



YOGA STORIES  
LIVE TO PRACTICE.  
PRACTICE TO LIVE.



STUDY & TEACHING PROGRAMS  
2011-2012

YogaPoser teaches the full expression of yoga through asana.



“Lead me from the unreal to the real,  
Lead me from darkness to light,  
Lead me from death to immortality.”  
-Brihadaranyaka Upanishad

Your body and mind were made to do the work.



“Protect both of us together. Nourish both of us together. May we work, both of us together, with great energy. May our study be vigorous and effective. May we cherish no ill feeling toward each other.” -Yajurveda Taittriva Upanishad



You provide the will. We will show you the way.





JAMES BROWN . LEAD TEACHER

*James grew up on a tobacco farm in Maryland, then became a nightclub promotor and yoga teacher in Washington, DC before coming to L.A. in 2001 to study Ashtanga with Maty Ezraty. After almost 10 years at YogaWorks, he started YogaPoser to make the deeper benefits of asana more accessible to the modern practitioner.*

“I want to bring more credibility to practices that focus on doing poses. Using the body as a tool to focus the mind- and nothing else- took my life from one of misery and addiction to one of purpose and meaning. Asana is my entire practice and I expect it always will be. I was gifted to find a teacher who spoke directly to my needs and abilities. It would be selfish to do anything but share what I’ve learned.”



SONYA COTTLE . SENIOR FACULTY

*Sonya moved to Los Angeles from Boston in 1999 to work as a research assistant at UCLA's neuropsychiatric institute. She teaches Ashtanga and all areas of the Level One and Two Teacher Trainings.*

“Everything shifted for me the first time I did Ashtanga yoga. I knew I would be doing it for the rest of my life ... The people I attract in my life and the quality of my relationships have greatly improved since I began this practice. I also handle potentially stressful situations in life better and I've become more conscious about my diet and what I choose to put into my body.”



MARIA VILLELLA . SENIOR FACULTY

*Originally from Lewiston, New York, Maria moved to L.A. in 2008 to enjoy the sun and to immerse herself in yoga following her first trip to India. She teaches Ashtanga and all areas of the Level One and Two Teacher Trainings.*

“When I started to teach yoga, I became much more interested in learning about it in all aspects. Yoga has taught me about balance and containing my energy. ... I also study Oriental Medicine. Learning the energetics of the body and the philosophies that go with it has greatly affected the way I see my students’ process and my own.”



ALEXANDRIA CROW . SENIOR FACULTY

*Native to Toronto, Canada, Alexandria moved to L.A. in 2006 to pursue a career in fashion. Unfulfilled, she switched gears and devoted herself to practicing and teaching yoga. Asana came naturally to her- she was a competitive gymnast through high school and college. She teaches Ashtanga and all areas of the Level One and Two Teacher Trainings.*

“When I was a gymnast, repetition and a clear way to measure growth became important to me. Daily yoga practice has given me that again ... I originally signed up for yoga teacher training unsure of whether I'd teach. During the training, I fell in love with the idea of sharing it with others.”



JULIA BARRY . ADJUNCT FACULTY

*Julia is a native Southern Californian. She practices Iyengar yoga and teaches restorative yoga and pranayama in classes and workshops and in the Level Two Teacher Training.*

“In my first teacher training, a philosophy teacher said: ‘You are not your body, you are not your mind, you are not your ego.’ I realized I had spent my life, up until that point, fixated on defining myself by those kinds of external things. I felt so free. I approached my yoga practice and my life with a completely different perspective from that point on.”



APRIL JACOBSON . ADJUNCT FACULTY  
*April left Lake Forest, California for Los Angeles in 2002. A star-student in one of YogaPoser's first teacher trainings, she now practices and teaches Ashtanga and leads the Practicum portion of the Level One Teacher Training.*

"The first time I heard about yoga, I remember thinking it seemed very boring and I had no interest in it. Years later, I tried it and my opinion changed. I have a sense of calmness now that I did not have before practicing yoga. I've learned that I cannot control other people's actions- only my reactions to their actions ... that basically I have the final choice."



CORTNEE LOREN BROWN . ADJUNCT FACULTY

*Sunshine, yoga and love brought Cortnee to Los Angeles this year from chilly San Francisco. She practices Ashtanga yoga, teaches flow and restorative classes, and she leads the restorative portion of the Level One Teacher Training.*

“A turning point in my practice was during my year abroad in college. I was living in Australia- literally on the other side of the earth from all that I knew and loved. Before that, yoga was an occasional thing I did for a workout. In Australia, I began a daily practice that continues to be a touchstone constantly available to me. I know I can always come back to myself with yoga, and I'll always be at home, no matter where I am in the world or in my life.”



