

yogapod trika hridayam: 3 sacred hearts

west vancouver

THE WATERFRONT COMMUNITY



Registered Yoga School

# teacher training

three 9 day modules spanning 6 months  
the most comprehensive residential training of its kind ever offered in Vancouver

Yogapod and The District of West Vancouver's Residential Teacher Training is a affirming, life changing, 3 part program designed for dedicated students and teachers wanting to take their commitment, practice and teaching of yoga to the next level. The full program is registered with Yoga Alliance and surpasses requirements of a 200 hr Yoga Teacher Training Program. Graduating participants qualify to be registered as a 200 Hour Certified Yoga Teacher.

Each 9 day session will be accompanied with one 3 Day Guest Teacher Workshop that has been coordinated to compliment each module. Broadening understanding, inspiring and preparing through practical application, registrants will be able to teach basic foundation level classes after three 9 day sessions.

This life affirming and transforming program has been developed and will be lead by Todd Inouye, E-RYT 500 (Yoga Alliance) with over 1200 hrs of registered study. The founder and director of Yogapod, Body Mind and Soul Inc. located in North Vancouver, BC. Todd brings with him 12 years of practice and 9 years of teaching experience in several yogic traditions and devoted studentship under John Friend in the Anusara Yoga tradition. Todd currently holds status as a Anusara Inspired™ teacher.

Having a foundation in this training will enable the student to teach from several different styles of hatha yoga. The training will review many other forms including Hot Yoga, Vinyasa / Power Yoga and Hatha Yoga traditions.

Bringing together world class support teachers from Canada, the United States and Asia, the program will include the fundamentals of Classical Yoga (Yoga History and Philosophies), in depth understandings of Yoga Asana, Anatomy, Esoteric Anatomy, Sanskrit, Ayurveda and Tantric Studies.

The nature of these module sessions are presented in progressive fashion and are best assimilated in order. Lead and hosted by Todd Inouye, this Hatha Yoga Training / Residential Immersion is strongly inspired by the Anusara Yoga tradition founded by John Friend. To find out more about Anusara Yoga please visit: [www.anusara.com](http://www.anusara.com)

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## The Residential Program

Part 1 + 2 (Foundations): have been designed for students & teachers wanting to take their dedicated practice to the next level. Through explorations in human anatomy, yoga history, philosophy and practical application, the fundamental principals of yoga are presented in a easily assimilated format close to home.

Part 3 (the Seat of a Teacher): is intended for aspiring teachers as a catalyst in preparing to share the information of a ancient and evolving, living tradition. Reviewing deeper dimensions of the practice, teaching pragmatics and fundamentals of effective communication, this component helps lay a foundation towards teaching basic level classes.

***Side Admissions: On approval, active and certified teachers may sit in on specific sessions having paid a drop-in entry. Cost: \$160.00 per day, \$60.00 half day. This does not include Satellite Guest Teachers' Workshops (Separate fees apply).***

## Satellite Workshops

Guest teacher workshops have been carefully chosen to compliment each component of the training. All are meant to fortify the teachings, add dimension and fortify the experience. Workshops are open to the general public. Registered participants in the program receive 10% off the workshop costs.

(Part 1) Desirée Rumbaugh: [www.desireerumbaugh.com](http://www.desireerumbaugh.com)

Jesse Enright: [www.smartyoga.ca](http://www.smartyoga.ca)

(Part 2) Mira Shani: [www.mirashani.com](http://www.mirashani.com)

(Part 3) Patrick Creelman: [www.pure-yoga.com](http://www.pure-yoga.com)

## Morning Teacher Training progression\*sessions

A mandatory and integral part of each module is the weekday morning 2 hr. morning closed session classes. Each day begins in meditation and strong practice which leads students through technique, refinement and application. For students not involved in the teacher training, (but desire a inspiring look into the process of transformation) these morning session classes are open to a limited number of pre-registered entrants. Pre-registration is mandatory and drop-ins are not permitted.

