



Group Online 200hr Vinyasa Teacher Training with Rolf Gates

I am so pleased to be introducing the [Online Vinyasa Teacher Training Program](#).

This training set up to be mentally, physically and emotionally challenging process designed to enable serious students to become inspired teachers taught in a format, structure and pacing that supports your life moment. You will practice asana, meditation, and pranayama to the point of proficiency and beyond. Your knowledge of Yoga theory will deepen to the point that it will become an aspect of the fabric of your life and of everything you do and say as a yoga teacher.

You will work closely with me and with your practicum coach to support your maximum development as a Vinyasa Teacher.

My intention for the Group Online 200hr Teacher Training course is to provide an entirely new opportunity for those who wish to study yoga formally, and for those who wish to share yoga with others. This opportunity consists of a self-paced teacher training course that can be taken anywhere at anytime. The hallmark of this training will be one-on-one supervision provided by myself and my practicum coaching staff to

ensure that the quality of the experience is not compromised for the sake of convenience. The result of this offering will be to make possible the type of learning, sharing, and growing that yoga students delight in the world over and bring so effectively to their communities, in a fashion that has not been possible until today!

You will learn to structure and teach classes that combine a consistent therapeutic vision with the inspired spontaneity that is the hallmark of Vinyasa Yoga. You will develop a thorough understanding of the elements



THE TRAINING: What will I learn?

of the therapeutic principles of yoga and be able to design a class or teach a pose in such a manner that your students will immediately embody those principles.

I want to bring special attention to the interplay between the physical and the metaphysical: A yoga class is a three dimensional story that unfolds to the rhythm of the breath. The art of teaching is the art of telling that story. Each of us, always, has a song to sing a story to tell. Of necessity much of what we will be working on will be technical in nature, but all of what we do together will be dedicated to supporting you in singing your song.

Namasté and I look forward to working with you and the start of this new journey together.
Rolf

How to Design and Lead a Vinyasa Yoga Class

You will gain a thorough understanding of the principles which when applied create a class for all ages and body types. This will include a specific sequence and more importantly the method for adapting that sequence to the infinity of opportunities implied by the word Yoga. This method enables what you teach to grow as you and your students do.

Being the Change

The first Yoga teacher in the U.S. Swami Vivekananda wrote: *"You yourselves are the being that you seek."* During this training you will have direct experience of the truth of that statement. When you leave this training you will know how it is people reach their potential and you will be able to apply that knowledge to accomplish your goals. You will be the change you want to see in your life.

Time on the Mat and on the Cushion

One of the joys of being a teacher is that your Yoga practice becomes part of your job description. During this training you will begin each day with asana, meditation, and pranayama instruction and practice. You will be taught the therapeutic principles that will allow you to practice safely with intensity. You will be able to sit comfortably for a 45 minute meditation session during which you will experience what it means to rest in stillness. You will be proficient in breathing techniques that awaken and build heat, preparing the mindbody for asana, and breathing techniques that are cooling and soothing preparing the mindbody for meditation. On your mat the implementation of therapeutic principles will be dramatic. You will experience a vibrant aliveness from which there is no going back.

The Teacher Training Curriculum will include:

- Mastery of the basic techniques of Asana
- Mastery of the basic techniques of Meditation
- Mastery of the basic techniques Pranyama (Breathwork)
- The therapeutic alignment principles of Yoga
- Finding alignment within and without
- The art of sequencing a class flow
- The proper use of tempo in a class
- How to use your voice and language for impact
- Your class as a transformative space
- The art of themeing in your classes
- Teaching modifications for all class levels
- Teaching to beginners
- The art of hands-on assisting
- The anatomy and physiology of Yoga
- Nutrition as a support to practice
- Study of The Yoga Sutras
- Cultivation of the Eight Limb Path as a path of action
- Integrating the three elements of spiritual practice into your life
- The role of the teacher
- The role of practice
- The art of sustaining change
- Moving from Source

200hr Online Teacher Training Materials

All materials including the Required Reading List are included in the course fee

- 200hr Online Vinyasa Teacher Training Manual
- Strength + Surrender: Vinyasa Flow Class (75 min) DVD
- Faith + Flow: Vinyasa Flow Class (60 min) DVD
- Visions of Vinyasa: Vinyasa Flow Class (60 min) DVD
- Wake Up Well: Morning Vinyasa Flow Class (30 min) DVD
- Time to Unwind: Vinyasa Flow Class (30 min) DVD
- Vision/Foundational Lecture Series: Level I
- Theory/Lecture Series: Level II
- Practice/Lecture Series: Level III
- 200hr Vinyasa Teacher Training Flow 90 minute class demo (audio) (available on MP3)
- Beginning Meditation CD-Rolf Gates (audio CD, MP3 also available)
- Meditations from the Mat: Daily Reflections on the Path of Yoga, Rolf Gates
- Meditations from the Mat: Daily Reflections on the Path Of Yoga - Teacher's Index

Required Reading List:

*Please approach this list by beginning with *The Seven Spiritual Laws of Success and How Yoga Works**

- **Bhagavad Gita: New Translation**, (trans. Stephen Mitchell)
- **The Yoga-Sutra of Patañjali: A New Translation with Commentary**, Chip Hartranft
- **How Yoga Works**, Geshe Michael Roach & Christie McNally
- **The Seven Spiritual Laws of Success**, Deepak Chopra
- **Meditations from the Mat: Daily Reflections on the Path of Yoga**, Rolf Gates
- **Mindfulness Yoga: The Awakened Union of Breath, Body and Mind**, Frank Jude Boccio
- **Yoga Body: Anatomy, Kinesiology and Asana** by Judith Hanson Lasater

This training is based on three sets of principles: The Principles of Spiritual Practice, The Principles of Alignment and The Principles of Class Composition. You will move through the levels of the training working directly with Rolf Gates and your practicum coach.

Upon your acceptance, you will be sent the 200hr Online Teacher Training Study Manual and your first package of materials from the materials list. The very first assignment will introduce you to the essence of Yoga and will be followed by your first group phone call with Rolf.

Each level of the training consists of a lectures series, direct work with Rolf Gates through phone call sessions, reading assignments, writing assignments, practicum (practice teaching) and personal practice and training (traditional asana, meditation and pranayama) as well as structured practices that will deepen your understanding of and connection to the principles of yoga. (A communication technology, such as Skype, will be utilized—it is very simple to set up and the Gates Yoga office can walk you through it in about 3 minutes).

Course Fee + Payment Options:

Course Fee: \$2500 - (\$500 per-person discount for group participants – Regular per-person price: \$3000)

OPTION I: \$2250 FULL PAY Discount

OPTION II: Payment Plan - \$500 Deposit with 6 monthly payments of \$300 + a final payment of \$200.

Note: All course materials are included in the Online 200hr Vinyasa Teacher Training Program

Group Training Schedule:

In the group training model, participants will plan to meet as a group 1/x per month for a 3hr session. (There will also be 4 additional calls for Practicum Teaching Sessions for each participant over the course of the training to be scheduled through the Gates Yoga office.) These sessions will be with the practicum coach and/or Rolf Gates depending on where the group is in the curriculum. Participants will have reading, written, viewing (lectures) and practice (and practice teaching) assignments during each module of the program.

Example:

The first assignment will be a reading assignment for the group (2 excellent and very accessible books that will provide an entry point into the training) which will be followed by the first phone call session with Rolf Gates. (The actual first 3hr session will include an assignment for the group for the first portion and the 1hr+ with Rolf Gates.)

