



Teacher Training

300-Hour Approved Yoga Alliance School Program

True teachers and leaders always remain students.

Registration is now open for breathe's groundbreaking *300-Hour Teacher Training Program*! With the flexibility of the redesigned program, you will find greater ease in both your schedule and your wallet. Co-facilitators Cyndi and Carly Weis (E-RYT 500) create the glue for a local training program that will bring some of the most sought-after teacher presenters from around the country to supplement the core material giving the student an advanced training that would otherwise involve extensive travel.





The Art of Sequencing

with Natasha Rizopoulos

Sat., March 2, 2019:

1:30pm - 6:30pm

Sun., March 3, 2019:

9:00am - 12:00pm

Open To:

300-TT Participants (8 hours)

Teachers

200-TTs Grads

Inquisitive students

Cost: \$325 or \$275

(prior to 02/02/19)

About Natasha: As a dedicated Ashtanga practitioner for many years, Natasha is equally captivated by the precision of the Iyengar system. These two traditions inform her teaching, creating a mindful and dynamic blend of Vinyasa Flow. Now a Senior Teacher with Down Under Yoga, and a writer, teacher, and DVD instructor for Yoga Journal, Natasha is known world-wide for her ability to communicate the essence of sophisticated postures and ideas in ways that have a transformative effect upon one's understanding of Yoga.

About the Workshop: The ability to structure and sequence classes so that students have the best possible experience, both on the mat and afterwards, is one of the hallmarks of skillful teaching. Intelligent sequencing allows students to experience deep opening, greater strength and success in asana. It's based upon an understanding of anatomy, alignment and the relationships between postures. But great sequencing takes this essential foundation and transforms it into something vital and creative. In this weekend Intensive, Saturday begins with a rigorous Vinyasa practice that will embody essential Sequencing principles. In the afternoon we will unpack the morning practice, exploring the idea of sequencing as a narrative and energetic arc that builds progressively to a peak and cools down to restful and satisfying Savasana. Sunday we will translate theory into reality by designing and practicing a sequence based upon a theme of the group's choosing.



Teaching, Leading & the Art of the Playlist

with Kinndli McCollum

March 22nd - 24th, 2019:

03/22: 5:00pm-9:00pm

03/23: 7:45am-6:00pm

03/24: 9:00am-6:00pm

Open To:

300-TT Participants (23 hrs)

Teachers

200-TTs Grads

Cost: \$375 or \$325

(prior to 02/22/19)

About Kinndli: Certified Baptiste Power Vinyasa Yoga Teacher and co-founder of Power Yoga Canada,™ Kinndli has mentored personally with Baron Baptiste on over 45 programs. She is a 500hr E-RYT Certified Yoga Teacher and an Ambassador for Africa Yoga Project.

About the Workshop: This weekend module will delve into the Journey Into Power sequence and break down each section to reveal the theme and specific teaching tools to make that theme come alive in your students bodies and hearts. We will distinguish the difference between teaching a class and leading your students into their own discovery and how to know when to teach and when to lead. Once we have an intimate understanding and experience of the themes of JIP, we will then explore the magic of music and how to curate a playlist to take your students on a Journey Into Power!



Keynote: Awakening Your Sacred Powers

with davidji

Thursday, May 16, 2019:
6:00pm-9:00pm

Open To:

300-TT Participants (3 hrs)
Anyone interested in
meditation & living a more
awakened life

Cost: \$75 or \$60
(prior to 04/01/19)

Weekend Immersion: Awakening Your Most Sacred Self

with davidji

May 17th - 19th, 2019:
05/17: 6:00pm-9:00pm
05/18: 8:00am-6:00pm
05/19: 8:00am-12:00pm

Open To:

300-TT Participants (17 hrs)
Anyone interested in
meditation & living a more
awakened life

Cost: \$475 or \$400
(prior to 04/01/19)

