



Yoga Tree & Yoga for Wellness, Boise  
Shanti Yoga, McCall

## Shanti Yoga Teacher Training & Workshop Schedule

All Shanti Teacher Training Intensives provide credit for Shanti Yoga certification & are included in tuition.

Shanti also presents workshops & retreats not intended exclusively for Shanti's teacher training program & not included in Shanti teacher training tuition, but that offer contact hours or CEUs.

Workshops with an \* are not required, though students may choose to attend at a 30% discount.

Workshops and retreats indicated with \*\* provide contact hour credit, but students are not eligible for a discount.

Workshops with \*\*\* provide hours toward specialized certifications, but may not be used for 200/500hr. certifications.

Workshops with \*\*\*\* are intended for 300 hour students or graduates of 200 or 500 hour programs looking for CEUs.

Updated 9/11/2017

### Contact Us!

shantiyogastudio.org • 208.634.9711 • info@shantiyogastudio.org

Dates/Location	Teacher	Topic
Sept. 15-17, 2017 Yoga Tree of Boise	Shanti Teachers	Asana
****Sept. 15-16, 2017 Yoga for Wellness	Jeanne Dillion	Viniyoga Asana
<b>*Sept. 22-24, 2017 Shanti, McCall</b>	<b>Sianna Sherman</b>	<b>Yoga Workshop</b>
*** Sept. 30-Oct. 1, 2017 TBD	Mindy Goodman	Prenatal Level 1
****Oct. 6-7, 2017 Yoga for Wellness	Jeanne Dillion	Meditation
***Oct. 7-8, 2017 TBD	Chelsea Cunningham	Children's Specialization
Oct. 13-15, 2017 Yoga Tree of Boise	Shanti Teachers	Pranayama/Meditation
***Oct. 21-22, 2017 TBD	Chelsea Cunningham	Children's Specialization
*** Oct. 28-29, 2017 TBD	Mindy Goodman	Prenatal Level 1
Nov. 3-5, 2017 Yoga Tree of Boise	Shanti Teachers	Teaching Yoga
****Nov. 4, 2017 Yoga for Wellness	Jeanne Dillion	Teaching Yoga from the Heart
<b>*Nov. 10-12, 2017 Shanti, McCall</b>	<b>Julian Walker</b>	<b>Yoga Workshop</b>



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***Nov. 18-19, 2017 TBD	Chelsea Cunningham	Children's Specialization
**Nov. 18-28, 2017 Vietnam & Cambodia	Debbi Murphy	Peace Lies Within Yoga Retreat
*** Dec. 2-3, 2017 TBD	Chelsea Cunningham	Children's Specialization
Dec. 8-10, 2017 Yoga Tree of Boise	Shanti Teachers	Teaching Yoga II/ Off the Mat
***Dec. 16-17, 2017 TBD	Holly Lammer	Prenatal Level 2
*** Jan. 6-7, 2018 TBD	Chelsea Cunningham	Children's Specialization
*** Jan. 13-14, 2018 TBD	Holly Lammer	Prenatal Level 2
Jan. 19-21, 2018 TBD	Shanti Teachers	History
Feb. 9-11, 2018 TBD	Shanti Teachers	Anatomy
Feb. 18-24, 2018 Iceland	Debbi Murphy	Iceland Yoga Retreat
March 9-11, 2018 TBD	Shanti Teachers	Asana
<b>March 16-18, 2018 Shanti, McCall</b>	<b>Micheline Berry</b>	<b>Yoga Workshop</b>
April 13-15, 2018 TBD	Shanti Teachers	Pranayama/ Meditation
May 4-6, 2018 TBD	Shanti Teachers	Teaching Yoga I
<b>*May 18-20, 2018 Shanti, McCall</b>	<b>Taylor Harkness</b>	<b>Yoga Workshop</b>
June 8-10, 2018 TBD	Shanti Teachers	Teaching Yoga II
July 13-15, 2018 TBD	Shanti Teachers	History/Philosophy
Aug. 3-5, 2018 TBD	Shanti Teachers	Anatomy
<b>*Aug. 10-12, 2018 Shanti, McCall</b>	<b>Jason Crandell</b>	<b>Yoga Workshop</b>
Sept. 7-9, 2018 TBD	Shanti Teachers	Asana
<b>*Oct. 12-14, 2018 Shanti, McCall</b>	<b>Baxter Bell</b>	<b>Yoga Workshop</b>
Oct. 19-21, 2018 TBD	Shanti Teachers	Pranayama/Meditation

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Contact us!

