

## ABOUT SHARYN



Sharyn Galindo, certified yoga instructor and lifelong learner, is the owner and studio director of North Shore Yoga. Since the late 1990s when she began her yoga studies, she has completed the Moksha Yoga Teacher Training course in Chicago, as well as teacher training courses with David Life of Jivamukti Yoga, Beryl Bender Birch, author of *Power Yoga*, Tias Little of Yoga Source, and Nancy Gilgoff of Ashtanga Maui. She has been to Mysore, India to study with Sri K. Pattabhi Jois at the Ashtanga Yoga Research Institute and with Sri Venkatesh at the Atma Vikasa Center of Yogic Sciences. She has studied a number of

times in Thailand with Paul Dallaghan of Ashtanga Yoga Thailand, who she considers her primary teacher, along with Amy Beth Treciokas. In addition she has done extensive work in Pranayama and Sutra Study with O.P. Tiwari of the Kaivalyadhama Institute.

In 2007, Sharyn expanded her studies to include a Masters program in Holistic Nutrition.

In September 2008, she completed 543 hours of study to receive an Ayurvedic Health Educator (A.H.E.) certificate from both the California College of Ayurveda and the American Institute of Vedic Studies.

Sharyn believes that only with a strong, healthy body—attained through proper diet, asana practice, pranayama, and meditation—can one begin to calm the fluctuations of the mind and move towards true spiritual growth.

Sharyn lives in Northfield, Illinois with her husband, Steve—who is also a teacher at North Shore Yoga—and their two boys, Joey and Louis.

### Prior to North Shore Yoga

In 1996, with an entrepreneurial spirit and credentials in personal training, spinning, group fitness instruction and nutritional consulting, Sharyn opened the doors to SoFunToDo, a boutique mind body fitness studio. A few years later she introduced yoga, and evolved her business into the North Shore Yoga of today --a studio dedicated to helping individuals take charge of their well being, health, and quality of life through yoga.

Prior to 1996, Sharyn worked in the corporate world and holds a Bachelor's Degree in Economics and Political Science from the University of Michigan and a Masters in International Business from the American Graduate School of International Management.



## TEACHER TRAINING ॐ PROGRAM

January 11 – May 24, 2010

## ABOUT THE PROGRAM

North Shore Yoga Teacher Training provides an opportunity to deepen one's experience and understanding of yoga. This program not only will bring you on a journey of self-discovery but offers a holistic, well rounded comprehensive training program. You do not need a desire to be a teacher to participate. However, for those of you desiring to teach, the completion of this training will provide you with the 200 hour certification with Yoga Alliance.

In addition, the program, grounded in ancient philosophy, will give you the practical tools to teach Vinyasa and Ashtanga yoga. This course will be intensive, highly rewarding, yet taught in a joyful, supportive, and compassionate environment.

The goal of this program is to teach you how to become a dynamic teacher, while at the same time giving you the space to bring your own practice to greater depths. You will learn the fundamentals of teaching a Vinyasa and Ashtanga yoga class. Through practice, and your own creative potential, you will gain the confidence required to teach to a group of students seeking physical and spiritual growth. From the steady practice of asana, pranayama, meditation, and self-inquiry, you can discover your own true essence, maximizing your impact as a teacher. We encourage you to develop your own "soul-centered" approach to teaching. Teaching authentically, from your own truth, is a very effective way to share the path of yoga.

## THE PROGRAM EXCEEDS THE 200 HOUR CERTIFICATION STANDARDS AND INCLUDES:

- How to teach Vinyasa flow and Ashtanga yoga classes in the tradition of Sri. K. Pattabhi Jois
- Intensive study of Asana, Pranayama, and Meditation
- Anatomy & Physiology
- Yoga Philosophy: Patanjali's Yoga Sutras, Hatha Yoga Pradipika, and The Bhagavad Gita
- The Art of Sequencing
- Adjustments—verbal and hands on
- Basic Ayurveda
- Lifestyle and Ethics for yoga teachers
- Diet and Vegetarianism
- Introduction to Traditional Chanting and Sanskrit
- Principles of Prenatal Yoga
- Working with Special Populations

## REQUIREMENTS:

- One year minimum yoga practice
- A letter stating your intention for participation
- The desire to deepen your own yoga practice while perhaps assisting future students in doing the same



## WORKSHOPS INCLUDED IN PROGRAM (included in tuition):

- Anatomy Intensive Weekend with Dr. Akin
- Ayurveda Workshop
- Intro to Mysore Workshop
- Yoga Intensive Workshop
- Prenatal Workshop
- Mindful Meditation Workshop
- Restorative Yoga Workshop

## SCHEDULE:

### **Mondays 11:15 am – 5:15 pm:**

Jan. 11 – May 24 (No Class Mar. 29)

### **Select Saturdays 11:15 am – 5:15 pm:**

Jan. 23, Jan. 30, Feb. 20, Feb. 27, Mar. 13, Apr. 10

### **Select Fridays 12:30 pm – 5:30 pm:**

Mar. 12 (as part of the Anatomy Intensive Weekend)

In addition to the scheduled classes, you will be required to attend **35 yoga classes** at North Shore Yoga, **10 of which must be Mysore**, over the course of the program. Students will also be required to **observe and evaluate 3 classes** without participating, **assist in at least 6 classes**, and **teach 2 free Intro to Yoga classes**.

## REQUIRED BOOKS:

1. The Language of Yoga by Nicolai Bachman
2. The Heart of Yoga by TKV Desikachar
3. The Key Muscles of Hatha Yoga by Dr. Ray Long
4. Prakriti: Your Ayurvedic Constitution by Dr. Robert E. Svoboda
5. The Anatomy Coloring Book by Kapit & Elson
6. Yoga Mala by Sri K. Pattabhi Jois
7. Moola Bandha—the Master Key by Swami Buddhananda
8. The Hatha Yoga Pradipika by Swami Muktibodhananda
9. The Yoga Sutras by BKS Iyengar or Satchidananda

## RECOMMENDED BOOKS:

1. The Spirit & Practice of Moving into Stillness by Erich Shiffman
2. Jivamukti Yoga by Sharon Gannon & David Life
3. The Food Revolution by John Robbins
4. Eastern Body/Western Mind or the Chakra System by Anodea Judith
5. Energy Anatomy by Caroline Myss
6. The Bhagavad Gita by Satchidananda
7. Light on Yoga by BKS Iyengar
8. A New Earth by Eckhart Tolle

## TEACHER TRAINING REGISTRATION:

**Price is \$2450 paid in full by Dec 1, 2009. \$2650 after Dec 1.**

A \$300 deposit holds your place in the training and is non-refundable unless your application is not accepted. Full payment must be received before the beginning of the course. No refunds will be given once the course begins. Exceptions for credits due to a documented medical or family emergency will be at NSY's discretion.

Tuition does not include the cost of additional required yoga classes. All classes, workshops, and boutique items at North Shore Yoga will be available at a 20% discount to teacher trainees.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Cell: \_\_\_\_\_

Payment:  Check  Visa  MC Amount Enclosed/To Charge: \$ \_\_\_\_\_

Card No: \_\_\_\_\_

Signature: \_\_\_\_\_

Mail Registration Form along with Payment and Letter of Intention to North Shore Yoga, Attn: Sharyn Galindo. 310 Happ Road, Ste. 216, Northfield, IL 60093.

Register Online at [www.nsyoga.com](http://www.nsyoga.com) or by Phone at (847) 784-8844. Online and Phone registrants must e-mail Letter of Intention to [nsyoga2@aol.com](mailto:nsyoga2@aol.com). Please have file in PDF or DOC format.