About davidji: davidji is a globally recognized mindbody health & wellness expert, mindful performance trainer, meditation teacher and author to 3 bestselling books. He is credited with creating the 21-day meditation process, which has spawned hundreds of 21-day meditation experiences & challenges around the world. Often referred to the Velvet Voice of Stillness, he can be heard on more than 500 guided meditations, available on itunes, Amazon, HayHouse.com, GooglePlay, Spotify, Pandora, Sound Cloud and on www.davidji.com

About the Workshop, Awakening Your Sacred Powers:

Perhaps you've already begun your journey on the spiritual path, or perhaps you've found yourself at a crossroads of some potentially defining moment in your life. Maybe you sense a feeling of longing for something beyond what exists right now. Or you have confusion about the situation in which you currently find yourself. There may even be an indescribable sensation inside you — a sort of knowing that there's something more, something deeper... a place where you can finally experience true love, real abundance, greater fulfillment, or simply peace of mind in the midst of all the chaos that surrounds you. Oftentimes we simply feel trapped by our current circumstances or locked into a non-nourishing pattern. But there is a doorway to the liberation you seek. In fact, there are five doorways and five paths that you can walk to gain your footing on your spiritual journey. These paths are available to all seekers whether this is your first step into spirituality or whether you have been practicing for many years.

Join davidji on a path toward awakening the transformation that is inside you, and learn the secrets that Awakening Your Sacred Powers reveals to guide you toward stepping into your power, making more conscious choices, communicating less violently, owning your impact and manifesting the dream life you've always wanted.

About the Workshop, Awakening Your Most Sacred Self:

In every moment, you have the ability to make the most brilliant choice – the one that will align you with the Universe; the one that will take your life to the next level; the one that will awaken the magnificence that rests at your very core. Yes, you have sacred powers of transformation resting deep within. Not simply the power to change – (although change might seem really refreshing right now) – but to truly transform your life to a place of deep fulfillment. Change is different than transformation. You can change the channel; you can change your hair color – whatever you change, you can always change back. But with transformation, there's no going back.

In three transformational days with davidji you will learn to:

- * Explore the sacred powers waiting to be awakened within you
- * Embark on a journey of self-discovery and empowerment
- * Let go of what no longer serves you, and embrace what does
- * Learn to move beyond the confines of conditioned behavior
- * Re-set, re-calibrate, and re-invent our dream life
- * Open our hearts to the truth of our magnificence!!!



Your Natural Machine Within: The True Power Behind Power Vinyasa Yoga

with Desirae Pierce

June 21st – 23rd, 2019:
06/21: 5:00pm-9:00pm
06/22: 7:45am-6:00pm
06/23: 9:00am-6:00pm

Open To:

300-TT Participants (23 hrs)

Teachers

200-TT Grads

Cost: \$375 or \$325

(prior to 05/21/19)

About Desirae: Desirae discovered that yoga provided a counter to the stress of the corporate world. Traveling the country for major corporations, she experienced many yoga styles, but found Power Vinyasa Yoga, Baptiste Yoga and Bowspring Alignment styles provided a spiritual aspect, the missing puzzle piece to her life. In 2006, she opened Breath and Body Yoga in Austin, Texas. At present she teaches, tours and trains, bringing a new dynamic to the practice where vinyasa flow meets alignment.

About the Workshop: There is nothing more important in life than growth! Take your practice to the next level and hone masterful skills by understanding the natural curves of the spine. When we are strong we feel more powerful, we lead, we connect to human beings on a greater level. You will learn to listen, observe and finely tune the machine inside of you, your spine. This workshop is designed to take you out of your comfort zone, allowing you to create a practice ripe for transformation. The intensive nature of this workshop immediately creates space for unlimited possibilities in your life and your practice.



Yin and Chakras

with Ann Marie Kramer

July 12th – 14th, 2019:
07/12: 5:00pm – 9:00pm
07/13: 7:45am-6:00pm
07/14: 9:00am-6:00pm

Open To:

300-TT Participants (23 hrs)

Teachers

200-TTs Grads

Cost: \$375 or \$325

(prior to 06/12/19)

About Ann Marie: Anne Marie Kramer (AMK, Mama Bear, or Amkzing – she answers to all of these names) is your coffee-drinking, sugar-loving (working on it!) yoga teacher who believes yoga should be powerful while being playful. A teacher for over 20 years, she has learned that everything and everyone is a mirror and yoga is everywhere. When AMK is teaching, expect the unexpected! No scripts, no plans, she likes to let the magic flow and have fun! Anne Marie is the founder of Zuda Yoga in Northern California.

