



COMO SHAMBHALA

BE A YOGA TEACHER **Teach Yoga With Deeper Understanding**

COMO Shambhala is offering a 500-hour teacher training course, beginning 12 February 2008. The course is accredited by Yoga Alliance, the only organisation that registers teacher training programs internationally. In line with COMO Shambhala's commitment to enable each individual to achieve harmony and balance for the mind, body and spirit, this teacher training course is designed with both personal and professional development in mind.

Although this course will earn you an internationally recognised qualification, it is, more importantly, a journey of personal growth that furthers your own practice on a physical, mental and spiritual level. After gaining a firm theoretical and practical foundation, you will then integrate this understanding into the art of teaching yoga.

The course of study includes regular classes four times a week – two instructional sessions to cover the teacher training curriculum and two yoga practice sessions. The course fees also include an intensive retreat.

This course is a demanding, highly rewarding programme for those called to develop themselves as practitioners and teachers of yoga. Not only does it build a solid foundation for teaching yoga, it also provides a systematic opportunity to gain a deeper awareness and understanding of your own practice.

COMO Shambhala Urban Escape

583 Orchard Road, The Forum #06-05, Singapore 238884 Telephone +65 6735 2163 Facsimile +65 6413 0670 Website comoshambhala.bz
Shambhala Yoga Centre Pte Ltd Registration No 199201256E

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THE COURSE

Curriculum

The course will primarily offer a general Hatha yoga approach but Iyengar, Vinyasa and Ashtanga styles will also be addressed.

The course will cover the following subjects: -

- Asana – A solid foundation of the principles and practice of Asana is an essential part of the curriculum, including working with props, pre-natal classes, and an introduction to therapeutics including injury prevention and management.
- Yoga Philosophy – We will study the Bhagavad Gita, the Upanishads and Patanjali's Yoga Sutras to understand the roots of yoga.
- Pranayama – A vital way of building and directing one's vital energy or life force (prana), we will undertake a methodical exploration of the classical pranayama including Kriyas & Mudras.
- Sanskrit pronunciation & Chanting
- Meditation & Relaxation – By stepping beyond the confines of one's own body and mind, meditation and relaxation focus and quiet the self. We will examine various techniques including Yoga Nidra.
- Anatomy & Physiology – A 36-hour applied anatomy course specifically designed for a yoga teacher training curriculum
- Teaching Methodology and Practice – We will cover the principles of teaching including sequencing, adjusting, assisting, demonstrating, and instructing in a clear and engaging manner. These will be taught through practice teaching with simulated classes of various formats from one-on-one to group classes.

Teaching Panel

The teaching panel for this course comprises: -

Vivienne Spanopoulos, Don Peers, Jason Birch and Yusuf Nakhoda, all full-time instructors at COMO Shambhala.

Vivienne Spanopoulos co-conducted COMO Shambhala's first Teacher Training Programme in 2003. Vivienne is the Director of the course and she oversees the curriculum. She has been practicing yoga for 15 years and teaching for 12. Vivienne was originally trained for 3 years at Yoga Synergy in Sydney and recently completed an additional 200-hour training in Iyengar Yoga to deepen her knowledge. She has studied with a wide variety of international teachers and has also extensive training in applied Anatomy & Physiology for Yoga teachers and is a qualified Remedial Massage Therapist. Vivienne will cover much of the Asana component of the course, as well as presenting the Teaching Methodology and Teaching Practicum.

Don Peers has been practicing Yoga for 12 years and teaching for the last 6 years. He has trained with Simon Borg-Oliver, Bianca Machliss, Sri Desikachar, Tim Miller, Sri K. Pattabhi Jois, Rodney Yee, Donna Farhi, and Lino Miele. He believes yoga is an inward journey, how we undertake that journey is as important as the final destination. Don will teach the Yoga Philosophy component as well as some of the Asana segments.

Jason Birch has practiced yoga since 1995, and has completed a Bachelor of Arts at Sydney University in 2001, majoring in Sanskrit and Hindi, incorporating Pali, Tibetan, Hinduism, Buddhism and the Six Schools of Indian Philosophy. In addition to his theoretical grounding in Pranayama, Mudra and Meditation, he draws upon his personal experience in practicing Pranayama and Meditation to impart safe and beneficial ways of learning these arts. Having taught the Sanskrit and Pranayama modules on a number of Yoga Teacher training programs in Australia, Jason will cover the Meditation, Pranayama & Sanskrit components as well as some of the Asana in this course.

Yusuf Nakhoda has a passion for human movement skills. Building on his degree in physical education and sports science, he has studied yoga extensively since 1987 with BNS Iyengar. Yusuf is also qualified in Stott Pilates Mat and Reformer training (Canada) and Thai Massage (Old Traditional Medicine Hospital, Thailand). Yusuf will teach core and periphery strength by using body weight exercises and explain the linkages and benefits of asana practice.

Guest teacher, **Christoph Kummer N.D.** Chris will teach the Yoga Anatomy and Physiology component of the course. An inspiring yoga teacher who started yoga at age 7 and who has taught sports and movement for more than 20 years, his easy and knowledgeable style brings the human body to life. His delivery of a very lively, practical application of Anatomy and Physiology in relation to asana, pranayama or other yogic disciplines as they apply, has made Chris a renowned teacher all over the world.

Between travelling to international yoga teacher training courses, Chris still practices in his clinic in Sydney, Australia, where he specialises in functional soft tissue alignment and integration. He is also director of Kinda Yoga, a company dedicated to educating children about the various aspects of Yoga, healthy living and nutrition, to help them thrive in this modern world.

