

# Tapas

# Training

*ignite  
your  
practice*

*tapas n. (Sanskrit)  
heat, zeal, passion*

[www.youryogamn.com](http://www.youryogamn.com)

Poses

.

Pranayama

.

Meditation

.

Philosophy



## Spring 2014

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# What is Tapas Training?

Tapas Training is a unique program designed to help you deepen your practice. You will learn in-depth alignment of poses, study breathing exercises and meditations to gain mastery of your mind and emotions, and explore yoga philosophy to help you answer the deepest questions in your life.



The Your Yoga 200-hour Teacher Training program is widely recognized for its excellence and thoroughness. For those considering teacher training, Tapas Training will let you sample the practitioner elements of that course without the teaching aspects. For those who have already completed a teacher training elsewhere, Tapas Training is the perfect way to broaden your experience and knowledge by immersing yourself in the Your Yoga approach.

# The Curriculum

## Poses

- Groups: Standing Poses, Standing Balances, Forward Bends, Backbends, Twists, Arm Balances, Inversions
- Topics: Alignment, Sequencing, Traditional Approaches, Modern Variations, Modifications, Use of Props



## Pranayama

- Techniques: Surya Bhedana, Chandra Bhedana, Nadi Shodana, Kaphalabhati, Kumbhaka
- Topics: Traditional Technique, Variations, Physical and Mental Effects, Therapeutic Applications, Contraindications





# The Curriculum

## Meditation

- Techniques: Metta, Trataka, Mindfulness, Kriya, Japa, Brahmari, Mudra
- Topics: History, Technique & Variations, Practicality & Spirituality



## Philosophy

- Topics: History of Yoga, Theories of the Mind, Mind/Body Connection, Spirituality and Materiality, Dualism and non-Dualism, Yoga & Personal Ethics, Yoga & Civic Engagement





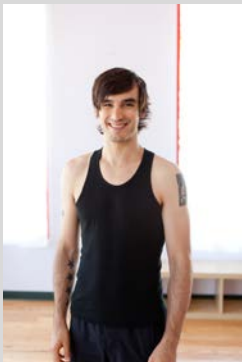
# Meet The Teachers

Our teachers are experienced, highly qualified and committed to your personal development



## Megan

Raised in Minnesota, nourished in New York City, Megan took her first yoga class in 2003 while studying abroad in Paris and began teaching four years later. Certified at Yoga to the People, Megan has completed the first Anusara Yoga Immersion at Virayoga and has studied anatomy with Amy Matthews at the Breathing Project. In 2012, she completed Kula Yoga Project's 75-hour Advanced Teacher Training program. Megan strives to teach the kind of class she enjoys taking: balanced, creative, dynamic and intelligent.



## David

A practitioner of yoga meditation for over a decade, David has been teaching since 2007. He apprenticed with Greg Gumucio, founder of Yoga to The People, and has completed over 500 hours of Yoga Alliance recognized teacher training, including the 200-hour Sankalpah Yoga program. He completed the first Anusara Yoga immersion, as well as Gil Hedley's Integral Anatomy course. David is a certified practitioner of Ayurvedic Yoga Massage, and has trained in a variety of bodywork modalities.



## Tera

Tera first discovered yoga in a class called "Centering Practices" at a small college in the heart of San Francisco. A Yoga Alliance certified yoga instructor, she's been teaching since 2009. Initially trained in power vinyasa, Tera's teaching and practice have evolved through continued study. She apprenticed with David and Megan in the fall of 2011. She is also a performing artist, and working towards a master's degree in counseling and psychological services.



## Caitlin

Caitlin began teaching yoga in 2011 after completing her certification at the Yoga Center of Minneapolis. She teaches throughout the metro area daily and can be found laughing along with her students from chair yoga for the elderly to yoga for children and everyone in between. Caitlin has apprenticed at Your Yoga with David and Megan, and studied with world-renowned instructors Rod Stryker and Doug Swenson. At the Shambhala Mountain Center in Colorado, she studied meditation and Shambhala Buddhism.



## Where and When

Part I Feb 8<sup>th</sup> thru March 8<sup>th</sup> 2014

**Saturdays 9:30am-4:30pm\***

### **Your Yoga Uptown**

2649 Lyndale Ave S  
Minneapolis, MN 55408

### **Your Yoga Dinkytown**

1400 SE 5<sup>th</sup> St  
Minneapolis, MN 55414



Part II March 28<sup>th</sup> thru April 28<sup>th</sup> 2014

**Saturdays 9:30am-4:30pm\***

### **Your Yoga Uptown**

2649 Lyndale Ave S  
Minneapolis, MN 55408

### **Your Yoga Dinkytown**

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Minneapolis, MN 55414



\*NB on one Saturday we will meet at 7am and finish by noon. Additional homework 1-3 hours per week.





# Your Yoga

The Depth of Tradition Meets the Power of Now



Refine your practice



Explore life's deepest questions through yoga philosophy



In-Depth Study of Exoteric (popular) and Esoteric (secret) Yoga Practices

## Affordable Pricing

Unit	Investment	Early Bird*
Part I	\$500	\$400
Part II	\$550	\$450
Part I & II	\$850	\$750

\*Discount available if paid in full by Dec 31<sup>st</sup> 2013

Deposit of \$50 required with application

Download your application at

<http://www.youryogamn.com/#!tapas-training/c16mo>



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