

INSPIRE * CREATE * AWAKEN * ENRICH

“Change is not something that we should fear. Rather, it is something that we should welcome. For without change, nothing in this world would ever grow or blossom, and no one in this world would ever move forward to become the person they’re meant to be.” UNKNOWN AUTHOR.



OVERVIEW

This training is designed to deepen your yoga practice, help you become more disciplined, increase your strength and flexibility and teach to connect with your deeper self. You will study asana (postures), pranayama (breathwork), mediation, self-reflection and philosophy. Learn the benefits of yoga, proper alignment and safe but creative sequencing. Feel empowered to express yourself authentically, learn leadership skills and ways to connect with your community. You will not only get physically stronger, but gain mental clarity, balance and awareness.

WHO IS THIS TRAINING FOR?

This training is for people who love how they feel doing yoga and want learn more about the history, philosophy and correct alignment. Whether you want to teach, or not, this program is for students who are dedicated to health, wellness and having a positive impact on the world around them. Do you have a spiritual practice, but want to add a physical component? Or are you a health & fitness professionals looking to add a more spiritual, holistic approach to health & wellness? If you want to learn the benefits of yoga, the history, philosophy and seek a personal transformation - this training is for you. You will get physically and mentally stronger, learn proper alignment of more than 50 asanas, learn yoga philosophy and how to put that philosophy into practice on and off the mat. This program meets and exceeds the 200-hours of yoga study required by Yoga Alliance for RYT-200 certification.



WHAT MAKES OUR YTT DIFFERENT?

1. WE ARE NOT A YOGA STUDIO

We are here for student development and to provide you with the best education without an affiliation with any yoga studio. Our purpose is to teach you - the student. And provide the best training and education possible.

Many yoga studios teach one way. You learn their sequence and teach only that sequence. Our program is based on a traditional sequence called Ashtanga Vinyasa Yoga. Students learn this traditional sequence first, to build a solid foundation for home practices and establish muscle memory and continuity. Then, learn how to create their own unique class sequences, based on physical abilities, personal tastes and creative sequencing. We offer hands on trainings and care about each participant. We are in existence to help the yoga community thrive and to educate and support teachers from all backgrounds.

2. TAUGHT BY A MASTER TEACHER.

While many teacher trainings today are taught by inexperienced or relatively new teachers, 80% of your classroom hours are taught by Master teacher, Melisa Casses. Melisa has more than 20-years of teaching experience, she's worked with thousands of students and developed this course in order to offer high quality yoga teacher trainings for a reasonable cost. She understands how the practice changes as our bodies change, how to adjust the practice for different stages in life, how to work with subtle bodies and lead by example. Melisa doesn't just teach from a book, but from her experience and internal wisdom.

3. PRACTICE PRACTICE PRACTICE

This training is all about getting on your mat, and gaining wisdom through your own experiences. Sri Pattabhi Jois said, "Yoga is 99% practice, 1% theory." You will practice until your muscles ache, you get bored and think you can't do it anymore. And you will persist. Through this training, you will connect with your authentic self you will learn to trust yourself and listen to your inner guide.

4. SELF-DISCOVERY

Graduates say that one of the biggest benefits of yoga teacher training is personal transformation. Graduates have reported amazing changes like, meeting a partner and getting married, right after graduation, getting pregnant, changing careers, or reconnecting with a spouse - all as a result of the growth they had in YTT.

5. SMALL CLASS SIZE

There's no argument, class size has a direct relation to level of learning. Our classes are small in order to provide students with lots of attention and guidance and to maximize learning. Don't get lost in the crowd of 40-80 like other trainings! In MaKa's training, expect anywhere from 8-16 student in your course, for maximum learning.

6. COMMUNITY

One of the best parts of YTT is meeting like-minded people, making lifelong friendships, and be part of something bigger than yourself.

"My experience with Maka was intense, challenging, and emotional. However, I would not have changed a thing about it! Melisa pushed me beyond my comfort zone, and towards my inner spirit. She created a comfortable space for all to learn, share, and contemplate. What started as a great opportunity to study, evolved into a powerful exploration of yoga-inspired philosophy. I bonded with the passionate, like-minded people sitting beside me on the mat and made lifelong friends. This program provided the foundations of how to teach yoga, and taught me more than I thought possible marking the beginning of a life-long journey." Susan S.

CURRICULUM

This training was created to deepen your physical and spiritual practice, help you connect with your most authentic self, and prepare you to teach safe, effective vinyasa yoga classes.

