



True Nature Wellness

Your Guide to Personal Growth

**200- HOUR YOGA TEACHER TRAINING
WITH AMY LOMBARDO, E-RYT
LIMITED TO ONLY 8 STUDENTS
January 14 – May 10, 2015**

OVERVIEW

- **200-hour Yoga-Alliance-compliant** program so you will receive certification to teach if you so choose.
- **A small, semi-private training group with no more than 8 trainees accepted.** I feel strongly in the need to have a healthy balance between a dynamic group synergy as well as maximum personal attention for each individual student. A yoga teacher-training program is a life transforming experience, and I wish to protect the integrity of that for all involved. Many other trainings have groups as large as 20, 50, or even more. The quality of attention that can happen for individual students is greatly increased with our limited group size. We will train in a beautiful, intimate private residence setting in Santa Monica, CA.
- **Empowerment-based Training:** Ideal for individuals looking to ultimately explore the path of becoming yoga teacher full or part time, but also ideal for those who may be looking to deepen their personal practice of Yoga through more committed study. This is also a great training for any yogis that find themselves in caregiver, educator, or service roles (therapists, doctors, teachers, social workers, trainers, coaches, health workers, etc.) So much of what we will learn will be applicable both inside and outside the studio.
- **Comprehensive Syllabus:** This training thoroughly covers all aspects of the Yoga Tradition including a deep dive into the physical practice of yoga (asana) as well as anatomy; physiology; mantra, mudra; meditation; breathing; philosophy; energy systems; subtle body; Ayurveda, and more. You will also receive a strong foundation for being an empowered leader and teacher of Yoga, learning about the ethics of teaching; the business and marketing of Yoga; class sequencing,

verbal cuing, and physical adjustments; how to adapt the practice for special needs populations; and ultimately understanding how to use Yoga as a lens for Self Realization. Taking the seat of the teacher is both a great privilege and a great responsibility. This 200-hour certification program will prepare you to flourish as both a capable and confident guide.

DATES: Starting January 14 – May 10, 2015

Sundays 12 pm- 8 pm

Wednesdays 6:30 pm – 9:30 pm

There are some dates we don't meet. Please read dates carefully.

Wednesdays 6:30- 9:30 pm

January 14
January 21
January 28
February 4
February 11
February 18
February 25
March 4
March 11
March 25
April 1
April 8
April 15
April 22
April 29
May 6

*** NO CLASS March 18**

Sundays 12-8 pm

January 18
February 1
February 8
February 15
February 22
March 1
March 8
March 15
March 22
March 29
April 5
April 19
April 26
May 3
May 10
***NO CLASS January 25, April 12**

FINAL EXAM CLASS: Trainees will lead one public yoga class as part of their final exam between the dates of May 10-23 (specific date TBD). Once they've completed their exam class and their written exam successfully, they will have graduated!

PROGRAM INTENTION

Without a doubt, there is no shortage of Yoga teacher training programs out there, especially in the LA area! So why create another? How will this one be different?

It's clear to see that Yoga is now considered a full-blown industry in today's world, one that profits in the billions annually. Though I praise its popularity and the potential it has to help transform lives, I feel we have a responsibility to use these practices wisely and protect the integrity of these ancient traditions, especially as they gain popularity. Sadly, quality often gets left behind in the excitement of getting on the Yoga bandwagon, and

it's hard as a practitioner to decipher what's what in the arena. It is my belief that one does not need to compromise quality and can hold the utmost respect, reverence, and integrity for the practices while simultaneously providing an empowering way to utilize these ancient traditions for modern times. In my training, I seek to provide programming that holds true to the tradition and at the same time offer innovative ways for practitioners to use Yoga to help evolve our bodies, minds, and souls. When you finish the training, you will have all you need to flourish as a teacher both personally and professionally. I am committed to making this training work for you at every level, and I am so honored to have the privilege of helping guide you further along the path.