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Certification

Successful completion of the course will be certified by the COMO Shambhala Teacher Training Certificate and the 500-Hour Registered Yoga Teacher Certificate from Yoga Alliance.

Program Schedule

Classes will begin 12 February 2008. The dedicated classes for students will be held on Tuesdays 6.00pm-9.00pm and Sundays 8.30am-12.30pm. In the first half of the course, the Sunday morning session will begin with one hour of meditation and pranayama to instill a regular practice for students. Students are also required to attend two yoga classes per week at COMO Shambhala for the duration of the course.

With advance notice, a few additional classes will be run on Friday 6.00pm – 9.00pm as well as the above times.

The Anatomy & Physiology component will be taught over two weekends (Friday evening, plus Saturday and Sunday).

The course includes one (1) five-day retreat at Uma Ubud, Bali.

A two-month break will be held over the June/July period.

Attendance Policy

Regular and punctual attendance to all classes is a mandatory requirement of the course to receive the final certification. If absence is required due to illness or misadventure, this first needs to be detailed to the Course Director and is reviewed on a case by case basis. The teaching panel reserves the right to refuse issue of final certification for any reason.

COMO Shambhala Teachers' Code of Conduct

All students are regarded as teachers-in-training. By signing the Student's Agreement, they agree to abide by COMO Shambhala's Teachers' Code of Conduct. COMO Shambhala reserves the right to withdraw enrollment of any student should he/she undermine the Code of Conduct or any other terms within the Student's Agreement after a single warning.

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APPLYING FOR THE COURSE

Scholarships are available.

Pre-requisites

COMO Shambhala encourages all committed students of yoga with a minimum of 2 years yoga practice to apply.

This course is for those who would like to become yoga teachers. We also welcome those wishing to deepen their understanding of the principles and practice of yoga. Existing teachers wishing to re-visit the fundamentals of practice and teaching will find the course extremely valuable as well.

Application Process

Interested applicants can request an application form by phone +65 6735 2163, email singapore@comoshambhala.bz or download one directly from www.comoshambhala.bz/teacher_training.

Shortlisted candidates will be invited to participate in a group asana class at COMO Shambhala and to attend an interview with some of the teaching panel. The interview is as much a part of the selection process as it is an opportunity to allow the prospective student to meet the teaching panel and to ask questions.

Closing Date

The closing date for applications is 11 November 2007. All students will be notified of their admission by 19 November 2007. COMO Shambhala, however, will evaluate applications, interview candidates and admit students on a rolling basis. We, therefore encourage interested applicants to submit their forms early.

Successful Applications

Upon acceptance into the course, students will need to sign the Student Agreement and submit a non-refundable enrollment fee of S\$535 to secure a place on the course by 30 November 2007.



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FEES AND PAYMENT SCHEDULE

The total fee for the course is S\$13,375 (inclusive of prevailing GST). COMO Shambhala offers two (2) options to the payment schedule.

The fee includes: -

- 10 months of twice-weekly dedicated classes for teacher training and twice-weekly yoga practice at COMO Shambhala
- 36 hours of Anatomy & Physiology instruction by Christoph Kummer, an internationally-renowned teacher for this subject
- a 5-day retreat including tuition, accommodation, 1 main meal per day plus airfare and airport transfers (where applicable)
- Dedicated training sessions with two international teachers
- Apprenticeships with the teaching panel in the latter part of the course

Payment Schedule

To secure the student's place in the course, a non-refundable and non-transferable enrollment fee of S\$535 (inclusive of prevailing GST) is payable by 30 November 2007. This fee shall form part of the total course fee.

If a student fails to confirm enrollment by 30 November 2007, his/her place may be given to another student on the waiting list.

Option 1

For students wishing to pay the course fee in full by 4 January 2008, a 10% discount will apply.

S\$12,037.50 (if full payment is received by 4 January 2008)

S\$12,840.00 (if full payment is received after 4 January 2008)

Option 2

For students wishing to pay in two (2) installments, the first 50% course fees must be made by 4 January 2008. The final installment shall be made by 4 August 2008.

S\$6,420.00 (1st 50% course fee payable by 4 January 2008)

S\$6,420.00 (final 50% course fee payable by 4 August 2008)

The first deadline for payment of fees, whether in full or in two (2) installments, is 4 January 2008. Failure to do so will result in a cancellation of enrollment, with a forfeit of the non-refundable, non-transferable enrollment fee.

Failure to meet subsequent payment dates (for the monthly installments) will incur an interest surcharge of 1.5% interest per month. The final certification will only be awarded upon completion of all the obligations of the course, including the payment of fees.

Refund Policy

If a student withdraws prior to the commencement of the course, fees already paid by the student will be refunded, minus the S\$535 non-refundable and non-transferable enrollment fee.

A student wishing to withdraw in the middle of the course must provide a written Letter of Notice 30 days prior to his or her intended withdrawal. If the student had paid the course fee in full by 4 January 2008, the refund for the remaining months of the course shall be prorated, minus the S\$535 non-refundable and non-transferable enrollment fee.



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SUMMARY OF KEY DATES FOR APPLICATION

Date	Detail
10 May – 11 November 2007	Rolling admissions
11 November 2007	Applications closed
19 November 2007	Assessment and interview completed
23 November 2007	Acceptance letters issued by email
30 November 2007	S\$535 non-refundable, non-transferable enrollment fee due to secure a place in the course
4 January 2008	Course fees payment due S\$11,502.50 (if full payment is received by 4 January 2008) S\$6,420.00 (1 st installment of 50% course fees)
12 February 2008	Course commences
4 August 2008	Payment due for final installment S\$6,420.00

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