

2010



ADVANCED STUDIES &
**YOGA TEACHER
TRAINING PROGRAM**

PRANAYAMA



WITH **TODD STELLFOX**
FEBRUARY 5, 6 & 7, 2010

DATES: February 5, 6 & 7, 2010: One weekend (16 hrs)

TIMES: Friday, February 5: 6:30pm – 9:30pm
Saturday, February 6 : 12:15pm – 4:30pm & 6:00 – 9:00
Sunday, February 7 : 12:15pm – 6:00pm

PLACE: Santa Barbara Yoga Center • (805) 965.6045
32 East Micheltorena Street, Santa Barbara, CA 93101

PRICES: \$250 if full payment (deposit plus balance) is made by December 25, 2009
\$300 if any remaining balance is paid after December 25, 2009

DEPOSIT: \$100 deposit, required to reserve your place, is refundable (minus \$75 cancellation fee) only until 1/9/10

BALANCE: Balance is due by, and is only refundable until, January 9, 2010. NO REFUNDS after 1/9/10

PRANAYAMA

Pranayama is an important tool in the discipline of Yoga. This practice involves the conscious regulation of the breath and is revered and respected as one of the most powerful ways to influence one's state of mind. Being very subtle and powerful, pranayama needs to be practiced with care and caution. This module will introduce students to the foundation, benefits, and application of pranayama in a group class setting.

In this course, students will learn:

- Yoga's holistic view of the human system;
- The relationship between prana and our state of mind;
- Different methods of breathing and their benefits;
- Applications and contraindications of different breathing techniques;
- Methods to incorporate pranayama in a group Yoga class; and
- Practice planning and student assessment techniques.

No Prerequisites Required.

REQUIRED READING

(TO BE READ PRIOR TO THE START OF THE COURSE):

The Heart of Yoga by TKV Desikachar

Yoga For Body, Breath, and Mind: A Guide to Personal Reintegration by AG Mohan



THE INSTRUCTOR:



TODD STELLFOX is a Yoga Teacher and the Teacher Training Program Director of the Healing Yoga Foundation (HYF) in San Francisco, CA. Todd has studied extensively in the US and in South India with the Desikachar family as well as at the Krishnamacharya Yoga Mandiram, an institution regarded globally for Yoga education and therapy. His personal teacher / mentor is Kausthub Desikachar, grandson of the legendary Yogi, T. Krishnamacharya. Todd teaches students with a wide range of health needs in both private and group settings, trains Yoga Teachers, and conducts workshops throughout the US and internationally. He is a Krishnamacharya Healing and Yoga Foundation (KHYF) Certified Yoga Teacher, Certified Yoga Teacher Trainer, and is in the process of becoming a KHYF Certified Yoga Therapist. He is also a Yoga Alliance E-RYT® 500 registered Yoga Teacher. He is currently on the faculty of The Providence Institute in Tucson, AZ. Todd currently resides in Santa Barbara, CA.
