

# Bamboomoves 200-hour Instructor Training (BIT)

January 7 through March 30, 2008



B.I.T. is an intensive three-month course for advanced practitioners of Bamboo Yoga to become certified at the 200-hour level of yoga instruction. Keep in mind that “advanced” is not the title given to someone who can move deep into difficult postures, but someone who comes to the mat with a level of maturity, a willingness to learn, and an understanding of the limits of their own body. The training can be seen as divided into three main themes: Body, Mind, and Spirit.

**BODY:** All the physical essentials of the practice, the physical aspects of yoga, are the skeleton of the practice. With a thorough understanding of these practices we can integrate the mental and emotional elements of yoga more easily.

- Precise understanding, experience, and how to adjust all basic asana sets: Sun-Salute, Warrior, Balances, Inversions, Headstand, Handstands/Plants
- Energy Training, Chi-Kung
- Routines and Class Flows
- Effective use of sequencing: learning how to organize the postures in an intelligent order
- Proper Diet, Nutrition, Fasting, Kriyas
- Pressure Point Healing, Yoga Therapy. Appropriate touching.

**MIND:** In this sense our mind training is more concerned with our emotional understanding of people, situations, and energy. How we interact with others on a psychological level and how that relates to being a yogi.

- Conserving Energy and Managing People
- Energy Meditation (Pranayama) 101,102,103
- Chakra Breathwork. Jung Choong Breathing.
- Using Light/Sound/Vibration/Humor/Voice as Tools
- Becoming an Empath to the Class
- Guiding Big Groups, Where to Focus?
- Private Sessions; Working with VERY stiff people
- Dealing with Money and Spirituality
- Managing a Successful Yoga Class and Studio

**SPIRIT:** The realm of spirit for this course is in understanding information at its various levels. The knowledge portion of this course is broad in its reach; however, each concept/philosophy often builds on or is a part of the other and therefore comes to be one body of knowledge of which the instructor or healer should

have an adequate understanding. During this portion of the course there will be suggested extra readings, and questions are strongly encouraged. Knowledge will be tested in a written exam at the end of the program.

- Anatomy & Physiology: (Western and Eastern)
- Patanjali's Yoga Sutras and 8 Limbs of Yoga
- Bamboo Philosophy:
  - 3 Principles of Energy
  - Chanting and Healing Sounds
  - The Trinity as seen across various traditions
- Life of a Bamboo Warrior: Morality and Truth-centered Life

**REQUIREMENTS:** Application, Essay, and hold Sirsasana (headstand) for 30 sec. (all due by Dec. 31)

**SCHEDULE:** The course will meet Weds. from 7pm - 10pm and every other weekend, Saturday 2pm-7pm and Sunday 7am-5pm (from Jan 7th to March 25th). Course includes weekend retreat from Fri. March 27th - Mon. March 30th. Twelve additional apprenticeship hours will be scheduled on an individual basis. Students may pick 1 of 4 topics for Apprenticeship: Advanced Yoga Asana, Bamboo Sword, Veridian Energy Healing, or Yoga Studio Management.

**FEES:** Cost includes program, materials, retreat (transportation and lodging not included), and one 12-hour apprenticeship.

Before Nov.15	\$2800
Before Dec. 15	\$2900
Before Dec. 31	\$3000

Late sign-ups (after Dec. 31) will be charged an extra \$200.

Please include 1-2 page single-spaced essay answering the following questions:  
“How has yoga affected your life?” and “Why do you want to do this training?”

I agree to participate in Bamboomoves 200-hour Instructor Training and recognize that my payment is non-transferable and non-refundable. I hold Bamboomoves LLC and all its associates harmless for any losses or damages that may occur as a result of my participation in this training. I agree to notify the instructor of any allergies, injuries, or pre-existing conditions that may affect my participation in the program. I affirm that this training does not replace medical advice and that I should consult a doctor before beginning this or any other training program.

Date: \_\_\_\_\_ Name: \_\_\_\_\_ Signature: \_\_\_\_\_

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

Phone:(C) \_\_\_\_\_ (H) \_\_\_\_\_ (W) \_\_\_\_\_ E-mail: \_\_\_\_\_

PAID \$ \_\_\_\_\_ Method: \_\_\_\_\_ Accepted By: \_\_\_\_\_