Cost for 5 Classes within 1 session

(expires at the end of each 9 day immersion and is non-transferable): \$150

Please note that the costs for these morning sessions must be paid in advance and no refunds will be given for missed classes by entrants.

## Payment Methods for Teacher Training

Application / Admission Review Fee \$50.00 + **hst (non refundable)**

All applicants must 1st fill out a one time application form to be completed and faxed back for review and consideration. The form reviews past history, experience, physical considerations and level of student qualification. Cheque or Visa or Mastercard Payment is to be made payable to Yogapod, Body Mind + Soul Inc. Forms can be delivered or faxed to Yogapod at (604) 924 9643

A. Full Payment (\$150 savings):

Single Payment Program Cost: Due Aug 15th, 2010

\$2725 + HST payable to: ***District of West Vancouver Parks and Community Services***

Single Payment Guest Teacher Weekend Workshops Cost:

\$675 + HST payable to: ***Yogapod Body Mind + Soul Inc***

**B. Three Part Payment Program (plus \$150 non-refundable commitment fee):**

**Terms of agreement sheet must be signed \* Payment by Post dated Cheque or by pre-authorized Visa Withdrawl only. \*\$15 service charge per transaction will apply to NSF + failed visa / mastercard transactions**

Program Payment 1. Due Aug 15, 2010: \$908.00 + \$150.00 non refundable admin fee + HST payable to: ***District of West Vancouver Parks and Community Services***

Workshop Payment 1. Due Aug 15, 2010: \$225.00 + HST payable to: ***Yogapod Body Mind + Soul Inc.***

Program Payment 2. Due Nov 12, 2010: \$908.00 + HST payable to: ***District of West Vancouver Parks and Community Services***

Workshop Payment 2. Due Nov 12, 2010: \$225.00 + HST payable to: ***Yogapod Body Mind + Soul Inc.***

Program Payment 3. Due Jan 4, 2011: \$908.00 + HST payable to: ***District of West Vancouver Parks and Community Services***

Workshop Payment 3. Due Jan 4, 2011: \$225.00 + HST payable to: ***Yogapod Body Mind + Soul Inc.***

## Refund Policy Agreements

**This teacher training program follows West Vancouver Community Services regulations for cancelation and refunds:**

There is no refund for cancellations made 14 days or less prior to the beginning of the course. Exceptions to this rule may be made if cancellation is necessary due to injury or illness. There are no refunds under any circumstances once a course has started. There is a \$35 administration fee for all cancellations. If payment plan B (3 part payment system) was chosen, \$150 non-refundable commitment fee is retained.

## Prerequisites

District of West Vancouver in Alliance w/ Yogapod Body Mind + Soul Inc.  
Yoga Teacher Training

This program has been designed for intermediate level students with a base knowledge of yogic practices and a deep desire to move beyond the surface. It is necessary that all applicants have a minimum of 1 year of hatha yoga practice (or equivalent) and is prepared to move deeper into a often demanding physical and emotional journey.

Commitments of Residential Trainings:

The training will require full focused attention during each session. Full attendance homework / journaling is mandatory. While in sessions, we ask for full focus without the burdens and distractions of our life in the city. We do not recommend working during the immersions, and strongly suggest each student work well ahead to facilitate their own personal support network during sessions. eg: child minders, physical and mental therapists on standby and personal social circles informed so they will provide minimal distraction.

