

# one tree YOGA

Teaching is our first priority

## 2017-2018 Yoga Teacher Certification Program Details

At One Tree Yoga, we celebrate the many styles that have evolved from the ancient practice of yoga. Whether your passion is for a rigorous vinyasa or restorative yin practice, our teacher certification program provides you with the tools to bring your passion to others.

Our program is led by Alison King Tigges RYT-500 and Gabe Hopp, ERYT-200. These wonderfully skilled teachers each have their own area of expertise, but share similar, compatible teaching styles that allow them to work seamlessly as a team. Alison and Gabe have crafted a curriculum that draws on their many years of study with esteemed yoga teachers around the world: Theresa Murphy, Tias and Surya Little, Noah Maze, Christina Sell, Rod Stryker, Dean Sluyter, Amy Matthews, and the Mohans.

We pride ourselves on the pragmatic nature of our program. It is an in-depth course in asana, anatomy, and philosophy that will deepen your practice and give you tools to teach. We begin with a detailed exploration of the practice from the outer sheath to the inner core, and then utilize an experiential classroom framework so that you feel confident leading others in the practice.

We are dedicated to offering the most comprehensive teacher certification program in Omaha, and keeping it fresh every year. It is a world-class curriculum offered by our dedicated, local instructors in our state-of-the-art studio.

### Certification

This program exceeds the requirements for the Yoga Alliance RYT-200 Certification. Students who complete the program will receive a 200-hour certification from One Tree Yoga, a registered yoga school since 2003. Graduates of our program feel confident in their knowledge and ability to share it with others.

### Program Requirements

1. Establish a consistent yoga practice prior to the program.
2. Attend 8 classes per month with Alison King Tigges or Gabe Hopp at OTY for the duration of the program. Students should average 4 classes per month with each teacher over the 8-month period. Regular class attendance is integral to the practice & technique component of the curriculum. The cost is included in tuition.
3. Complete a yoga tour at OTY: attend classes with at least 10 different teachers and 5 different styles.
4. Observe 10 classes at OTY with Alison & Gabe.
5. Keep a journal of your classes, tour, and observations.
6. Complete all reading, writing, and teaching assignments.
7. Complete final exam.
8. Complete all requirements within 3 months of the end of the program.

## Required Reading

*Bringing Yoga to Life*, Donna Farhi

*Meditations from the Mat*, Rolfe Gates

*Natural Meditation*, Dean Sluyter

*Light on Yoga*, B.K.S. Iyengar

## Additional Recommended Reading

*The Yoga Sutras*, Nicolai Bachman

*Light on Life*, B.K.S. Iyengar

*Yoga Anatomy*, Leslie Kaminoff & Amy Matthews

## Scheduled Meeting Times

Saturdays 9:00am-5:00pm at the West Studio, Sundays 11:30am-5:30pm at the East Studio. Students must attend EITHER Saturday 9am Basics with Gabe OR Sunday 11:30am Advanced Vinyasa with Alison.

Attendance is mandatory at all sessions. If you are unable to attend one of the sessions, you must make up the time at workshops and other events. Independent study opportunities can be arranged through private sessions with Gabe and Alison at your expense.

## Asana, Anatomy, and Philosophy Foundations

September 9-10

October 7-8

November 4-5 (includes Dean Sluyter workshop)

December 2-3

## Technique, Practice, & Teaching Methodology

January 6-7

February 3-4

## Practicing the 8 Limbs

March 3-4

## Subtle Yoga

April 7-8

## Our Teachers

**Alison King Tigges, RYT-500** started practicing yoga in 2002 as a way to recover from injuries from years of sports and dance. Alison continued to practice and study under Theresa Murphy at One Tree Yoga while obtaining her undergraduate degree at UNL and graduate degree at UNO in criminal justice and public administration. She completed her teacher certification program in 2009, under the guidance of Theresa Murphy at One Tree Yoga. Alison has been teaching since then and has continued her studies with many well-known teachers, such as Amy Matthews, Tias Little, Surya Little, Linda Spackman, Nicholai Bachman, and Noah Maze.

Alison has completed her 500-hour certification with Tias Little's Prajna Yoga in Santa Fe, NM. She is one of just a few teachers nationwide qualified to teach the Prajna Yoga training curriculum. She has also completed several training courses with Noah Maze, refining her teaching skills and methods for training teachers. Alison has led One Tree Yoga's Teacher Certification Program since 2014.

Alison sees yoga as more than something to do. It is a way of being in the world. The physical postures and breath work on the mat, combined with time on the meditation cushion, prepare us to be ready for whatever life throws our way. Through the practice of yoga we become more physically, emotionally, mentally, and spiritually aware and connected, living our practice day to day.

**Gabe Hopp, ERYT-200** started practicing yoga a decade ago while pursuing her Bachelor's degree in music therapy from the University of Evansville. She continued that study in Omaha, under Theresa Murphy at One Tree Yoga while she pursued her Master's degree in musicology from the University of Nebraska-Lincoln. Gabe received her 200-hour yoga teacher training in Prague, Czech Republic in 2010. Since then, she has trained extensively with master teachers throughout the United States including Tias Little, Rod Stryker, Ben Vincent, Christina Sell, and Amy Matthews.

In 2012, Gabe traveled to India to study Yoga Therapy with yoga masters the Mohans in Chennai, India. There she completed the first two modules of their 500-hour yoga therapy training, which emphasizes instruction on musculo-skeletal approaches to yoga therapy. In January 2013, she returned to Chennai to complete modules three and four emphasizing pranayama and degenerative diseases.

Gabe's philosophy is that yoga is a life practice. One should view yoga practice with a broad scope to include meditation, prayer, chanting, singing, compassion in action, and breathing, as well as physical postures. Through a practice of yoga, we have the opportunity to discover our true nature and our purpose for being here (dharma). Most recently, Gabe has been pursuing a 500-hour certification through Prajna Yoga in Santa Fe and leading kirtan.

**Guest Instructor Dean Sluyter** has been a grateful student of yogis, lamas, and gyanis for over 40 years. Dean Sluyter (rhymes with "lighter") has taught natural meditation and self-inquiry in venues from Ivy League universities to maximum-security prisons. His books include *The Zen Commandments* and *Cinema Nirvana: Enlightenment Lessons from the Movies*, and his CDs include *The Zen Commandments* and *Just Being: Natural Meditation*.

Known for his warmth, humor, and down-to-earth approach, Dean gives talks and workshops for organizations, churches, and yoga centers throughout the U.S. Dean's training has focused mainly on the nondual "Tag, you're It" approach of Dzogchen and Advaita. He has completed numerous lengthy retreats in the U.S. and abroad and has made pilgrimages to India, Tibet, and Nepal. When not writing or teaching, Dean narrates audiobooks, plays harmonium, sings kirtan, and happily rides his Vespa through the streets of Santa Monica.

## Program Pricing

Tuition includes unlimited yoga at One Tree Yoga for the duration of the program. Teacher certification students also receive a 50% discount on all workshops with Alison & Gabe.

We have 3 payment options:

- Early Bird One-Time Payment: One payment of \$2,499 by September 1, includes a \$159 non-refundable deposit
- 2-Payment Plan: Two payments of \$1,349 by September 9 & February 1, for a total of \$2,698, includes a \$159 non-refundable deposit
- Monthly Payment Plan: 8 monthly payments of \$350, plus a non-refundable deposit of \$159 due by September 1, for a total of \$2,959. Monthly payments to commence September 9.

Prorated refunds for tuition can be given through the end of the second meeting in October. No refunds are given after that date.