



Welcome to the 9-Weekend 200-hr YTT at Buddha Beach!

We're excited to be bringing this group together to share the teachings we so deeply love that have become an integral part of our lives. Our mission is to provide quality instruction to deepen the desire, knowledge, and skill of students who wish to share their practice and Yoga journey with others as facilitators of personal growth, inner peace, and mind/body health.

Trainers: Robin Appel – (Arula Mukti): robin.appel@always-at-aum.com
Michele Bos – (Bhakti Dayini): michele@always-at-aum.com
Jenna DiPaolo – (Lila Ananya): jenna.dipaolo@always-at-aum.com
Regina McGowan – (Samarasa): regina.mcgowan@always-at-aum.com
Sheryl Oleksak – (Siddhi Aklishta): sheryl.oleksak@always-at-aum.com
Nick Viscovich – (Vishanka): nick.viscovich@always-at-aum.com

Location: Buddha Beach Yoga
345 Montauk Hwy
East Moriches, NY 11940
Owner: Kerri Rosalia
631) 400-9642
buddhabeachyoga@gmail.com

Training will include instruction on the following topics:

- Teaching Methodology
- Yoga Philosophy
- Sanskrit
- Chanting and Mantras
- Anatomy and Physiology
- Human Energy and Chakra System
- Pranayama and Meditation
- Asana Lab for 109 Yoga Poses
- Ayurveda
- Injury Management and Sequencing Around Injuries
- Prenatal Yoga
- Restorative Yoga
- Contact Yoga
- Trauma Training
- Business Management
- Hot Yoga (Optional)
- Kids Yoga (Optional)
- Sup Yoga (Optional)

Training Schedule: Fridays 5:30p-9:30p, Saturdays and Sundays from 10a-6:

- May 12, 13, 14, 19, 20, 21
- June 9, 10, 11, 23, 24, 25
- July 7, 8, 9, 21, 22, 23
- August 4, 5, 6, 18, 19, 20

Investment for Training: \$3,000

Payment Options:

- **Early Bird Special: Save \$400!!** Pay \$2,600 in full 30-days prior to start of training.
- **Special: Save \$200!!** Pay \$2,800 in full by start of training.
- **Payment Plan:** Pay \$500 when registering and \$500 each the 5-months of the training.

*If a trainee decides to drop out of the training before it is completed he/she is still responsible to pay the remaining balance. They may keep the materials and complete the training at a later time at no additional cost for the training. They may be subject to additional fees for materials.

Graduation Requirements:

- It is heavily recommended that you maintain a daily practice throughout the duration of the training either with an instructor or a home practice.
- You will need to complete (30) additional classes at Buddha Beach or with an Always-At-Aum Yoga School instructor as part of the requirements set by the Yoga Alliance. You will be given a credit of (30) classes at either studio or (15) classes at each when you sign up for the training. These classes expire on the last day of the training.
- Complete all written homework and reading assignments.
- Attend all classes. If you miss a class you will simply need to make it up at any one of our locations at no additional charge. There is no time limit to do this. If you would like to receive a signed certificate at graduation you can pay an additional fee and make the missed class(es) up in a private lesson.
- Complete final examination.

What to Bring:

The sessions begin with a yoga practice in the heat so wear comfortable clothing and bring a change of clothes. You will be given a training curriculum, which you are to bring to each session along with other materials listed on the agenda. You will also want to bring a pen, highlighter, and a notebook. Feel free to bring snacks.

Reading List

The following is a list of the required reading material you will be using to complete assignments during this training. We have also included the list of books we used to create the 200-hour training. Please don't feel the need to purchase all of those books. If you wish to expand your library we suggest going to a bookstore with this list and choosing the books that resonate with you.

Required Reading:

- A Handbook of Chakra Healing – Spiritual Practice for Health, Harmony, and Inner Peace, by: Kalashatra Govinda
- Always-At-Aum Yoga School: Yoga Teacher Training Curriculum, by: Robin K. Appel and Teresa E. Millar (*Included in your tuition and will be given to you on the first day of training*)
- Bhagavad Gita – A New Translation, by: Stephen Mitchell
- The Language of Yoga – Complete A to Z Guide to Asana Names, Sanskrit Terms, and Chants, by: Nicolai Bachman
- Light on Yoga (Yoga Dipika), by: B.K.S. Iyengar
- Mindfulness In Plain English, by: Venerable Henepola Gunaratana
- The Yoga Sutras of Patanjali, translation and commentary by: Sri Swami Satchidananda
- Yoga Anatomy – 2nd Edition, by: Leslie Kaminoff