PROGRAM STRUCTURE

Expect experiential! Yes, there will be times where I need to lecture. BUT, I am a big believer that most of our learning happens through experience. In our long weekend days, we will have some lecture time, group discussions, a full hour and a half asana class; meditation; group work; and hands-on tutorials in things like physical adjustments, etc. Wednesday nights will also include a mixture of physical and mental practices, as well as discussion time. Every week will be different and designed to keep you engaged in a stimulating and inspiring way.

Each week, you will have some homework you will be required to complete outside of our class time— a combination of readings, journal writing, and some other written assignments. Time commitment for homework will vary week to week, but expect around 3 hours on average. Some weeks it will definitely be more and other weeks less. There will be some built-in times for “catch-up” on the off weeks where we don't meet. No doubt, the training is a commitment, but if one manages their time consciously, it will be a totally doable and enjoyable experience!

After we complete all of our training dates, trainees will have a week to complete an open-book written exam. They will also be assigned a slot time to teach one public Yoga class to at least four individuals (Earlier in the training they will also have the opportunity to assist me in a group public class). I will review each written exam and observe each public class. Upon successful completion of all requirements, trainees will be fully graduated and credentialed as a certified Yoga teacher with the Yoga Alliance!

SYLLABUS HIGHLIGHTS

Syllabus highlights include, but are not limited to:

- Studying the *Upanishads*, *The Bhagavad Gita*, and the *Yoga Sutras of Pantanjali*, and *Tantra* philosophy
- Immersion in the Hatha, Yin, Restorative, and Vinyasa Traditions in the asana (physical) practice
- Understanding the Anusara Principles of Alignment and other alignment techniques and prop modifications for asana practice (including learning how to use these methodologies for therapeutic physical practice for injuries, chronic pain, and various medical conditions)

- The fundamentals of creating a safe and empowering Yoga environment mentally, physically, emotionally, and spiritually for all types (including guidance on teaching Yoga to special needs populations: children, elderly, pregnant women, etc.)
- Understanding how to practice and lead breathing and meditation exercises
- How to use mudra, mantra techniques, and guided imagery for meditation and mental focus
- Verbal cuing, sequencing, and creating themes for innovative Yoga classes
- Developing and sustaining a vibrant home practice in both asana, meditation, and beyond
- Investigating the subtle body (the energy body) including chakras, nadis, vayus, koshas, and bandhas – and how they impact our practice and our lives
- The ethics of teaching Yoga (keeping healthy boundaries as a teacher, creating and holding space for individuals/groups, how to deal with projections, etc.)
- The business of teaching Yoga (how to make a successful living as a Yoga teacher and maintain the integrity of your personal practice)
- Learning how to use the practices of Yoga as a launchpad for empowerment throughout a person's entire life, including your own
- Understanding and implementing the practice of Karma Yoga through a special seva (service) project...and so much more!

REQUIREMENTS FOR GRADUATION

In order to graduate successfully, trainees must complete the following:

- Attend all training session times (Sessions will be audio recorded in the event that you have to miss unexpectedly. You will be required to listen to the whole taped session and keep up to speed with the group if you have to miss a session.)
- Outside of our regular training hours, you need to attend 36 additional yoga classes on your own time. These can be spread out over the course of the training however you like, or even be drawn out longer. Please note though that you will not be eligible to receive your certificate until these classes are completed and accounted for.
- Assist me in one public class where you help make physical adjustments for students.
- Complete weekly readings and homework assignments on time for each training session (outside reading/homework time varies. Could be as little as a few hours but some weeks may be more).
- Organize and teach a public class to at least 4 students while I observe.

- Complete two private personal coach sessions with me (used in whatever way we needed to best support your training).
- Complete a seva (service project) of choice and approved by me before training is finished.
- Completion of written exam (open book).

TUITION

Full tuition is \$3300. This includes all training hours and sessions (including access to recordings of all sessions for additional review); 2 private sessions with Amy; and a comprehensive training manual. It does **not** include purchase of textbooks (minimal extra cost), your props, any snacks for eating during training hours, and payment for additional classes required outside our training hours. You must pay for those separately.