About the Workshop: Through the chakras and yin yoga you will experience the art of taking it slow. Whether you're a Type A or Type B – this workshop is for you. Gain a deeper understanding of the physical body and the benefits of a yin yoga practice for an active lifestyle. Next, go even deeper and explore the energy of the subtle body through the study of the chakras. Through space and stillness come the lessons – a quiet mind inspires a loud heart – the more you learn how to hold space the more the spirit speaks.



Next Level & Alignment to Make Yoga Accessible to Everyone

with Brooke Hamblet

September 13th - 15th, 2019:

09/13: 5:00pm-9:00pm

09/14: 7:45am-6:00pm

09/15: 9:00am-6:00pm

Open To:

300-TT Participants (23 hrs)

Teachers

200-TT Grads

Cost: \$375 or \$325

(prior to 08/13/19)

About Brooke: A senior-level Baptiste Yoga instructor, Brooke is the Founder and Director of the Brooke Hamblet Teacher Training School, a Yoga Alliance-recognized 500-hour teacher certification program, and the founder of Indigo Yoga, established in 2005. She holds multiple yoga certifications at the 500-hour level. She considers anatomy, alignment, cadaver dissection, and subtle body energetics as her specialty topics, and has trained extensively with Ray Long, MD, Tias Little, and Tom Myers.

About the Workshop: This weekend intensive is a deep dive into anatomy and how it pertains to alignment in yoga. This module utilizes scientific research to showcase the biomechanics of stretching and how it can be applied to students of all levels. Participants will also learn how to make yoga accessible to anyone, regardless of age, injury, or physical limitations.



Teacher Q&A and Master Class

with Bryan Kest

Wed., October 23rd, 2019:

6:00pm - 9:00pm

Open To:

300-TT Participants (3 hours)

Teachers

200-TTs Grads

Cost: \$65 or \$50

(prior to 09/23/19)

About Bryan: Bryan Kest has been practicing yoga since 1979 and has been teaching since 1985. He developed his unique, distinctive style of yoga, Original Power Yoga, in the late 80s. Over the years, this style, an amazing workout for the body, mind and spirit, has made him a well-known, popular teacher across the country and around the world.

About the Workshop: This unprecedented event at breathe gives teachers an intimate opportunity to glean nuggets from a modern master on topics of interest with a casual Q&A. The evening will settle your body and mind with Bryan's signature practice.



Y12SR Combines Training & Certification with Nikki Myers

November 15th - 17th, 2019:
11/15: 9:00am-6:00pm
11/16: 9:00am-6:00pm
11/17: 9:00am-6:00pm

Open To:

300-TT Participants (23 hrs)
Teachers
200-TTs Grads

Also: therapists, social workers, probation officers and others who desire to understand how ancient philosophies & practices of yoga align with the 12-step program of recovery.

Cost: \$550 or \$495
(prior to 10/15/19)

About Nikki: An accomplished teacher and practitioner, Nikki Myers is a Yoga Therapist, Somatic Experiencing Practitioner, Certified Addictions Recovery Specialist and MBA. Born from her personal struggle with addiction, Nikki is the founder of Y12SR: The Yoga of 12-Step Recovery. Nikki’s work has been featured in the New York Times, Black Enterprise, The Huffington Post, Origin Magazine, and CBSnews.com.

About the Workshop: Based on its theme, “the issues live in the tissues’, Y12SR, is a relapse prevention program that weaves the art and science of yoga with the practical tools of 12 step programs. The Y12SR Combined Training equips participants to hold Y12SR classes in their communities. The training focuses on the ‘understanding and application’ of yoga and the 12 steps and results in full Y12SR certification.