Required Studentship Entails:

- Having a deep desire to learn and personally explore the deeper dimensions of yoga.
- Having a minimum 12 months of regular yoga practice or approved similar study.
- Be free of major injuries going into the program (speak w/ Todd Inouye if a concern)
- Be willing to forgo most other personal or professional commitments for the duration of the program segments.
- Submit a brief 250-word essay describing: "Why I want to teach yoga" or if you do not intend to teach: "Why I want to take this training." (see application form)
- Having read the required readings and submitted the required homework prior to the beginning of the courses.
- Having attended a minimum of 10 Yoga classes with Todd Inouye before the commencement of the training.
- Have a sealed and dated personal character reference from who you consider your most studied-with teacher. (this is mandatory for students who are not currently practicing at Yogapod in North Vancouver)

**Part I Immersion: Brahma: the Creator**

the initiations of practice + the nature of the absolute

Starting Sep 10 - 18, 2010 (9 days)

Cost & Payment Due Date:

See Page 3

Covering:

-Yoga Relevant Anatomy

-Yogic Theory: Sankulpa / Intention, Adhikara / Studentship,  
Abyasa / Dedication to the Practice,

-8 limbs of classical tradition w/ focus: Yamas & Niyamas

-Asana Foundations: 3 A's, Muscular Energy: Spirals & Loops,  
Organic Energy, Focal Points, Optimal Blueprint & Balanced Action

Teachers:

Todd Inouye: [www.yogapod.com](http://www.yogapod.com)

Desirée Rumbaugh: [www.desireerumbaugh.com](http://www.desireerumbaugh.com)

Jesse Enright: [www.poweryogatherapy.com](http://www.poweryogatherapy.com)

Mandatory T-T Workshop / Guest Teacher 1:

Desirée Rumbaugh "Skill In Action" Sept 10 - 12th

Open Public Cost (approx): \$250.00

**Prerequisite Reading & Homework Module I:**

\* Books will be available for purchase at Yogapod at 10% discount for trainees

Part 1A: John Friend's Anusara Teacher Training Manual

Homework: 500 - 1500 word summary of the main teachings, PLUS 1 or 2 paragraphs written on each of the 3 A's in Anusara Philosophy and how it pertains to you at this time in particular.

Practices: Before Immersions begin (along with your regular practice), you are to experience 4 other styles of yoga (in a different studio environment that you are used to) and write a brief synopsis of your experiences. Evaluation forms to be provided (see application form)

Due Date: Friday Sept 10, 2010 (start date of module 1)

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**Prerequisite Reading & Homework Module I** *continued:*

\* Books will be available for purchase at Yogapod at 10% discount for trainees

Part 1B: Light On Life (BKS Iyengar)

Homework: 500 - 1500 word summary of your experience in reading this autobiography

Practices: Before Immersions begin (along with your regular practice), you are to experience 4 other styles of yoga (in a different studio environment that you are used to) and write a brief synopsis of your experience.

Due Date: Friday Sept 10, 2009 (start date of module 1)

**Part 2: Vishnu: the Sustainer**

the adoptions of practice + human nature and the beat of pulsation

Starting Nov 27 - Dec 5th, 2009 (9 days)

Cost & Payment Due Date:

See Page 3

Covering:

- Asana Therapeutics: Teaching Methodologies and pragmatics,
- History / Eastern Philosophies / Ayurveda
- Kriya and Karma,
- Tantric Cosmology: Tattvas, Malas, Kanjukas, Rasas
- Practice / Life Integration: 3 Gunas, 3 Doshas, 9 Rasas
- Asana Workshop Techniques,

Teachers:

Todd Inouye: [www.yogapod.com](http://www.yogapod.com)

Mira Shani: [www.mirashani.com](http://www.mirashani.com)

Mandatory T-T Workshop / Guest Teacher 2:

Mira Shani 3 Days - Dec 3 - 5th, 2010

Open Public Cost (approx): \$250.00

**Prerequisite Reading & Homework Module 2:**

\* Books will be available for purchase at Yogapod at 10% discount for trainees

Part 2: Bhagavad Gita (by Stephen Mitchell or Juan Mascaro)

Homework: 250-500 word summary of the main teachings, plus choose 3 favorite chapters and write 1 paragraph on each, what you learned from it and why you resonated with it.