- A payment plan is available if necessary; please inquire.
- All tuition must be paid in full before completion of training.

SPECIAL DISCOUNTS

- **(SAVE \$300)** Early Bird: Pay in full by December 14th and pay only \$3000
- **(SAVE \$200)** Pay in Full by January 14th, start of training, and pay only \$3100

To reserve your spot, a \$500 non-refundable deposit is required.

Limited space available. Reserve your spot today.

Payment can be cash or personal check. Credit card via paypal is also acceptable, but will include an additional card fee of \$99.

TO APPLY

First complete a written application and email to amy@truenaturewellness.com. After receipt of written application, I will arrange a one-on-one interview with you before acceptance.

ABOUT THE TEACHER, AMY LOMBARDO

As a Yoga Teacher, Life Coach, and founder of her own wellness company, True Nature Wellness, Amy Lombardo has spent the last fifteen years creating opportunities to restore the birthright of wellness to all people, regardless of their circumstances or background. Her Yoga students have ranged in age from 2 years old to 103, and her classes have ranged in size from 1 person to over 300 at a time. With training in Anusara, Vinyasa, Hatha, and Yin Yoga, Amy blends various styles of Yoga and other forms of therapeutic movement to create more accessibility for her students. Aiming to make every class an experience in conscious personal evolution, Amy also uses her

training in empowerment and leadership techniques to motivate even the most apprehensive of souls.

Amy has worked extensively with special needs populations, including elderly afflicted with dementia and Alzheimer's; disadvantaged youth-at-risk; caregiver populations at nursing homes and hospitals; ADHD children; women struggling with fertility; and many more. In addition to her love for Yoga on the mat, Amy is also a long time Karma yogi and dedicates a lot of her personal and professional time to the "Yoga of service." She is Co-Founder of Karma Krew, a yoga-based non-profit that sustains a nationwide grassroots network of socially conscious yoga studios and practitioners in over 50 cities, with more signing on each day. She also has designed curriculums and helped train and hire teachers to implement yoga-based empowerment programs in underserved settings like children's shelters, nursing homes, and prisons. Most recently, Amy has taken some of the life-lessons she's learned through Yoga to the internet waves and shares them in her weekly vlog, *Confessions of a Warrior Woman*, in hopes of helping people see the power in embracing their vulnerabilities.

Grateful for the opportunity to share the beauty of Yoga with so many, Amy hopes you'll join her in celebrating the profound interconnectedness we can feel through this great ancient tradition and help spread the love! For more information about Amy and her offerings, please see www.truenaturewellness.com or www.confessionsofawarriorwoman.com.

TESTIMONIALS

"Amy introduced me to Yoga seven years ago. She is a wonderful and insightful teacher and a beautiful person as well. Every time I get a chance to practice with her, it is always so joyous. I highly recommend her as a teacher." - **Gisele Bundchen, International Supermodel, Businesswoman, and Philanthropist**

"There are so many ways to teach Yoga. It's a physical regimen, a mental discipline and a spiritual exercise. Amy applies her experience and devotion to the practice in all three areas. She works on a personal level, in small classes, revealing the subtleties that separate yoga from mere calisthenics. I hesitate to claim that she will change your life but her careful, steady guidance has certainly changed mine." - **Glyn, Writer**

"Amy's knowledge, strength, gentleness and wisdom are a winning combination for a Yoga teacher. I have studied Yoga off and on for about fifteen years, but it wasn't until I met Amy that I was able to integrate it into my life regularly. I am pushed in a gentle way and have grown since I've studied with her. It is not only Amy's skills as a teacher that make me feel this way, but the gentle strength and caring that she emanates as a person." - **Emilie, Actress & Movie Producer**

"Amy's teaching is true to classical Yoga, yet sensitive to the humanity of each student, encouraging us to grow at whatever our level. Her spiritual depth enhances each session, and each class becomes a sacred space to which I look forward to returning again and again." - **Rev. Fanny Erickson**