NICOLE SCIACCA . YOGAPOSER RYT500

*Birmingham, Alabama should be proud of its homegirl. Since completing our 500-Hour program, Nicole has become an inspiring teacher whose classes are known for being fun, difficult and accessible. She is an Yoga Ambassador to Lululemon Athletica and will be featured on a video series on Yoga Journal's website with YogaPoser Senior Faculty Alexandria Crow in January, 2012.*

"I saw progress and strength immediately when I started practicing- not to mention a lasting sense of calm. Right away, I was hooked. I used to be plagued with a tendency for self-deprecating thought patterns and a very self-critical eye. Not anymore. Yoga has elevated my awareness and compassion for myself."



JUAN CARLOS GUEVARA . YOGAPOSER RYT200

*Juan Carlos came from Barinas, Venezuela to be by the beach and to study yoga practice, teaching and business in 2011. He chose YogaPoser because it seemed to best maintain authenticity while adapting to the needs of the modern practitioner ... and because it's on the Venice Boardwalk.*

“One of my earliest memories of hearing about yoga is when I'd see my friend come out of class dripping sweat and I asked her what happened. When I took my first yoga class, we did a million sun salutes, and I hated it, so I tried different classes and found Vinyasa Flow. I love its athleticism and now, for the first time ever, I can be still and stay focused on one thing for more than a few minutes.”

# How We're Different

**We teach yoga as a modern system of self-improvement** that is highly adaptable to all people who want to make improvements in their lives. Although it was developed thousands of years ago, the process of using what is at hand- the body and mind- as a platform for positive change is as necessary and functional today as it always has been.

Our programs are the end product of our faculty traveling all over the world, **certifying thousands of yoga teachers**. We found a need for a training that has these unique elements:

- Online Materials:** 100% of our materials are online, and constantly updated, so that you don't need to buy or carry books, and so we save trees. As a YogaPoser graduate, you will have lifetime access to all of our most up-to-the-second updates and revisions to our content.

- Real-Life Experience:** In our training, you will teach actual students- not other trainees. Instead of being ready to teach your first actual class when you graduate, you will already have taught several.

- Multiple Points of View:** Each training is taught by our entire faculty as opposed to one or two teachers. This gives graduates multiple perspectives and, more importantly, insight into how a teacher's voice can be unique while adhering to the same essential core principles.

- Clear and Authentic Content:** Our deep understanding of the key elements of yoga philosophy has allowed us to separate the necessary elements of authentic yoga practices from the cultural (Indian, new-age, vegan, etc.) elements that are sometimes confused with or combined with yoga practice.

- Tight Focus on Yoga Asana:** While we have respect for all personal practices, and encourage curious students to explore, in our trainings we focus on asana as a valid, complete practice that uses the readily available physical body as a gateway through which we access the deep practice of yoga as a science of the mind.

# 200-Hour Yoga Alliance-Registered Level One Training

## OVERVIEW

Trainees build deep understanding of the foundations that support transformative asana practice:

- A personal experience of deepening their own practice
- Detailed instruction on the asanas themselves with a heavy emphasis on precise alignment for effectiveness and safety
- Practical, accessible and necessary awareness of the anatomy of asana
- A user-friendly, holistic application of the yoga philosophy that transforms physical poses into tools for learning how to live life better

Our experience is that with these tools, graduates can teach confidently and creatively in their own unique voice while staying true to the deep purpose of yoga practice.

## COURSE CONTENT

**Techniques of Training and Practice (95 hours):** These tightly-focused workshop-style practices, in which the details of each type of asana are studied. Each of these is followed by another lecture-type class in which we break down the component parts of asana, including: how to sequence asana; how to adjust students with different abilities and histories; and how to articulate the important steps to practicing asana in its fullest available expression.

**Teaching Methodology (25 hours):** In these classes, you'll explore the theory and practice of pedagogy and andragogy: the art of teaching people. Through a combination of lecture, discussion and role-playing, students explore issues and tools common to all fundamental teaching precepts, as well as those that apply specifically to teaching yoga.

**Philosophy and Ethics of Yoga (30 Hours):** One way we can ensure that your teaching, no matter what form it takes, is actually grounded in authentic yoga, is to make sure you see how the physical practice connects to the system as laid out in the ancient philosophical texts. Our belief is that if you can't use it, it's a waste of time. So, we deliver what you need when you need it in lectures with an emphasis on reflection, discussion and analysis.