Practices: Between Immersions (along with your regular practice), you are to experience 4 more styles of yoga (in a different studio environment that you are used to) and write a brief synopsis of your experience. In total 8 classes over the 3 month time between immersions (evaluation topics to be provided)

Due Date: Sat Nov 27, 2010 (due prior to start date)



## **Part 3: Shiva: the Transformer**

Celebrating a life of change + the methods of revelation

Starting Feb 11 - 19th, 2010

9 days

Cost & Payment Due Date:

See Page 3

Covering:

- Anusara-inspired Yoga Foundations: Refinements and adjustments,
- Esoteric Anatomy: Bandhas, Chakras, Nadis, Marmans, Koshas.
- Pranayama, Mantra, Meditation, Sacred Practices
- Practice / Life Integration: 5 Elements, 36 Tattvas
- Seat of a Teacher: Teaching Pragmatics, Effective Communication, Lifestyle, Karma & the Business of Yoga

Teachers:

Todd Inouye: [www.yogapod.com](http://www.yogapod.com)

Patrick Creelman: [www.pure-yoga.com](http://www.pure-yoga.com)

Mandatory T-T Workshop / Guest Teacher 3:

Patrick Creelman 3 Days: Feb 11 - 13th, 2011

Open Public Cost (approx): \$250.00

### **Prerequisite Reading & Homework Module 3:**

\* Books will be available for purchase at Yogapod at 10% discount for trainees

Part 3: The Yoga of Kashmiri Shaivism (by Swami Shankarananda)

Homework: 500-1500 word summary of the main teachings, PLUS Choose 3 favorite chapters and write 3 paragraphs on each, what you learned from it and why you resonated with it.

Practices: Between Immersions (along with your regular practice), you are to initiate 1 or more shatkarma cleansing techniques: Jela Neti, Nauli Kriya, or a cleanse or fast (please speak w/ Todd prior to beginning these)

Due Date: Friday Feb 11, 2009 (start date of module 3)

**Yogapod Teacher Training Daily Schedule** *(subject to change. weekend workshops differ)*

7:00am – 9:30am – Morning Practice (Asana, Pranayama, Meditation)

9:30am – 11:00am – Breakfast Break

11:00am – 1:30pm – Study, Lectures, Work Groups

1:30pm – 2:30pm – Lunch Break

2:30pm – 6:00pm – Study, Group Work, Lectures

## Teacher Training Faculty and Workshop Presenters

Todd Inouye (Vancouver, BC)

Part 1, 2, 3: Director, Program Coordinator, Mentor and Host Teacher



Co-owner and director of Yogapod Body Mind & Soul, Todd's practice over the past 12 years has been inspired from a melting pot of diverse yogic trainings and traditions. Dedicated to the path of Anusara Yoga for the past 5 years, he is amongst a small but growing group of Anusara-inspired teachers in Western Canada committed to the method and expanding its amazing potential. Todd's has well over 1200 registered hrs of study registered w/ Yoga Alliance and holds both the older certification of RYT 700 and newer certification RYT 500 hrs.

Light, humorous and inspiring of heart, Todd's classes lead students towards a deeper understanding of their own strength and potential by deepening commitment towards being present on the mat or doing the dishes. As a keen perpetual student, he honours the guiding wisdom of his teacher John Friend (founder of the Anusara Yoga tradition) and has completed several courses of study under his guidance including: Level 1 & 2 Teacher Trainings, Immersions, Master Immersion, 4 Advanced Intensives, Level 1 + 2 Therapeutics Trainings, and several weekend workshops.

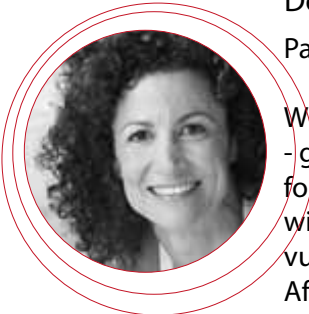
This training was result of dedicated effort and the inspiration of kula that surrounds Yogapod and the amazing Vancouver yoga community as a whole. The distinguished faculty included in this training is unlike anything ever offered in Vancouver. World class international teachers have committed their presence and will all synchronize their time, effort and years of dedicated study to the rich tapestry of this training and changing lives.

