sutras and other Key Texts

Power of Breath and Moving with Breath (Vinyasa)

Power of Sound

Ethics and Business of Yoga

Dates:

September 7 & 8

September 28 & 29

October 18, 19 & 20

November 9 & 10

December 7 & 8

January 10, 11 & 12

February 1 & 2

February 15 & 16

Hours:

Fridays: 6:30 - 8:30pm

Saturdays: 7:30am - 5:00pm

Sundays: 7:30am - 5:00pm

Hours are subject to slight changes.

About Melanie Fawer:

Melanie studied with renowned yoga teacher, Pattabhi Jois, from 1994-2008, making annual trips to India. She was Certified by him in his Ashtanga lineage. Melanie studies the chakra system with internationally acclaimed writer, lecturer and teacher, Anodea Judith, Ph D., and is in Anodea's Certification program. Melanie credits daily practice, Maty Ezraty and ongoing study for her deep understanding of yoga alignment and biomechanics. Melanie has a B.A. in Psychology from New York University and pursues her lifelong interest in psychology through continual education and self-study.

Contact: melanie@ashtangayogaroom.com or call: (504) 813-3738

Tuition: \$3,000; **Non-Refundable Deposit:** \$1000; *Payment plans available.*

Full Brochure and Details: <https://ashtangayogaroom.com/wp-content/uploads/2016/11/2019-2020-TT-Flyer.pdf>

Accreditation: 200 Hr. RYT Yoga Alliance

Sample Weekend

Friday: 6:30pm - 8:30pm:

Vedic Religions and The Emergence of Buddhism, Hinduism and the Origins of Yoga

Saturday:

7:30am - 9:00am: Welcome Circle & Introduction to the Chakra System

9:00am - 11:30am: Yoga Practice, Yoga Practice Assisting, Breath

11:30am - 1:00pm: Lunch

1:00pm - 2:30pm: Muladhara Chakra

2:30pm - 2:45pm: Break

2:45pm - 5:00pm: Sun Salutation A: vinyasa, technique, alignment, biomechanics, adjusts, props

Sunday:

7:30am - 9:00am: Practice Teaching

9:00am - 11:00am: Yoga Practice, Yoga Practice Assisting, Breath

11:00am - 12:00pm: Lunch

12:00pm - 4:45pm: Anatomy of Pelvis and Legs

4:45pm - 5:00pm: Closing Circle

Testimonials

2018

“I researched quite a few yoga trainings before deciding to attend this one. I looked for trainings in TX, LA, AR, and FL. I knew I wanted a teacher who actually studied with the living source of ashtanga, K. Pattabhi Jois. I also, knew I was willing to travel to study with the right teacher. After speaking with Melanie, I knew this one was for me. There are a lot of things you could hope for when taking a teacher training course.

1. Better understanding of body alignment in postures. (This was really what I wanted from my training walking into it.)
2. How to do yoga yourself and deepen your practice.
3. Learn the sanskrit language used for yoga.
4. Study the history of where yoga came from.
5. Learn the concept of yoga aside from the postures.
6. Understanding how body alignment can affect your energy in your practice and daily life.
7. Understand how previous experiences throughout life can affect your muscle development.
8. How to teach yoga to all body types with variations.
9. Learn how to give hands on adjustments.
10. How to incorporate mediation into your practice.
11. Develop an understanding of how to prepare the business side of yoga teaching.
12. Build confidence in yourself and your knowledge.

With my training, I received all of this. Melanie taught us so much of what she has learned from her teaching experience and the knowledge she gained from studying in India with Jois. Also, she brought in an anatomy specialist, a history professor, and a mantra/sound specialist, so they could help us better understand what we were learning from a different point of view.

Thinking back to the first day of my training I had no idea that what I had signed up for would end up being the best investment I could ever make for my future self. I'm walking away knowing exactly where I'm going next.

If you're interested in having a better understand of yourself and yoga, dive into the next yoga immersion session this September. I have no doubt you will be 100% satisfied with this investment in yourself.”

- Jennifer Walker

“I dabbled in yoga through my twenties, had a dedicated 6 days a week practice with study (abhyasa, tapas, and svadhyaya) in my 30's and am now understanding Isvara-pranidhana, surrender to God, in my forties.

My practice isn't ambitious anymore; it's become my sustenance. After my son passed away last year I knew that I needed to reconnect with my breath. Melanie was a light in that darkness that helped me get back on my mat.

