

Faculty



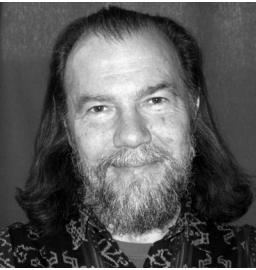
FRANÇOIS RAOULT, M.A., ERYT500
asana, pranayama, teaching practice
François is the founder and director of Open Sky Yoga Center in Rochester, N.Y. and has taught yoga since 1975. He conducts retreats and teacher trainings worldwide. He was among the first french yoga instructors to study in Pune, India with B.K.S. Iyengar. François is Certified in Gong and Laughing Yoga, completed the International Sound Healer program and holds a master's degree in Ethnomusicology.



DOUGLAS BROOKS, Ph.D
yoga history and philosophy
Douglas is a professor of religion and chair of Asian Studies at the University of Rochester in Rochester, N.Y. One of the world's leading scholars of Hindu Tantrism, he earned his doctoral degree from Harvard University's Center for the Study of World Religions. In addition, he lived for many years with his Guru in India, receiving a classical Sanskrit education.



CARLA ANSELM ERYT 500
Carla began training in 2001 at Shakti Yoga Center in NYC. She completed Essential Teacher Training and Advanced Teacher Training in 2007 at Open Sky. In 2009, she was certified as an Advanced Restorative Yoga Teacher. Carla is an experienced doula and prenatal yoga teacher. Carla teaches the advanced class at Open Sky Yoga.



SONAM TARGEE
ayurveda, subtle anatomy, mantra
Sonam has maintained a clinical practice combining Ayurveda and traditional Chinese medicine for 20 years. He is a member of the National Ayurvedic Medical Association. Sonam has studied extensively with Dr. Vasant Lad and is a graduate of the New England School of Acupuncture. He also is a long-time practitioner of yoga and T'ai Chi.



MICHAEL AMY MSPT, E-RYT, OYI
Michael is a licensed Physical Therapist and a Registered Yoga Teacher. He completed Opening Yoga/Adaptive Yoga Certification with Matthew Sanford. Additional studies includes Relax and Renew® certification, Pranayama, Fascial Release. Michael synthesizes his knowledge of anatomy, physiology, neuromuscular function to help yoga students and physical therapy clients discover their inner-sense of freedom, connection, and well-being.

Open Sky
Yoga Center
7 Arnold Park
Rochester NY 14607
585-244-0782
yogawave108@gmail.com
www.openskyyoga.com
www.facebook.com/Opensky



January to June 2021

The Journey

YOGA TEACHER TRAINING

200 hour certification recognized by National Yoga Alliance, Rochester NY



The mind is like a parachute, it does not work if it's not open.
—FRANK ZAPPA

François Raoult
Director
Open Sky Yoga Center



Essential Yoga Teacher Training™

Open Sky Yoga Center announces a unique opportunity to dive deeply into the practice, study and teaching of yoga. Our Essential Yoga Teacher Training™ brings together some of the world's leading experts in yoga techniques, philosophy and teaching practice. This high-caliber course is designed for experienced yoga practitioners who wish to launch or refine a teaching career, or simply to deepen their personal practice. Through in-depth study and supervised teaching, you will learn:

- the art of teaching asanas, pranayama, restorative yoga and deep relaxation (savasana)
- how to see and understand bodies
- the principles of alignment and use of props
- how to assist students and adjust postures
- how to plan and sequence a yoga class
- ethical guidelines for teaching yoga

Our emphasis on hands-on experience and constructive feedback prepares you to teach with confidence and clarity. • The core program includes six 3 or 4-day gatherings. Attendance at two weekly Open Sky yoga classes also is recommended, along with a variety of reading and writing explorations. • This 200+ hour training can be applied toward Yoga Alliance registry. • If you feel called to share the benefits and joy of yoga as a teacher, contact us today or see our application.