The How & Why of Restorative Yoga with Amanda Bayer

December 6th - 8th, 2019:
12/06: 5:00pm - 9:00pm
12/07: 7:45am-6:00pm
12/08: 9:00am-6:00pm

Open To:

300-TT Participants (23 hrs)
Teachers
200-TTs Grads

Cost: \$375 or \$325
(prior to 11/06/19)

About Amanda: Her yoga journey first began while completing her Bachelors degree in dance. Over the last fifteen years she has been researching body mechanics, somatics, and functional movement. She is an advanced relax and renew trainer as well as a 300-hour Baptiste Yoga teacher and E-RYT 500. As a life long learner she has trained with Judith Hanson Lasater, Baron Baptiste, and Bernie Clark. She has a deep fascination with silence, stillness, and deceleration. A deeply rooted belief is that life can change one savasana at a time.

About the Workshop: What would happen if we were as concerned about fatigue as we are about hydration? How can we assist ourselves as well as our students to find silence and stillness amongst a culture that is accelerating at a rapid rate? It is so infrequent that we take time to rest. What would it be like to slow down?

Restorative Yoga poses help us learn to relax and rest deeply. When the body reaches a state of deep relaxation, the whole body benefits. A few of the measurable results of relaxation are the reduction of blood pressure and the improvement of immune function, as well as improvement in digestion, reduction of muscle tension and general fatigue.

In this workshop you will learn the essence of Restorative Yoga. All aspects of the subject will be covered, including the physiology of relaxation, the physical, emotional and spiritual aspects of Restorative Yoga. We will also discuss how to sequence and teach a class in Restorative yoga.



Wait! There's More...

In addition to Hala Khouri 's Trauma-Informed Yoga Training, we are still confirming other 2020 guest presenters with details to be announced mid-2019. There will be 40 -50 additional workshop hours to choose from in 2020 to fulfill your 300-TT requirements. Stay tuned as we have some great things coming!

Times, Locations and Weekends

Classes will vary from breathe's **Pittsford studio** (19 South Main Street, Pittsford), **College Town studio** (34 Celebration Drive, Rochester) and **Downtown studio** (930 East Avenue, Rochester).

The required weekends will be held on Fridays from 5:00-9:00pm in Pittsford, Saturdays from 7:45am-6:00pm and Sundays 9:00am-6:00pm at breathe Downtown.

February 1st -3rd, 2019

June 7th - 9th, 2019

January 24th - 26th, 2020

April 26th - 28th, 2019

October 4th - 6th, 2019

May 15th - 17th, 2020

Go to www.breatheyoga.com for more information

Teacher Training Program Details

The program spans 16 months, from February 2019–May 2020.

There are six weekends with lead instructors (135 contact hours) where full attendance is required. Select the remaining 135 contact hours from the program calendar based on your schedule and interests. The remaining 30 non-contact hours will be assigned as outside work.

Some portions of some presenters will be open to other groups (ie: teachers, 200-TT grads not in 300-TT, the breathe community) and some will be dedicated strictly to the 300-Hour TT group. The six core weekends will be open to the 300-TT group only. The 300-TT enrollees will have first opportunity to enroll in workshops and there is no extra cost beyond the monthly payment. Once your contact hours are accrued, any additional workshops can be attended for the workshop cost.

Fee for the program is \$4500. A deposit of \$500 will secure your spot and 16 monthly installments of \$250 will be payable on the 25th of the months of February 2019–May 2020. **A non-refundable \$200 registration fee is included in your deposit.** If you withdraw prior to January 15, 2019, you will be refunded your deposit minus the registration fee. The full \$500 deposit is non-refundable after January 15th.

breathe's 300 hour teacher training programs meets or exceeds standards set by Yoga Alliance. You must have a 200-RYT Certification from Yoga Alliance to be eligible for this program. Space will be limited and registration will be granted on a first-come basis.

To register, call **(585)248-9070** or go to **www.breatheyoga.com** – space is limited, so don't delay!

