



ARRIVE YOGA
TEACHER TRAINING
MANUAL

2024 -2026



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OUR VISION

It's a great pleasure to present to you Arrive Yoga's Teacher Training. We are so happy that you are considering taking this journey with us!

Our approach to yoga is non-traditional. We do not adhere to a particular lineage or teacher; rather, we believe that bringing awareness to the body through explorative movement and mindful inquiry within the framework of yoga creates insights into the nature of our body/mind/heart and the world at large.

Our vision comes from the urgent need in today's world to find inner resources for resilience, especially at a time when our outer world is collapsing under climate change, post-pandemic trauma, and anxiety about a future with rapidly advancing technologies.

Upon completion of this training, students will graduate with the following skills:

- ✔ Ability to teach the fundamental yoga postures and breathing practices safely with modifications for all kinds of bodies
- ✔ Application of the tools of yoga in the context of our world today
- ✔ Knowledge of the historical roots of yoga including the major sacred texts
- ✔ Ways to be creative and resourceful to accommodate the needs of students (eg. using online platforms)
- ✔ Having developed a sustained practice from which wisdom and compassion will arise and continue to grow

It's our intention that the Arrive Yoga Teacher Training will be registered with Yoga Alliance, application pending. This will give our training a place amongst many other registered schools that believe in uniform standards of teaching and professionalism.

THE FORMAT

Arrive to practice, arrive to teach.

The Arrive Yoga Teacher Training is a 200-hour course and is structured to allow time for assimilation, reflection, and application of the teachings. As such, this is a two year commitment with time for building a personal practice from which the dharma of teaching will arise.

All classes will be in-person at Guelph Youth Dance, 42 Quebec St, downtown Guelph Ontario. Some exceptions will be made for those out-of-town who need to attend some portions of the training on-line.

A maximum of 12 trainees will be accepted into the training.

The training consists of:

- 12 Weekend Immersions (Saturday and Sunday 9am - 5pm)
- 10 Practice Teaching Sessions (Sundays 9:30am - 11:30am)
- 12-week apprenticeship session
- 1 Retreat Day
- One-to-one mentoring
- Weekly attendance in a yoga class (40 classes at Arrive Yoga is covered by the tuition)

WEEKEND IMMERSIONS THEMES & DATES

The 12 Weekend Immersions are designed with a specific theme and focus, deepening the student's understanding of the core aspects of yoga as the training progresses.

Each weekend includes Saturday and Sunday, 9am - 5pm, with an hour break for lunch.

1. **ARRIVING** Mar. 23, 24 2024
2. **MOVING FROM CENTRE** Apr. 20, 21
3. **STANDING PART ONE: Reaching, Resisting, Retracting** June 22, 23
4. **STANDING PART TWO: Being vertical** Oct. 26, 27
5. **TURNING & SIDEBENDS** Nov. 23, 24
6. **OPENING OUTWARD: Extension** Jan. 25, 26 2025
7. **MOVING INWARD: Flexion** Mar. 22, 23
8. **BALANCE & RESILIENCE** Apr. 26, 27
9. **CHANGING PERSPECTIVE: Inversions** June 21, 22
10. **FLOW: Sequencing** Oct. 25, 26
11. **PREPARING TO TEACH** Nov. 22, 23
12. **GATHERING & CLOSING** Jan. 24, 25 2026

CORE ASPECTS OF THE CURRICULUM

As a Registered Yoga School (RYS 200) with Yoga Alliance (pending on acceptance of the application) our curriculum covers the required core teaching categories under the following headings.

THE ART OF ASANA

The asana will be taught with focus on the body's relationship to the ground, the space around and above, the breath, and the spine. Foundational poses will be covered in terms of the movements of the spine: axial elongation, forward bends, lateral flexion, backbends, turns (twists), and inversions.

Embryological development and somatic movement will also be key as we explore how we progress from a cellular state to a full embodied being with moving limbs, functioning organs, and awareness.

THE ART OF PRANAYAMA

Pranayama will be taught with the approach taken by Richard Rosen in his book *The Yoga of Breath*; becoming intimate with one's own "breath print", and bringing a respectful attitude to the natural movement of the breath. Emphasis will be put on mindfulness of the breath and ways to calm the mind and nervous system through breath awareness. Introduction to various classical pranayama will be taught by guest teacher Owen Ash.

