

The coursework will be conducted in 2007 at the following times and locations:

Six weekend intensives, Saturdays and Sundays from 9:00 am to 6:00 pm, at the Mercy Center in Burlingame:

- May 19-20
- July 28-29
- August 18-19
- September 15-16
- October 13-14
- January 5-6, 2008

Also, a residential training retreat June 16-20 (four nights) at Presentation Center in the Santa Cruz Mountains, and a second residential retreat November 10-13 (three nights), location to be announced.

Certification

Completion of coursework will result in a certification by New Dawn Yoga Therapy or 160 Yoga Alliance (Y.A.) CEUs for yoga instructors. To receive a 200-hr Y.A. certification, the following additional requirements apply:

Four private lessons: \$275

One weekend retreat of your choice (offered semi-annually by New Dawn Yoga Therapy): \$350 – \$400.

Please note that this does not certify you as a "yoga therapist," but provides basic tools and is preliminary to that deeper study.

Tuition

\$2,075 (\$1,875 if registered by March 18, 2007)

\$275 nonrefundable deposit due with application. Make check payable to "Dawn Summers" and mail to P. O. Box 460395, San Francisco, CA 94146. \$600 due 5/18/07 with balance to be paid in three installments on July 28, September 15, and November 10..

To apply, please write a description of your current yoga practice, including teaching if you are a yoga instructor, and state your goals for this coursework.

Tuition includes basic coursework, but excludes accommodations and meals during retreats, private lessons, and weekend retreats. Scholarships are available.



Dawn Summers has more than two decades experience teaching yoga. She also has trained yoga and aerobics instructors, and is most grateful to her teachers – Swami Satchidananda (1985 certification); Gary Kraftsow (certified 1992, 2000), and T.K.V. Desikachar (1994, Chennai India).



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**New Dawn Yoga Therapy
presents a
200-hour certification program**

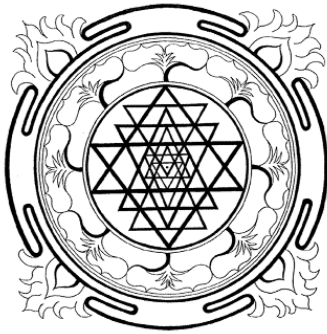
Yoga Therapy Principles

*Extend your skills
as a yoga instructor
and deepen your link
with this ancient wisdom*



“AS YOGA TEACHERS we are constantly inquiring and refining our understanding of yoga through ongoing experience with students and our daily personal practice. What a sacred trust and delight to share the yoga we love! At times, we also yearn for the sweetness and renewal of being students – drinking the cup of inspiration and receiving loving support of a skillful teacher. I invite you to become a student once again.”

—Dawn Summers



THE YOGA OF KRISHNAMACHARYA has flowed out in many directions through his students who are great teachers in their own right – Pattabi Jois, Indra Devi, and Iyengar, for example. In his later years Krishnamacharya refined his understanding of working therapeutically with the tools of yoga. Several teachers received this direct transmission; among them – T.K.V. Desikachar, A.G. Mohan, and Srivasta Ramaswami.

This coursework presents these living teachings as received by senior instructor Dawn Summers from her teacher Gary Kraftsow and others immersed in this rich tradition. Dawn Summers has been teaching since 1985 and is a primary assistant in training programs for teachers and yoga therapists conducted by American Viniyoga Institute.

As teachers we share a goal to skillfully use all of the tools of yoga, including:

- Postures – structural and energetic effects and contraindications
- Skillful and safe sequencing of postures, which includes movement and holding postures
- Various techniques for breathing in postures
- Adaptations to classic postures
- Choosing appropriate postures and breathing practices for an individual
- Skillful reading of a student’s body and energy
- Protecting a student with a special condition from injury
- Writing a practice in a form which can be easily understood by anyone
- Appropriate preparation for a specific pranayama
- Including wisdom from the yoga sutras in our classes
- Drawing from yoga wisdom to respond to students, personal challenges and questions
- Chanting the yoga sutras to access the source text
- Chanting in a variety of languages and for various purposes
- Incorporating the power of mudra, gesture, sound, and ritual to create a deep practice
- Deep relaxation and meditation

Through this training you will receive a transmission of these tools to extend your skills, inspire and energize your practice, and empower your teaching!

A Syllabus of Yoga Therapy Principles

1. Structural – forward bend, backward bend, lateral, twist, extension, inversion
2. Sequencing and counterpose – *Viniyāsa krama* and *pratīkriyāsana*
3. Breath and movement
4. Adaptation
5. Intention – *Bhāvana*
6. Sources of suffering and the means to overcome – *Kriyā yoga* and the *kleśas*
7. Memory and conditioning – *saṁskāra* and *pratīpakṣabhāvanā*
8. Practicing one principle to reduce mental afflictions – *ekatattvābhyāsaḥ*
9. Practice and nonattachment – *abhyāsa* and *vairāgyaṁ*
10. Open engagement – *prayatna sāithilya*
11. Surrender to Higher Power – *Īśvarapraṇidhānā*
12. Form and energy – *prakṛti* and the *guṇas*
13. Fundamental causes of suffering – change, desire, conditioning, and nature
14. Essential identity and relationship, the Seer and the Seen – *saṁyoga* and *viyoga*
15. Attention, energy, breath – *prāna* and the *panca-kōśha*
16. Ritual
17. Chanting and use of sound
18. Teaching methodology
19. Application of principles for structural, disease, and emotional conditions
20. Safety in teaching