**Anatomy for Yoga (20 hours):** Before you start asking people to do things with their bodies, you need to know how the body works (and how it doesn't). Our anatomy course has two objectives: you know exactly what you are asking people to do in any asana; and you know how to sequence asana so it makes sense. The 20-hour anatomy module is a comprehensive, stand-alone course designed to teach students the physiological fundamentals essential for any teacher of body movement, particularly yoga teachers.

**Practicum (10 hours):** Our experience has demonstrated that students learn significantly more in a real teaching environment and are able to gain more applicable teaching experience that better prepares them for job opportunities after graduation. So, you'll co-teach actual public classes, observed by our faculty and followed with ample constructive feedback, to gain actual teaching experience by employing the tools acquired during the training.

**Independent Study (20 hours):** The remainder of the 200 hour program is focused on homework and outside study.

## SCHEDULE FORMAT

There are two schedule formats: Monday through Friday 9 hours daily for 4 weeks, OR Weekend classes over a three to four month period. See our website for an exact schedule.

## TUITION OPTIONS

The base tuition for our programs is about \$3000 with substantial discounts available for early signup. We also have easy pay-as-you-go options. Contact us for details.

# 300-Hour Yoga Alliance-Registered Level Two Training

## OVERVIEW

The Level Two training takes good teachers and makes them great teachers. The Level Two Course will help you hone your practice and teaching of asana as a means to find your way to your authentic self as a practitioner, a teacher and as a person.

## COURSE CONTENT

**Techniques of Training and Practice (100 hours):** There are 24 two-hour asana workshops and five one-hour pranayama workshops in the 300-Hour course, each focusing on something a little different from the others, but always based on the common elements of good and effective practice. You'll also meet four times throughout the course of your study with an assigned faculty member so we can track your progress and see how things are going. During your training, you'll also attend at least 44 hours of ashtanga practice because we believe it's one of the very best ways to learn how to sequence and teach classes that are based on vinyasa.

**Teaching Methodology (50 hours):** Comprised of 16 three-hour lessons and a two-hour panel discussion, the Teaching Methodology module's hours are spent predominantly on further developing your skills in sequencing asana, giving effective and safe hands-on adjustments, and learning to give better verb cues in class. In addition, you'll learn more about teaching restoratives and teaching beginners; and you'll take part in a three-part Career Plan-of-Action Workshop that'll get you positioned to take your new skills to the people that need them most.

**Philosophy and Ethics of Yoga (30 Hours):** A combination of two- and three-hour long lecture/discussions, the philosophy module takes a deeper look at the Yoga Sutras, which we have found takes on a deeper and more personal meaning after you've had some time to digest what you learned in your 200-hour training. You'll also be guided into a practical look at the Bhagavad Gita, which is introduced after a lesson on the effectiveness and use (and misuse) of myth and metaphor in general. Just like in the 200-hour course, if you can't use the philosophy, it's a waste of everybody's time, so we keep it all practical and easy to grasp for maximum effectiveness.

**Anatomy for Yoga (30 hours):** The 30-Hour Anatomy Module has 11 two- or three-hour long workshops. There are special workshops on core stability, the shoulder and the knees; along with several that deal with particular anatomical challenges in different areas of asana. We also study the anatomy of ujjayi pranayama and the bandhas so you can teach and practice these often elusive concepts in an accessible and practical way.

**Practicum (60 hours):** Towards the end of your program you'll put all of your new skills into action in the Practicum portion of the training. We've included far more than the minimum number of hours required by Yoga Alliance in this category because it's important. You'll also spend 30 hours assisting with a mentor from our senior faculty chosen especially for you. And you'll take part in 10 asana classes followed by a 90-minute peer and faculty review of the teacher. You will teach the class yourself a minimum of two times and you'll give peer feedback up to 8 times.

## SCHEDULE FORMAT

We've woven highly flexible scheduling options into the Level Two Course. More like a University program than a tightly scheduled single course, you'll have a list of modules required to complete and you can complete them at your pace.

We run two workshops almost every Sunday and run one-week to three-week long weekday intensives throughout the year. So, you can build the schedule that works for you.

## TUITION OPTIONS

The base tuition for the program is about \$3000. You get free unlimited classes for the duration of your program up to one year (a \$1350 value). We also have Pay-As-You-Go options. Contact us for details.



8 BROOKS AVENUE #1  
VENICE BEACH, CALIFORNIA 90291  
310.584.7250  
WWW.YOGAPOSER.COM