Heartfelt thanks to family, Yogapod management, the Yogapod Kula and the District of West Vancouver. To all the amazing teacher's involved... we look forward to the experience of a lifetime! Blessings, abundance + love supreme,

Todd Inouye

Desirée Rumbaugh (Scottsdale AZ)

Part 1: Special Guest Certified Anusara Workshop Teacher

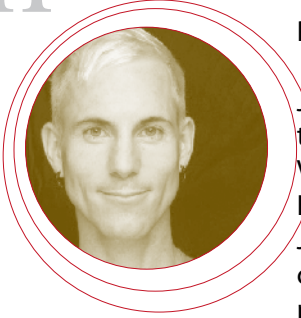


With the ability to demonstrate some of the most difficult postures and - even more amazingly - getting students to experience the same sequences, Desirée has a well-earned reputation for deepening even the most advanced practices. She does it with a sense of humor balanced with a quest for authenticity. What is most surprising is her ability to tap into a soft heart and vulnerable spaces to access these wonderful poses.

After more than twenty years of practice, including being one of the first students and certified teachers of Anusara's founder John Friend, Desirée continues to live her passion for yoga every day. Desirée has an astoundingly full teaching schedule, traveling throughout the U.S. and abroad. Most recently in India and Asia.

To learn more about Desirée visit [www.desireerumbaugh.com](http://www.desireerumbaugh.com)

## II



Jesse Enright (Vancouver, BC)

Part 1: Special Guest Yoga Anatomy Workshop Teacher

Jesse Enright has been a student of Yoga for thirteen years and an instructor for the past ten. He began his studies with Sivananda Yoga before exploring the more dynamic Ashtanga Vinyasa, the detailed alignment of Iyengar and the comprehensive intelligence of Vijnana Yoga. He has studied and practiced under senior instructors in India, Australia, Canada and the U.S. Jesse was a full-time instructor at the Downward Dog Yoga Centre in Toronto for five years and completed their one-year teacher training program before moving to Vancouver in 2002. His passion in understanding the human form has him into the deep studies and understandings of the Anusara Universal Principles of Alignment®. He leads anatomy modules in several teacher trainings nationally.

To learn more about Jesse visit [www.smartyoga.ca](http://www.smartyoga.ca)



Mira Shani (Tucson AZ)

Part 2: Special Guest Anusara Inspired Teacher for Yoga History / Philosophy

Mira Shani is a Senior Staff teacher of both Tibetan Heart Yoga & Classics of Yoga. She is also a founding member, North American Regional Executive Director and Senior Staff teacher of the Yoga Studies Institute. She's been studying and teaching yoga, philosophy and Buddhist Dharma for over 10 years. She is a close student of Geshe Michael Roach and Lama Christie McNally, who she came in contact with while studying at Kopan Monastery in Nepal. She also studies closely with Anusara® Founder, John Friend and travels around the country and world to teach. Mira lives in Arizona where she studies with her heart Teachers and teaches at Yoga Oasis in Tucson.

To learn more about Mira visit [www.mirashani.com](http://www.mirashani.com)



Patrick Creelman (Hong Kong)

Part 3 : Special Guest Certified Anusara Workshop Teacher

Asia's 1st certified Anusara Yoga Teacher, based in Hong Kong, born and raised between Vancouver and Whistler, Patrick Creelman is senior director for Pure Yoga (Asia). Patrick's background in yoga has moved from a colourful mosaic of hatha traditions including certifications in Bikram, Baptiste Power Vinyasa and Traditional Yoga Studies with the brilliant Georg Feuerstein. His modest, charismatic style and unwavering dedication to the transformative benefits of hatha yoga have made him one of the most sought after teachers in Asia for public classes, teacher trainings, and yoga conference presenters.

To learn more about Patrick visit [www.pure-yoga.com](http://www.pure-yoga.com)