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## Shanti Yoga School Instructors & Staff

### **BOISE**

Debbi Murphy, PhD, E-RYT 500, RPYT, RCYT, YACEP lead teacher 200 & 300 hour tracks, debbimurphy.com  
Kimberly Azzarito, E-RYT500, YACEP lead teacher 200 & 300 hour tracks  
Jennifer Knight, E-RYT500, lead teacher  
Don Silva, MBA, RYT500, YACEP, lead teacher  
Mark Zimmerer, E-RYT500, YACEP, lead teacher  
Jeanne Dillion, E-RYT500, YACEP, lead teacher 300 hour track  
Chelsea Cunningham, RYT200, RCYT, lead teacher Children's Specialization  
Mindy Goodman, E-RYT500, RPYT, lead teacher Prenatal Specialization  
Jamie Lange, RYT200, New Student Coordinator  
Bill Dial, E-RYT500, Mentor Program  
Holly Lammer, RNC, RYT500, RPYT, lead teacher Prenatal Specialization  
Angela Young, DC, RYT200, Anatomy Instructor  
Desiree Moores, RYT500, lead teacher

### **Boise Meeting Times (sessions follow month's theme)**

#### Wednesdays, Weekly @ Yoga Tree of Boise

3:00 - 6:30 pm: Teacher Training & Master Class led by Debbi Murphy

6:30-7:00pm: Master Class Debrief led by Debbi Murphy

#### Sundays, Weekly @ Yoga Tree of Boise

12:30 - 3:00 pm: Teacher Training led by Kimberly Azzarito (not held on Shanti workshop, event weekends)

On the 1<sup>st</sup> Sunday of the Month, we also have two additional sessions @ Yoga Tree of Boise

11:35-12:30: Asana Checkoff led by Kimberly Azzarito

3:00-3:30: Mentor Session led by Kimberly Azzarito

### **Curriculum**

<http://shantiyogastudio.org/course-materials/>

To maintain optimal learning in a customized way, Shanti Yoga School's curriculum presents the YA approved syllabus in several ways: weekend workshops, workbook lessons, weekly classes, monthly study groups, mentor meetings, practicums, and videotaped class requirement. 300 hr students can also accrue contact hours through Book Discussion Groups, Project Development meetings and assisting senior teachers. Contact hours can come from any of these sessions in which one of the Shanti faculty or a Shanti mentor (approved 300 hr student) is presiding. Non-contact hours come from the homework.

### **Shanti 200 Hour Training Intensives**

#### **1. Yoga History/Philosophy/Ethics/Energetic Anatomy**

- Yoga's Evolution through the Vedas to Modern Times/Yoga Mythology
- Energetic Anatomy (The Chakras)
- Business & Ethics for Yoga Teachers

#### **2. Yoga Anatomy & Physiology**

- Nervous System & Spine
- The Root (Lower Body) & Core
- Upper Body & Shoulder Complex
- Respiration
- Neuroscience & Meditation
- Injury Prevention

#### **3. Asana**

- Explore & practice 38 fundamental asanas
- Primary Movement Principles, Function, Alignment, Sequencing, Modifications, Contraindications & history
- Restorative/Yin Asanas
- Vinyasa

#### **4. Pranayama/Meditation**

- Anatomy & Physiology of Respiration
- Neuroscience Meditation
- Methods of Practice of Meditation & Pranayama
- How to Teach into a class

#### **5. Teaching Yoga**

- Clear Vision/Authentic Voice
- The Science of Teaching Yoga- Observation, Communication & demonstration
- Purpose & Use of Props
- Restorative, Yin, Yoga Nidra
- Mindful modifications, assists
- Class Structure: environment, sequencing, music, lessons plans, themes
- Yoga Off the Mat
- Sustainable Teaching/Business of Yoga
- Teaching to Various Populations

### **300-Hour Training Intensives**

#### **1. Yoga H/P/E**

- Ayurveda
- Comparative Philosophy
- Ancient Teaching for Modern Living
- History of Tantra and Non-Dualism

#### **2. Anatomy**

- Advanced Anatomy & Physiology Concepts
- Prescription/Modifications

#### **3. Asana**

- Viniyoga Principles and Physiology
- Advanced Techniques

#### **4. Pranayama/Meditation - Advanced Techniques**

- Yoga Nidra/ Intro to iRest

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- Yoga Nidra/ Intro to iRest

#### **5. Teaching Yoga**

- Restorative Yoga
- Teaching to Special Populations
- Teaching for Transformational Teaching
- Trauma Sensitive Training
- Yin Yoga & Yoga for Graceful Aging
- Teaching Viniyoga

#### **6. Teaching Yoga II**

- Teaching Yoga Personal Experience v. Demonstration
- Teaching Yoga from the Heart