MAPS OF THE SUBTLE BODY

We will cover the basic understanding of the subtle body aspects with guest teacher Lisa Silverstein. Emphasis will be put on the Nadis (particularly the central energy channel) and how they relate to movement. Also, we will explore each of the chakras through guided practice and movement exploration and sounding, with an investigation into the emotional/psychological/spiritual context of each chakra.

MAPS OF THE ORGANIC BODY

Major components of the human body will be covered through lecture, discussion, experiential movement, and student presentations. An emphasis will

Maps of the Organic Body (Continued)

be put on the methods of Body-Mind Centering with segments taught by guest teacher Jayelle Lindsay (physio therapist and student of Bonnie Bainbridge Cohen).

Also highlighted will be functional movement with segments taught by Gina Giammarco. This will include structural analysis, postural alignment, and modifications pertaining to pregnancy, injuries, and pathologies. The major systems of the body (circulatory, respiratory, nervous system, lymph, digestive system) will be covered by the trainees as oral presentations.

THE ART OF PAYING ATTENTION

The meditation component of the Arrive YTT will be a core aspect to the training. The lead trainer, Jacqueline Gilbey, as well as the guest teachers, Elisabeth Schramm and Ken Hood, have decades of experience teaching Buddhist meditation, particularly Vipassana (Insight Meditation).

Trainees will be taught simple mindfulness meditation practices based in the Buddhist tradition (Vipassana and Metta-Lovingkindness) and will be introduced to the Four Foundations of Mindfulness and the Eight-Fold Path.

YOGA IN CONTEXT

Each weekend immersion will have 2 hours to explore an aspect of the History, Philosophy, and Ethics of Yoga:

History Key elements of history include: the origins of Yoga and how it has evolved throughout the centuries; from the rishis to the brahmins with their emphasis on ritual and the divine, to the Vedantic view of non-dualism, to the secularist and modern-day yoga with emphasis on health and wellness.

Philosophy We will have guest teacher, Barbara Quinlan, give lectures on the Yoga Sutras. Her expertise and years of practice in the tradition of T.K.V. Desikachar will give trainees an idea of the timeless teachings of Patanjali's Yoga Sutras.

Other philosophical texts that will be covered are The Bhagavad Gita and Hatha Yoga Pradipika. These will be offered by guest teacher Owen Ash. Trainees will be expected to know the importance of these texts and why they are essential in the overall understanding of Yoga.

Ethics The intention of this training is to teach ways of living in our current world situation with courage, compassion, and community. The 5 Ethical Precepts and the 4 Brahma Viharas of Buddhism, and the Yamas and Niyamas of Yoga provide the ground from which we can develop a view (towards ourself and others) of non-harming, wise speech, truthfulness, non-greed, generosity, kindness, understanding, and justice. These themes will be integrated throughout the training.

Trainees will also learn ways to create a safe studio space that is welcoming for everyone, including students who are financially disadvantaged and modifications for bodies/minds that have physical or mental challenges.

ART OF TEACHING

Each weekend immersion will have at least 1 hour lecture, discussion, or guided practice to cover the core competencies required for completion of the training. A creative approach will be taken to our model of teaching. For example, like writing a poem, a well-structured class needs to begin with an invitation to capture our attention, then sustain the attention with movements and mindful inquiry into the body, punctuated with surprise and wonder, then time for rest and reflection. The sequence of asana and pranayama will be taught with the nervous system in mind, designing a class with a balance of energizing and restorative practices.

PRACTICE TEACHING SESSIONS

Ten 2-hour Practice Teaching Sessions are arranged throughout the 2 year training. These sessions are solely dedicated to developing the trainee's teaching skills: observation, listening, speaking (finding the teacher's voice), feedback (giving and receiving), and creating a class sequence.

These sessions will be on Sundays from 9:30am - 11:30am.

DATES OF PRACTICE TEACHING SESSIONS

1. Apr. 7 2024
2. May 26 2024
3. June 9 2024
4. Oct. 13 2024
5. Nov. 10 2024
6. Jan. 12 2025
7. Feb. 16 2025
8. Mar. 9 2025
9. Apr. 6 2025
10. Nov. 9 2025

APPRENTICING & MENTORSHIP

12-WEEK APPRENTICESHIP

Trainees are required to attend a minimum of 12 classes as an apprentice. The intention of the apprenticeship is to experience the classroom as a teacher-in-training, observing teaching skills and the response of the students. The teacher may ask for the apprentice's assistance; for example, setting up the classroom, greeting the students, providing props as needed, or demonstrating a pose. The apprentice will not be required to teach the class directly.