OVERVIEW

History & Philosophy

- History of Yoga
- The 8-limbs of Yoga, The Yoga Sutras
- The Bhagavad Gita
- Living Yoga
- Yoga lifestyle & self-care

Pranayama & Asana & Meditation

- Meditation, self-study, journaling and personal development
- Yoga anatomy & alignment
- Personal practice advancement
- Modified Ashtanga Vinyasa Yoga class template
- Vinyasa yoga sequencing & template
- Teaching all levels
- Practice teaching clinics
- Hands on assisting and adjustments

Teaching Skills

- Effective cueing, voice, pace
- Teaching with a purpose
- Being authentic
- Theming classes
- Hands on assisting & adjustments
- Modifications
- Safe creative sequencing
- Benefits of yoga

Business of YOGA

- Ethics for yoga teachers
- Getting hired
- Building your resume
- Marketing
- Sustainable teaching

"This was truly an exceptional experience. Melisa possesses a depth of knowledge, level of skill and thoroughness of teaching yoga that is incredible. Ashtanga yoga's primary series was taught. It was a true immersion with, the readings, discussions, presentations and classes. We were given a 360 degree view of yoga. The histories, it's roots, the different styles, the philosophy and the many possibilities needed to be a yoga teacher as well as a student. If you're interested in further learning and growing as a yogi, this would be The perfect teacher." Lloyd K.



DATES AND LOCATIONS

TEACHERS

Fall 2018 program is lead by Melisa Casses, E-RYT. With Nate Casses, E-RYT and YTT coaches.

LOCATION

Lifebridge Health & Fitness
1836 Greene Tree Rd., Pikesville, MD 21208
[410-318-6810](tel:410-318-6810)

LifeBridge Health & Fitness is an award-winning fitness center centrally located in Pikesville in Baltimore County. Our 70,000-square-foot facility, state-of-the-art equipment, trained fitness professionals and unique amenities guide members of all ages and fitness levels in their journey to a healthy way of life.

We offer more than 110 group fitness classes every week, including Yoga, Pilates, Zumba, TRX, spin and more. Our open gym features over 125 brand new cardio and weight machines. Parking will always be available and free in the Lifebridge Parking lot. Walking distance to Trader Joe's and Starbucks.

PROGRAM FORMAT & DATES

The following are required in-person hours for the September 2018 program and include lectures, discussions, teaching methodology, practices, and practice teaching clinics.

Weekend Intensives dates

September 14 -16

October 12 -14

Nov. 9 - 11

Dec. 7 - 9

Jan. 2019 4-6

Feb. 1- 3

March 1- 3 (snow-weekend)

Hours:

Fridays 5-10pm

Saturdays 10:30am-7pm

Sundays 11am-7pm

Study Groups

There are two-three hour study groups:

1) Friday, October 26, 5-8pm Studio B

2) Friday, January 18, 5-8pm Studio B

Additional Hours

Additional hours include pre-recorded audio lectures, video classes, reading assignments, preparing presentations, written essays, journaling and two final projects - a written and practical exam. Graduates report average of three hours of homework per week in addition to their 3-5 practices each week.

REGISTER NOW (YOGA TEACHER TRAININGS/APPLY 200-HOURS)
(link to apply)

TUITION

What does your tuition include?

All weekend intensive hours and study sessions led by Melisa and MaKa faculty teachers, workshops led by guest faculty, MaKa's American Yoga Teacher's Manual, audio recorded yoga classes, video classes from the MaKa library, and Teaching Mentorship.

ADDITIONAL FEES

- Five books (approximately \$61). You will receive the reading list once you've been accepted into the program.
- Mysore cotton mat (approximately \$40 Barefoot yoga or Hugger Mugger)
- Discounted rate of \$299 for a six-month Lifebridge Health and Fitness membership for total facility access and over 100 Group Exercise classes including over 25 Yoga classes, Mat Pilates, TRX, Barre and Aquatics classes, full facility locker rooms with whirlpool, sauna and steam room.
- Discounts for private yoga and additional workshops.

EARLY BIRD TUITION

Registered and paid in full by July 1, 2018

LBHF MEMBERS: \$2,550

NON-MEMBERS: \$2,904 (includes \$354 for 6 month membership)

STANDARD TUITION

After July 1st registration paid in full by September 1st

LBHF MEMBERS: \$2,800

NON-MEMBERS: \$3,154 (includes \$354 for 6 month membership)

Are you a Lifebridge Employee? Lifebridge employees receive 20% off of early bird tuition! That's a \$500 savings!

Refund Policy – NO refunds will be given unless for medical reasons with doctor note, credit will be issued toward a future RYT 200 certification.

REGISTER

REGISTER NOW (link to register)

STEP 1) Complete the registration form and submit your online registration. Or print and mail in your registration.