Namaste

Curriculum

ART OF TEACHING

Technique and Methodology

- 1 Opening poses, standing poses Part 1
- 2 Standing poses Part 2, ujjayi pranayama, savasana, ayurveda 101
- 3 Back bends/rotations/guidelines to prenatal yoga (Carla)
- 4 Experiential anatomy. Kinesiology. Back care (Michael)
- 5/6 Restorative yoga, vilomas, forward bends, bandhas, inversions, history and philosophy of yoga, ayurveda 102, kirtan
- 7 *(Four-day intensive)*
Full curriculum review, designing and sequencing a beginner's class, supervised teaching and practice assessment, written test.

ANATOMY AND KINESIOLOGY *20 hours*

- Structural anatomy and its application to yoga postures.
- Muscle groups: mechanical analysis of action

PHILOSOPHY *10 hours*

- History of Hatha Yoga: origins and practices
- The Upanishads: ecstatic revelation and practical insight
- Patanjali: definitions of yoga and its goals
- Spiritual teachings of the Bhagavad Gita

AYURVEDA *8 hours*

- Theory: the three Doshas
- Diagnosis: observation of pulse and other indicators
- Treatment: herbal medicine and life-style management

READING AND WRITING

This is a substantial and original element of the training, a creative journey integrating daily life with yoga practice and philosophy. Monthly reading, writing, teaching and practice assignments are reviewed by the faculty. Group sharing supports creativity.



DAILY SCHEDULE

Friday, January 29
Opening Circle/Keynote Address
6 p.m. - 9 p.m.

SCHEDULE

Fridays: 6-9 p.m.
Saturdays: 12 p.m. - 8 p.m.
Sundays: 8 a.m. - 6 p.m.
Four-day intensive begins Friday at 5 p.m. and ends Monday at 5 p.m.

DATES

- 1 January 29-31, 2021 (François)
- 2 March 5-7 (François, Sonam)
- 3 April 9-11 (Carla)
- 4 April 30, May 1-2 (Michael)
- 5/6 May 21-24
(François, Dr. Brooks, Sonam)
- 7 June 25-28 *(graduation)*



Policy/fees

ADDITIONAL COURSE RECOMMENDATIONS (OPTIONAL)

- Two weekly Open Sky Yoga classes (one beginner, one intermediate/advanced)
- One private session with a faculty member

YOGA ALLIANCE REGISTRATION HOURS

- Five modules and one 4-day assessment seminar: 140 contact hrs
- Two weekly Open Sky yoga classes over 6 months: 75 hrs
- Reading and writing assignments: 100+ hours

TUITION

Five modules and a 4-day intensive: \$3,850.

(Fee includes written feedback on all homework assignments.)

Please return your application with a \$50 nonrefundable fee to:

Open Sky Yoga Center,
7 Arnold Park, Rochester, N.Y. 14607

If your application is accepted, a \$500 non-refundable deposit will reserve your space. The remaining balance of \$3350 due October 30, 2020. You may pay by check or credit card (Visa/Mastercard). No cash refunds after December 1, 2020.



Testimonials

"I learned to manage my relationship with my students, to decide when to push and when to let be. I learned to see." Margaret O'grady, RYT

"...helping others become detectives, unravelling the mystery of their own bodies and psyches..." Fernando, student

"François's detailed approach to dissecting each asana and tailoring it to a wide variety of abilities was invaluable in helping me work with students effectively." Christine Breck RYT

"The program effectively combines precise instruction, compassionate feedback, inspiring readings and creative homework assignments. I understand yoga better now as both a healing modality and a path of spiritual awakening." John Steele, PhD psychologist, RYT

"Essential Teacher Training establishes me on the path of awakened potential. It gave me a compass to reach the trail head." Rebecca Schlichler, RYT

"You had us rolling with laughter, which is good for the diaphragm!" Supriti, RYT

"I am so grateful for this course. It is about so much more than just asanas and yoga. It's about life." Sarah Haykel

"We all benefited in various ways from your astute and creative orchestration of our learning experience." Carol Geroux, Artist and Yoga teacher

"What also came through was your zest, curiosity for life, exploring more possibilities. Your trainings have enabled me to make a living from teaching, have given me the confidence to do so." Burt Peeters, Yoga Teacher