



# SHANTI

# YOGA

SHANTIYOGASTUDIO.ORG

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## Shanti YTT Workshop Series

Shanti Yoga School offers six workshops repeated each six months in both McCall & Boise. These workshops are geared towards those enrolled in the ongoing Shanti Yoga Teacher Training & are included in the tuition. They are available to others for a weekend fee & provide CEU's with Yoga Alliance. Other workshops are also offered throughout the six months. These workshops weave several of the following topics within the weekend and accrue hours towards certification.

Shanti Yoga School offers six workshops repeated each six months: 1) Ethics, History & Philosophy, 2) Anatomy & Physiology 3) Asana 4) Pranayama 5) Meditation 6) Teaching. All provide credit for Shanti Yoga certification & are included in tuition. Each weekend has classes in both 200 & 500 hr curriculum. Those outside of the school may also attend & receive continuing education units by paying a fee. Shanti Yoga classes held in Boise & McCall reinforce the monthly topic. Check shantiyogastudio.org for updates, pricing & details. Workshops not included in the Shanti Yoga School tuition are indicated with an asterisk & are 30% off. Most full weekends provide 15 - 20 contact hrs.

Dates/Location	Teacher	Topic
August 5 - 7 McCall	Jo Tastula Julia Jones, Debbi Murphy	<b>*High Vibrations - intention, manifestation &amp; transformation</b>  <b>Teaching Children, Energetic Anatomy</b>
August 20 - 21 Boise	Shanti Yoga School Teachers	<b>Yoga Philosophy, Energetic Anatomy</b>
Sept 9 - 11 McCall	Kimberly Lee, Lori Tindall	<b>Yoga Anatomy &amp; Asana</b>
Sept 17 - 18 Boise	Kimberly Lee, Lori Tindall	<b>Yoga Anatomy &amp; Physiology/Asana</b>
Sept 23 - 25 McCall & Boise	Jodeen Revere, McCall,  Lori Tindall, Boise	<b>AUTUMNAL EQUINOX CELEBRATION</b>
Oct 8 - 9 Boise	Kimberly Lee, Lori Tindall	<b>Asana</b>
Oct 22 - 23 McCall	Sara Ivanhoe	<b>*Green Yoga</b>
Nov 12 - 13 Boise	Lori Tindall, Debbi Murphy, Angela Rockefeller	<b>Pranayama/ Meditation</b>
Nov 19 - 20 McCall	lori Tindall, Angela Rockefeller	<b>pranayama/ Meditation</b>
Feb 19 - 22 McCall	Julian Walker	<b>*Yoga Intensive</b>
August 3 - 5 McCall	Kathryn Budig	<b>*TBA</b>

1. Yoga Philosophy, Ethics & History (Chapter/  
Lesson 1 & 2)
  - Yoga's evolution through the Vedas to Modern Times including study of the scriptures (Bhagavad Gita, Yoga Sutras)
  - Yoga as Self-Transformation
  - Ethics of Yoga (500 hr students)
2. Anatomy & Physiology (Chapter/Lesson 3)
  - functional/Western anatomy/physiology
  - energetic anatomy including the Chakras
  - application to asanas, pranayama & meditation
  - exercise physiology (500 hr students)
3. Asana (Chapter/Lesson 4)
  - Thorough exploration of basic asanas including primary movement principles, alignment & sequencing, lines of energy, playing the edge, contraindications & function,
  - Sanskrit & historical background
  - Vinyasa basics
  - Advanced Postures including arm balances, inversions (500 hr students)
4. Pranayama (Chapter/Lesson 5)
  - Science of Breathing
  - Science of Prana/Chi
  - Teaching basic breath awareness
  - Teaching advanced techniques (500 hr students)
5. Meditation (Chapter/Lesson 6)
  - Methods of Meditation
  - How to teach including a template for six techniques
  - How to incorporate into the flow of a class
  - How to develop your personal practice
6. Teaching Yoga (Chapter/Lesson 7 & 8)
  - Authentic Voice - tone, word choice, compassion, clarity, body language, touch, timing
  - Structuring a class - environment, sequencing, music
  - Teaching Special Populations
  - Business of Yoga
  - Sustainable Teaching
  - Off the Mat: Into the World

## Shanti Yoga School Weekly Classes

Our program emphasizes topics in three ways: monthly weekend intensives, workbook lessons & weekly classes. All sessions, unless otherwise noted, are included in your tuition & provide contact hour credit.

### **McCall**

All classes taught by Debbi Murphy (Sat 9, Sun 10, Mon 9, 10:30 & 11:45 - 1:15 Discussion, Tues 9) provide contact credit. Classes taught by Kasey Rose & Jodi Lea also provide credit. Kasey teaches Wednesday 9 & 10:30/ Thursday @ 5:30pm. Jodi Lea teaches Fri 9 & 10:30. The current schedule is available at [www.shantiyogastudio.org](http://www.shantiyogastudio.org). All Shanti classes are free to Shanti Yoga School students for the full year. All weekend workshops including those taught by guest teachers provide credit & are available at discounted prices.

### **Boise**

#### Tuesday

7 - 8:30pm taught by Jen Knight @ Yoga Tree of Boise, 207 Washington

#### Wednesday

1:30 - 3:30 taught by Debbi Murphy @ Yoga for Life, Cole & Ustick ([Evergreen Library Plaza Shopping Center](#), 3065 N. Cole)

Discussion & group work on monthly theme

4:30 - 5:30 taught by Debbi Murphy @ Yoga Tree of Boise, 207 Washington

Discussion of monthly theme

5:30 - 6:45 taught by Debbi Murphy @ Yoga Tree of Boise

Master Class on monthly theme

The following classes are not included in your tuition (see pricing next to class) but are taught by Shanti teachers so you can get credit for them if you fill out the Observation Form & mail it back to me:

#### Tues

5:30 - 7pm taught by Lori Tindall @ Sage Yoga, 8th St, Boise, above Bittercreek \$7.50

#### Wed

12:15 - 1:15 taught by Angela Rockefeller Byron @ Yoga for Life \$5

#### Thurs

9:30 - 10:45 taught by Debbi Murphy @ Sage Yoga, 8th St, Boise \$7.50

#### Fri

5:30 - 6:30pm taught by Angela Rockefeller Byron @ Yoga for Life \$5

#### Sat

9 - 10:30 taught by Lori Tindall @ Sage Yoga, 8th St, Boise \$7.50

For Shanti students, all classes @ Yoga for Life & Shanti Yoga in McCall are free (except Angela's classes), all classes @ Sage are \$7.50 and there is special pricing on packages, Lhotse \$6, & @ Yoga Tree of Boise are \$5. Classes taught by Shanti Yoga teachers do provide contact hour credit if an observation write-up is turned in to Debbi. The Observation write-up should include comments on the following:

What did you learn?

What did you like best?

Was anything unclear or confusing for you?

Note the following:

Theme

Timing of Elements

Effectiveness of Centering

Opening

Sequencing

Closing

Demonstration

Guiding of Postures

Breathing

Relaxation

General Tone of Class