Ideally the apprenticeship is consecutive over a 12 week session in the same class with the same teacher. This gives the teacher-in-training time to observe how a class progresses over a session.

Notes and journaling about the apprenticeship experience will be required for certification.

MENTORING

Each trainee will meet one-to-one with a mentor from the Arrive Yoga Teacher Training Faculty for two 30minute meetings. As well, throughout the training, the Lead Teacher will be available for questions and feedback and small group mentoring.

RETREAT DAY

This day is designed to spend time away from the busyness of our lives and to immerse our self in the restorative aspects of practice. Expect the day to include guided yoga and meditation and time to connect with other teachers-in-training.

Location and date to be determined.

FACULTY

The teachers at our faculty bring decades of practice, study, and teaching. While we come from various yoga traditions, Arrive Yoga's teachers are motivated by a shared belief that teaching yoga is a gift that arises from dedicated practice, self-awareness, and a commitment to lessening the suffering in our lives and in the lives of others.

Jacqueline Gilbey's (E-RYT® 500, YACEP® with Yoga Alliance) practice and study come from the awareness and compassion teachings from the Buddhist and Yoga traditions. Her yoga training comes from a mix of schools and perspectives that are influenced by Vanda Scaravelli, BKS Iyengar, and the Ashtanga tradition. She has been teaching since 2002 and has over 30 years of Vipassana (Buddhist Insight Meditation) practice. She has co-taught two previous Yoga Teacher Trainings (2010 & 2012) with Jayelle Lindsay and Lisa Silverstein at Living Yoga & Health. Jacqueline is the lead teacher in the Arrive Yoga Teacher Training.

Jayelle Lindsay is a certified yoga teacher at Kripalu Center for Yoga and Health in Massachusetts and a registered physiotherapist who brings 45 years of experience in rehabilitation and movement re-education to her students and clients. After graduating, she completed 20 years of full-time work in rehabilitation settings around the world including Switzerland, New Zealand and Canada. While working in Toronto, she began incorporating yoga practices into her treatment programs and as a certified yoga instructor she moved to Guelph in 1995 to open Living Yoga & Health (now *Arrive Yoga & Mindfulness*). Jayelle continues to offer physiotherapy treatment in Guelph and movement exploration classes at *Arrive Yoga*. She continues her studies through *Body Mind Centering* with Bonnie Bainbridge Cohen.

Lisa Silverstein came to yoga in the mid 80's as a way to heal back pain due to an injury. She quickly discovered that the healing powers of yoga and meditation extended from body, to mind, to spirit. She began teaching in 1996. She has been certified for teaching yoga from the Kripalu Centre For Yoga & Health, Esther Myers Yoga Studio, and was Registered through Yoga Alliance as an ERYT500 and Lead Trainer for Teacher Trainings. In 2017 Lisa took a sabbatical from teaching to complete her Sacred Centres Chakra Yoga Teacher Training with Anodea Judith and to travel to India to immerse herself in the traditional teachings of yoga. She is currently enrolled in Sutherland-Chan school of Massage Therapy.

Elisabeth Schramm is a Social Worker, Yoga Teacher, and Meditation Teacher. She closed her therapy practice in 2022, having worked as a clinical social worker for 40 years in various mental health settings and in private practice. Yoga and Meditation became essential practices during 10 years of supporting and caring for her parents. She learned to manage compassion fatigue and vicarious trauma in her work (completed Trauma Informed Yoga at Kripalu in 2017) so that she was able to be steady and present for others, and to maintain her own health and well-being. An integral part of her personal meditation practice includes attending 2 to 3 retreats each year. In 2022 Elisabeth completed the two year Meditation Teacher Mentorship with True North Insight.

Gina Giammarco Maintaining a strong, pain-free body to live and enjoy life is the source of inspiration for Gina's teaching. She helps others feel and move with strength and ease through a blend of modalities and training since 1999. Along with yoga certifications, specialization Pilates diplomas and osteopathic-based movement practices, Gina teaches with passion and an open invitation to join her in "geeking-out" on our fabulously, intricately engineered structures.

Owen Ash came to yoga for health reasons and decided to stay having realized the benefits of the practice of yoga. Inspired by his teachers he pursued the 200 hr and 300 hr teacher training programs at the prestigious Kripalu Center in Massachusetts, making him a certified 500 hour teacher. In addition Owen completed a 200 hour teacher training in the Anusara tradition. Owen has extensive experience in teaching students of all levels of physical ability. He loves seeing people develop greater strength, balance, flexibility and self-compassion and peace. At the heart of his practice is the mantra "The highest form of spiritual practice is compassionate self-observation without judgment."