"My training with Amy has given me a deeper and more joyful experience of the mind-body connection. I find myself incorporating her teachings into my daily life in the most unexpected ways. I look forward to a growing and deepening Yoga practice with Amy's help. She's a joy!" - **Sarah, writer**

"Before and after I met Amy, I tried a few Yoga instructors, trainers, etc. I finally gave up. No one compares to Amy. She always keeps me motivated, and I can't wait until my next class to ask questions. Her wisdom, dedication, and compassion go way beyond the mat." - **Benjamin, Computer Technologist**

"In my opinion, Amy upholds an unparalleled level of integrity in all aspects of her work. To me, Amy eats, speaks, and breathes Yoga service in our community." – **Kimberly Moon, Founder and Director of the Caribbean Yoga Conference, speaking about Karma Krew, the non-profit Amy co-founded in 2006**

"Amy is right on the cutting edge of the Yoga community, pioneering a more mature and relevant approach to Yoga which combines personal practice with service to the world. She offers a clear pathway to heal both our world and ourselves. Never have we needed them more!" -**Gail Straub, Author, and Co-Founder of The Empowerment Institute, speaking about Karma Krew, a non-profit Amy co-founded in 2006**

FREQUENTLY ASKED QUESTIONS

1. There are a lot of yoga poses I can't do. Can I still do a teacher training program and teach Yoga?

Absolutely! There is no requirement to be able to perform each pose. However, you still will learn instruction in how to teach poses you cannot physically do, and it's inevitable that you will get better at your physical practice as well as the other practices through the course of your training. So, you may just surprise yourself!

2. What physical style of Yoga does this training focus on?

Trainees will learn how to teach asana based on the Hatha Yoga, Yin Yoga, Vinyasa Yoga, and Restorative styles of Yoga. Trainees will graduate with the capacity to create a unique blend of Yoga modified to suit their students' needs.

3. I want to do the training, but I will be out of town one weekend or I think I might miss a day. Can I still do it?

To obtain a diploma and letter of completion you must attend 100% of the classes to comply with Yoga Alliance requirements. However, it's understandable that you may not be able to foresee every conflict, so sessions will be audio-recorded. Should you have to miss a training day, you will be required to listen to the recording in full and still complete all required homework assignments on time. It is not recommended that you miss more than one day of training. This indeed is a commitment, but one that will give back to you a thousand-fold for the rest of your life. Through the discipline comes the freedom.

4. Outside of the training hours, what is the time commitment required?

Expect to spend between 3 to 6 hours per week on written assignments and other homework. The homework is designed to support the material covered in class and help you integrate what is presented into your own practice and teaching.

5. I am not sure I want to actually be a Yoga teacher, but I'm still intrigued. Is this still something I should pursue?

There is no requirement to become a teacher after having completed the program. And without a doubt, one does not need to teach Yoga to get a tremendous amount out of this training. Yoga is a practice that can be a lens for how you live your whole life. Doing a teacher training is an excellent way to empower yourself, align your life with your higher purpose, and keep yourself evolving at every level. (Side note: When I took my training, I had no intention of becoming a teacher! Even if I hadn't, this still would have been the best investment in my life. That it actually provided me with a tremendously fulfilling livelihood on top of all of the self-transformation is just a huge bonus!)

6. What is the Yoga Alliance?

Yoga Alliance is an organization that was started in 1999 as a way to create nationally recognized standards for yoga teachers and yoga teacher trainings. More and more yoga studios across the country are requiring their teachers to register with the Yoga Alliance, either at the 200 or 500 hour level. Yoga Alliance registration, however, is not a legal requirement for teaching yoga. Currently there are no legal certification requirements to be a yoga teacher.

7. Will I be qualified to teach Yoga after this training?

Yes! With the successful completion of all the requirements of the program, including contact hours, homework, and exam, you will receive your diploma and certification at the 200-hour level. You will be qualified to teach thereafter if that becomes part of your path!

There will be plenty of time to have any of your other questions answered in your private sit-down with me once I have received your application.