

## **2018-2019 Yoga Teacher Training 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. We believe that yoga is about so much more than doing triangle pose. Our program reflects the many aspects to what makes up the path of yoga. Whether your dream is to teach yoga or just deepen your understanding and experience of it, this program will grow your understanding of yoga beyond what you might ever learn in years of classes.

Our program is led by Alison King Tigges ERYT-500 and Gabe Hopp, RYT-500. 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 been practicing yoga side-by-side for nearly 15 years, each teaching for almost 10 years, and co-leading trainings for 5 years together. They 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, Rocky Heron, Rod Stryker, Dean Sluyter, Amy Matthews, and the Mohans. Needless to say, they know some stuff! They are passionate about yoga in its entirety and it shows in their clear and comprehensive delivery to others.

We pride ourselves on the holistic nature of our program and we know there is not another like it. It is an in-depth course in asana, anatomy, philosophy and the subtle body that will deepen and transform your personal practice and give you foundational tools to teach with confidence. Our studies are a detailed exploration of the practice

and traditions from the outer sheath to the inner core. We utilize an experiential classroom framework to address all styles of learning so that you feel confident in your knowledge and leading others in the practice. We also believe this program is an excellent way to expand your knowledge and dive deeper into the art of yoga. Even if you're not sure that you want to teach, but have a desire to learn more, this program will fit your needs.

We are dedicated to offering the most comprehensive teacher training program in Omaha, and keeping it fresh every year. It is a transformational program with 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 10 classes per month with Alison King Tigges or Gabe Hopp at OTY for the duration of the program. Students should try to average 5 classes per month with each teacher over the 8-month period. Over the course of 8 months (September through May), this equals a total of 80 classes with Alison and Gabe. 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  
Yoga of The Subtle Body, Tias Little  
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  
Awake in the World, Michael Stone

### **Scheduled Meeting Times**

Saturdays 10:30am-5:00pm at the West Studio & Sundays 12:30am-5:00pm at the East Studio.

As stated above in program requirements, 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 8-9

October 13-14

November 3-4

## **Technique, Practice, and Teaching Methodology**

December 1-2

January 5-6

## **Practicing the 8 Limbs**

February 2-3

## **Subtle Yoga**

March 2-3

## **Different Bodies, Many Practices**

April 6-7

## **Wrap Up + Graduation**

May 4

## **Our Teachers**

### **Alison King Tigges, E-RYT-500**

Alison started practicing yoga in 2002. As an athlete and dancer, it seemed like a natural progression and way to heal from years of injuries. Under the direction of Theresa Murphy, Alison started teaching in 2008 at One Tree Yoga in Omaha NE. Alison has been teaching a variety of styles there since: hot, hatha, vinyasa, yin, restorative...to name a few. Since 2013, Alison began to co-lead the studio's 200-hour teacher training program. Alison has gone on to study with Tias Little and Prajna Yoga out of Santa Fe NM, where she received her 500-hour certification in 2014. Currently, she is studying regularly with Noah Maze and YogaMaze, out of Los Angeles, CA.

Alison's commitment to training, learning and practicing all types of yoga is evident in her teaching. All of her classes include smart sequencing, strong cues on form, anatomy and alignment, as well as weaving in various aspects of yogic philosophy. While Alison's teaching style is rooted in traditional yoga, she also brings an element of fun and light-heartedness to her classes. She believes yoga is truly for everyone, and her goal is to help as many people incorporate it into their lives as possible. Alison's ultimate goal as a teacher is to show that yoga is more than poses on a mat, but a way of life.

### **Gabe Hopp, RYT-500**

Gabe Hopp, RYT-500 started practicing yoga in the early 2000s 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 completed her Master's degree in musicology from the University of Nebraska-Lincoln. Gabe took 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 and Surya Little, Linda Spackman, Nicholai Bachman, Rod Stryker, Ben Vincent, Christina Sell, Noah Maze and Amy Matthews.

In 2012-2013, Gabe traveled twice to India to study yoga therapy with Svastha yoga teachers the Mohan's. In the fall of 2017, Gabe finished her 500-hour certification to become a Prajna Yoga teacher.

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 honoring the practice of acceptance.