When she announced her 2018/2019 TT training I wasn't sure I was ready emotionally, mentally or physically but it has been the most healing gift I could have ever given myself. Through Melanie's guidance, delving into the subtle body and discovering the chakra system has given me tools to face my life, as I face myself in my practice. Melanie's many years of experience as a teacher, practitioner and seeker of truth has allowed her to create a truly safe haven for the real work of yoga and I am eternally grateful. I'll end with a quote,

"Nobody cares how much you know, until they know how much you care"
-Theodore Roosevelt

- Nichole Mena-Rovai

2017

“My name is Latoya Harvey and I was afforded the opportunity to be a part of the Ashtanga Yoga Room's Teacher Training. This was indeed a life changing experience. Within those eight months, I gained not only in-depth knowledge of the history/practice of Ashtanga yoga but, most importantly, I learned about self. It was like meeting myself for the first time. I dealt with/addressed issues that I would not have otherwise. Melanie, the staff, and the other TT's, were amazingly supportive and extremely helpful. Taking this teaching training has definitely changed/saved my life. I'm grateful for everything and everyone I encountered.” **-LaToya Harvey**

“With so many yoga teacher trainings on the market now, it is important to find one with an experienced teacher who will help you grow your own practice, and help you to become a teacher. I highly recommend Melanie's yoga teacher training for doing just that. Melanie has dedicated her life to Ashtanga yoga and to her students, and her wealth of knowledge is unparalleled. I never wanted this training to end! I especially liked the close relationships that were formed between teacher and student, and between all the other trainees. Maintaining a practice at the studio with Melanie allowed me to grow and feel supported in my practice, and seeing the other trainees also there putting in the work inspired me to keep practicing. Being able to assist in the Mysore room during the training was also extremely beneficial, and I learned so much being able to do that. Lastly, I am grateful that this training went into the other limbs of ashtanga yoga, with a heavy focus on meditation and pranayama, and a deep exploration of the chakra system.” **- Emily Wall**

“Melanie's 200 hr training was eight months full of knowledge, growth, strengthening, deepening, and love. This yoga teacher training was so much more than I could have asked for, and I highly recommend it to anyone who is an aspiring teacher or is just looking to deepen his or her own practice. You can expect to gain immense understanding of the body not only in terms of anatomy, but also about the mind and the ways yoga connects the body and mind. Most importantly, you will delve into you own inner self in ways that will in turn deepen your practice. In addition, this training will leave you with a background in the history of yoga, making your understanding of the

practice more evolved. Melanie brought in other top professional for meditation, anatomy, chanting, etc. It made for a well-rounded and interconnected training. In completion of this training, I feel confident in my abilities to begin teaching others. I feel a deeper connection between myself and my practice, and I feel grateful for all that Melanie has shown and taught me. - **Samantha Hoppen**

“Melanie’s studio is one of the most highly recognized places to learn and practice Ashtanga Yoga in the New Orleans area. You’ll love the shala—seriously; the space is full of art from exceptional local artists and Melanie’s travels. Practicing here makes such a difference in my day and repeating the experience regularly is life-changing. During Melanie’s teacher training Fall 2017- Spring 2018, I had the huge pleasure and privilege of studying and practicing there for several months. Melanie is a rare find in an instructor and dedicated to and deeply knowledgeable of the tradition of Ashtanga Yoga, and in her teacher trainings, she creates an atmosphere in which it is possible to be truly challenged and nurtured at the same time. I was a complete beginner to Ashtanga when I began the training, but can fairly say that her teacher training is the perfect place to start or continue and deepen a practice. It was truly a beautiful experience allowing me to reconnect with myself.” - **Alaina Bradhurst**

2013 - 2014

“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!” - **Theresa Lago (Orthopedic PA-C)**

"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!"

- **Adrienne Davis (Yoga Teacher & Studio Owner)**

"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!"

- **Alison Lacivita, Ph.D. (Assistant Professor of English, Univ. of Southern MS)**

“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 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.”

- Lindsy Martin (Well & Fed Louisiana & Fitness Trainer)

“A 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.”

- Sylvi Beamont (Chiropractor)

“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!”

- Alex Price (Yoga Teacher & Fitness Trainer)

“Melanie is truly an inspiration to anyone in her class, or looking to come into her class. I cannot 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 Instructor & 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.”

- Kristi Moore