Barb Quinlan began her study of Yoga in 1987, became a yoga teacher in 1992 and began yoga therapy studies in 2006. Barb's teachings evolved out of her studies with T.K.V. Desikachar and the Krishnamacharya Yoga Mandiram in Chennai, India. She is currently studying at the Yoga Vaidya Sala in Chennai, India with Dr.N.Chandrasekaran M.B.B.S, one of the worlds most experienced yoga therapists, a western medical doctor, international trainer and author.

Barb received her Post Graduate Diploma in Yoga Therapy from Yoga Vaidya Sala in 2019. She co-ordinated and led a Yoga Therapist Training at Yoga Therapy Guelph from 2020-2022. She continues to offer Yoga Therapy to individuals and Yoga Therapist and Yoga Teacher support both individually and in groups.

TUITION & POLICIES

The cost of the Teacher Training is \$4,200 plus HST (\$4,746)

This includes:

- 12 weekend Immersions
- 10 Practice Teaching Sessions
- 12 Apprenticeship Classes
- 1 Retreat Day
- 2 Thirty-Minute One-to-One Mentoring Sessions
- 40 Classes at Arrive Yoga & Mindfulness

The course may also be taken without the Teacher Training certification, space permitting. The cost would be \$3,800 plus HST (\$4,295) and would include:

- 12 Weekend Immersions
- 1 Retreat Day
- 40 Classes at Arrive Yoga & Mindfulness

Books and resource materials are not included in the tuition.

MISSED CLASSES

All 200 hours of the training must be attended for certification. With the permission of the school, missed hours can be made up through assignments or private classes at an extra fee, not included in the tuition.

REFUND POLICIES

Upon acceptance into the program, the applicant must pay a deposit of \$500 to hold applicant's place in the program.

The remaining tuition fee (\$3,700 plus hst = \$4,181) is due upon the first day of the training March 23rd, 2024.

If applicant cancels thirty (30) days or more before the start of the program, the applicant will forfeit \$250 of the deposit and the remaining balance will be refunded. If the applicant cancels 14-30 days before the start of the program, the full deposit is forfeited.

Payment schedules can be arranged with the school manager if needed.

The program tuition fees are non-refundable.

If a student must withdraw from the program for special circumstances, the program may give a partial refund to the student in the exercise of its discretion.

The program will not give any refunds or credits after the training starts.

The program reserves the right to cancel any training before it begins. In that case any payments applicants have made will be refunded in full.

If the training is interrupted by extenuating circumstances (Covid, severe weather) the school will adapt to the circumstances, including switching the format to online.

CERTIFICATION

In order to receive certification, the trainee must attend all 200 hrs of the training, all assignments must be completed, and tests and teaching evaluations must be passed satisfactorily. It will be the school's discretion to determine if a trainee is unqualified to receive certification at the end of the training.

APPLICATION

Arrive to practice, arrive to teach.

**Arrive Yoga & Mindfulness
2024 Yoga Teacher Training**

Application Deadline: January 5th, 2024

PERSONAL INFORMATION

Name:

Address:

E-mail:

Phone:

Date of Birth:

Occupation:

YOGA PRACTICE HISTORY

How long have you been practising yoga?

Where have you been practising?

What workshops have you taken? When, where, and with whom?

Are there any specific areas of interest that you would like to explore in this training?

Do you have a meditation practice? Yes No

If yes, how long have you been practising and from which tradition?

Are you planning to teach upon certification of this course or are you taking the training to deepen your own personal practice?

Are you already teaching yoga? Yes No

If yes, please fill out the following:

Where, when, and with whom did you take your training?

Where are you currently teaching?

ESSAY

Along with this application, please submit an essay between 500 and 1000 words *“Why I want to make a commitment to this teacher training and what I hope to accomplish.”*

HEALTH INFORMATION

Please list any injuries, physical or psychological conditions, that might keep you from participating fully in the training.

EMERGENCY CONTACTS

In case of an emergency, contact:

Name:

Phone:

Doctor:

All information given is confidential. Please sign and date below.

I understand that the above information, to the best of my knowledge, is true.

Name (print):

Signature:

Date:

Thank you for taking the time to fill out the application! Please send to:
info@arriveyoga.ca
or mail to 160 Grove St. Guelph ON N1E 2W7