STEP 2) Once you register, you will receive an email from us regarding your enrollment and how to get started on your journey.

STEP 3) Complete tuition payment. Pay in full, or place a deposit to hold your spot. Payment is due in full before the first day of class.
If you require a payment plan, please email Natalie Smith to request a payment plan option.

FREQUENTLY ASKED QUESTIONS

Q: WHAT KIND OF YOGA IS YOUR TACHER TRAINING PROGRAM?

A: MaKa Yoga RYS is a vinyasa yoga teacher training program based on the Ashtanga Vinyasa Yoga method. During the first half of training, students learn a modified version of the Ashtanga Primary Series. The second half of training is spent creating unique, effective and safe classes based on breath, mindfulness and fluidity. Graduates will be able to teach classes for beginners to intermediate students.

Q: HOW PROFICIENT DO I NEED TO BE IN YOGA TO BE ACCEPTED INTO THE 200-HOUR TRAINING?

A: Your level of commitment to learning, transformation, and the program is number one. We accept students who want to learn, are dedicated and willing to be uncomfortable. Applicants should have a minimum of six-months of consistent yoga practice and be physically able to practice yoga. If you have a physical limitation that prohibits your mobility, please email Melisa directly at makamovement@gmail.com to see if this training is appropriate for you.

Q: DO I HAVE TO TAKE A CERTAIN AMOUNT OF CLASSES DURING THE TRAINING?

A: Students are expected to practice yoga 3-5x/week, as both home practices and studio classes. You must take one class/week with Melisa.

Q: I HAVE A PREVIOUS COMMITMENT FOR ONE OF THE WEEKENDS. WHAT IS THE MAKE-UP POLICY?

A: You can miss up to one teacher training weekend and still graduate on-time. All absences must be cleared in advance. You are responsible for getting the missed material from your classmates. Unexcused absences, or missing more than one weekend (20-hours) of training, will need to be made up with private sessions with one of MaKa's teaching staff at a 1:2 ratio. If you know you have a conflict, put the dates on your registration form and someone will contact you.

Q: DO YOU HAVE A PAYMENT PLAN?

A: Tuition is due in full before the first day of class. However, we know that your education is important to you and we want to help as best we can. Please contact Natalie Smith at Natsmith@lifebridgehealth.org to inquire about payment plans. They will be approved on a case by case basis.

Q: WILL I BE ABLE TO TEACH YOGA AFTER THIS COURSE? IS THIS A CERTIFIED COURSE?

A: Yes. MaKa Yoga teacher training is a registered school with the Yoga Alliance, which is an international yoga board for yoga teachers. You will be eligible to register with the Yoga Alliance as an RYT-200. Our graduates teach at gyms, yoga studios, and throughout the community.

LifeBridge Health and Fitness
1836 Greene Tree Road
Pikesville, MD 21208
410-484-6800



Name

Address

Phone

Email

How long have you been practicing yoga?

What style of yoga/studio?

How many times/week?

What do you love about yoga?

What do you want to get out of this program?

On a scale of 1-10, 1 being not really and 10 being REALLY committed - how committed are you to completing this yoga teacher training?

Why?

Please list any potential conflicts you have or foresee with your participation in the program.

Anything else you would like us to know about you?

OUR TEACHERS

Melisa Uchida Casses has been teaching Ashtanga Vinyasa Yoga and vinyasa yoga for more than 20-years. She loves the discipline of the Ashtanga Primary Series, but knows that it's not accessible to most Americans. She started adding less structured "vinyasa" classes in about ten years ago, when she started working with people who were looking for power yoga or gentle yoga. She embodies the yoga life. She often jokes that her yoga practice some days is simply doing the dishes, or attending to her family with full awareness and joy. She makes her way through the stages of yoga over the decades, and with three children and adjusts the practice to stay in harmony with each particular stage. Melisa is an old soul, a wise teacher, and a compassionate being. She teaches with kindness, but is strict. She expects a lot, but is understanding and approachable.

Nate Casses

...found Yoga and Melisa six years ago and continues his study and mentorship under Melisa still to this day. He has practiced a variety of yoga styles over his career, but finds solace in his original practice of Ashtanga Vinyasa Yoga. Nate enjoys the dedication and stylistic simplicity of the Ashtanga Primary series. Far from mastering the series, he has modified the practice for his body. Nate has been certified under Melisa and the MaKa Movement School in both the 200 & 300 hour programs. He is honored by the opportunity to now be teach at his school. When Nate is not on his mat, or busy with his family, he can be found pounding the pavement as he is an avid endurance runner.