Suggested Reading:

Anatomy:

- Anatomy of Movement, by: Blandine Calais-Germain
- Illustrated Essentials of Musculoskeletal Anatomy, by: Seig and Adams

Chakras:

- The Book of Chakras – Discover The Hidden Forces Within You, by: Ambika Wauters
- The 7 Healing Chakras Workbook – Exercises and Meditations for Unlocking Your Body's Energy Centers, by: Brenda Davies, M.D.
- The Chakra System – A Complete Course in Self-Diagnosis and Healing, by: Anodea Judith – 6 CD set from Sounds True

Children:

- I Believe in Me – A Book of Affirmations, by: Connie Bowen
- Letters from the Secret Lives of Teens, by: Scott Fried
- Making the Best of Me – A Handbook for Student Excellence and Self-Esteem, by: Stew Semigran and Cindy Wilkinson
- Yoga Ed./Sportime Curriculum for K-G2, 3-5, 6-8 or High School, by: Tara Lynda Guber and Leah Kalish
- Yoga Ed. Tools for Teachers Manual for Pre-K, K-G8 or High School, by: Tara Lynda Guber and Leah Kalish
- Yoga for Children – A Complete Illustrated Guide to Yoga Including A Manual for Parents and Teachers, by: Swati Chanchani and Rajiv Chanchani
- Yoga Pretzel Deck, by: Tara Lynda Guber and Leah Kalish
- Yoga Planet Deck, by: Tara Lynda Guber and Leah Kalish

Meditation:

- Coloring Mandalas – Circles of the Sacred Feminine, by: Susanne F. Fincher
- Mandala Designs, by: Martha Bartfeld
- Mudras: Yoga in your Hands, by: Gertrud Hirschi

Mind/Body Connection:

- Brain Gym, by: Paul E. Dennison, Ph.D. and Gail E. Dennison
- Making the Brain Body Connection: A Playful Guide to Releasing Mental
- Physical & Emotional Blocks to Success by Sharon Promislow
- The Miracle of Water, by: Masaru Emoto

Pain Management:

- Healing Back Pain: The Mindbody Connection, by: John E. Sarno, M.D.
- The Genius of Flexibility – The Smart Way to Stretch and Strengthen Your Body, by: Bob Cooley
- The Mindbody Prescription – Healing The Body, Healing The Pain, by: John E. Sarno, M.D.
- The Ultimate Body Rolling Workout – The Revolutionary Way to Tone, Lengthen, and Realign Your Body, by: Yamuna Zake and Stephanie Goldren

Relationships:

- Deepen Your Bond with Family, Friends, & Lovers - Contact: The Yoga of Relationship by: Tara Lynda Guber with Anodea Judith
- If the Buddha Dated, by: Charlotte Kasl
- If the Buddha Got Stuck, by: Charlotte Kasl
- If the Buddha Married, by: Charlotte Kasl
- The Joy of Partner Yoga – Enjoy The Pleasures of Yoga With A Partner, by: Mishabae

- The Four Agreements, by Don Miguel Ruiz
- Yoga for Partners – Over 75 Postures to Do Together, by: Jessie Chapman

Sanskrit:

- Introduction to Sanskrit Materials, by: Manorama
Includes CD of Manorama and Sanskrit Studies Course Packet - \$26

Self-help:

- A Path with Heart, by: Jack Kornfield
- Karma 101, by: Joshua Mack
- Living Your Yoga: Finding the Spiritual in Everyday Life, by: Judith Lasater
- The Way of the Peaceful Warrior, by Dan Millman

Yoga:

- Asana Learning Deck by: Mikelle Tereson's – Flip deck from Yogablossom
- Cool Yoga Tricks, by: Miriam Austin
- Relax & Renew, by: Judith Lasater
- Stretching – For Everyday Fitness and For Running, Tennis, Raquetball, Cycling, Swimming, Golf, and Other Sports, by: Bob Anderson
- The Autobiography of a Yogi, by: Paramahansa Yogananda
- Yoga As Medicine – The Yogic Prescription For Health and Healing, by: Timothy McCall, M.D.
- The Yoga Handbook – A Complete Step-By-Step Guide, by: Noa Belling