



LEAD ME

FROM THE

UNREAL

TO THE REAL!!

THE UPANISHADS

ABOUT THE TEACHER



Kim Manfredi, E-RYT 500, began studying yoga and meditation in 1988 to facilitate healing from an injury that involved four broken vertebrae. This healing was so miraculous that she became a

teacher to share the practice with others.

She has studied with many teachers and traditions, including, Patabhi Jois's ashtanga, Shiva Rea, Kripalu, Baron Baptiste, Bikram, Beryl Bender Birch, Panditji, Doug Swenson, and Rod Stryker. Kim is committed to yoga as a path to enlightenment. She owns and operates Charm City Yoga Center where she teaches hot yoga. She is also the yoga instructor to the Baltimore Ravens. Kim loves yoga and is committed to staying a student herself.

YOGA ALLIANCE

Yoga Alliance registers those yoga schools which offer teacher training programs meeting the standards set by Yoga Alliance, assuring that graduates are well-qualified to teach the practicing public.

Charm City Yoga Center Teacher training program is registered with the standards set by the Yoga Alliance 500 hour program. Upon completion of the program, you will receive a certification for 500 hours as a hatha yoga teacher.



Registered Yoga School



Registered Yoga School



107 East Preston Street ♦ Baltimore, MD 21202 ♦ 443. 286. 5343
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CHARM CITY YOGA CENTER TEACHER TRAINING

WITH KIM MANFREDI, E-RYT 500



500 HOUR CERTIFICATION PROGRAM
MARCH 5 – NOVEMBER 7, 2010

Become a transformational Yoga teacher!

The Charm City Yoga Center 500 hour teacher training is for all serious students of yoga who want to deepen their practice and learn how to share it with others. Teaching is a wonderful way to move into the art of giving yoga. In that giving, as teachers, we learn that to give is to receive, equally important in health and life. In this training you will learn to teach not only asana (postures), but all eight limbs of yoga. The eight limbs include Yamas, Niyamas, Asana, Pranayama, Pratyahara, Dharna, Dhyana and Samadhi. You will learn to teach classes that are a dynamic expression of your personal relationship to the practice. Your life and your teaching will become an example that inspires others to live in accordance with the yoga tradition of peace and happiness. This unique expression of your yoga will join your individual light with the collective light of the sages who have come before you in the name of union.

TOPICS WILL COVER:

- ◆ The dialogue and hands on training to assist and provide modifications for the 32 advanced asanas
- ◆ How to practice and teach the seven advanced pranayama techniques
- ◆ How to practice and teach the seven shat kriyas as described in the *Hatha Yoga Pradipika*
- ◆ Advanced readings on topics such as diet, ayurveda, anatomy, systems of Indian philosophy, ethics, styles of yoga including vinyasa, yin, and structural yoga therapy, *The Yoga Sutras* and the *Bhagavad Gita*
- ◆ Advanced study of classical methodology in teaching about the subtle body
- ◆ How to use and teach mudras and locks during asanas as a pathway to enlightenment
- ◆ How to teach Yoga Nidra
- ◆ How to lead a transformational class that creates sacred space for emotional release, and comes from a place of knowledge and understanding
- ◆ How to teach and experience samyama as described by Patanjalis
- ◆ Introduction to the components of classes for specialized populations, including pre-natal, seniors, kids, and fibromyalgia
- ◆ Anatomy as it relates to advanced postures and builds on the knowledge of connective tissue, the lymphatic system, strain and counterstrain, normal range of motion, and kinesiology
- ◆ Teaching and relaxing with the breath as guru
- ◆ Teaching and relaxing with the koshas as guru
- ◆ Teaching with props and partners

TRAINING DATES:

The Schedule is as follows: **March** 5, 6, 7, **April** 2, 3, 4, **May** 7, 8, 9, **June** 4, 5, 6, **July** 9, 10, 11, **September** 24, 25, 26, **October** 15, 16, 17, **November** 5, 6, 7. **All Sessions meet:** Fridays, 7:30pm - 10:30pm, Saturdays, 12:00pm - 8:00pm and Sundays, 8:00am - 4:00pm.

PREREQUISITES

- ◆ Completed 200 hour RYS Program

TYPICAL INTENSIVE DAY

- ◆ Arrive early for asana and pranayama practice.
- ◆ Explore silence and meditation while practicing the samyama technique
- ◆ Learn skillful means for teaching the subtle art of the yoga
- ◆ Discuss daily topics such as new material in philosophy, anatomy, and physiology, as well as ideas explored in the weeks reading. There will also be an opportunity for questions and answers
- ◆ Afternoon will be geared toward learning advanced asana, pranayama, assists, and modifications
- ◆ Practice teaching new techniques, methodology, advanced asana, themes and sequencing
- ◆ Return to silence for innerwork which will include Yoga Nidra, meditation and conscious breathing

FINANCIAL OBLIGATION

- ◆ The cost for this training is \$2,200
- ◆ A \$500 non refundable deposit due with application
- ◆ In addition to the tuition you will be asked to buy books and pay for yoga classes. You will be asked to take one of Kim's yoga classes per week during the duration of the training

REGISTRATION FORM

Upon receipt of your registration, mailed to Charm City Yoga Center, 107 E. Preston St., Baltimore, MD 21202, with a non refundable deposit, you will receive an application for enrollment. Your deposit will be returned to you if you are not accepted into the program.

Name _____

Address _____

Email _____

Phone _____