



## Maureen Rae's Yoga Studio

5324 DUNDAS STREET WEST  
TORONTO, ONTARIO  
905-274-3312 (office) 416-716-7589 (studio) 905-891-0497 (fax)

### YOGA TEACHER TRAINING INTENSIVE

250 Hour Program  
SEPTEMBER 2009 - MAY 2010

Instructors: Maureen Rae, RN, E-RYT  
Tony Murdock, MA  
Christine Ling, RYT

#### Course Specifics:

This course meets and exceeds the requirements for Registration with Yoga Alliance. Upon completion of all components of the course, the applicant may apply to Yoga Alliance for Registration as a Registered Yoga Teacher (RYT)

Each fall, we offer our Yoga Alliance approved 250 Hour Teacher Training Intensive. The Main Module of this course takes place on 10 Sunday afternoons from September to February, plus home assignments, classes observations and written reports. The curriculum focuses on how Yoga works, the history and philosophical groundings of Yoga, and an exploration of the fundamental poses of Yoga. The style of yoga is Iyengar-based, Hatha Vinyasa Flow Yoga - a dynamic system that marries mind, asana and breath. You will also learn how to instruct and set up classes, the purpose of each asana, verbal cueing, and some hands-on corrections.

#### *Yoga Teacher Training Eligibility*

While we recommend a home practice of at least one year, anyone sincerely interested in Yoga is most welcome to enroll in the course in order to expand his or her own practice and knowledge with or without the desire for yoga certification. Our school recognizes its responsibility for maintaining its excellent reputation for high standards. Teaching

certificate is awarded on the basis of successful comprehension and mastery of the principles and practice of Yoga as indicated by written assignments, in-class discussion and demonstration of precise alignment and technique. The ability to communicate information about asanas to others is paramount. Those students who apply themselves should find no difficulty in achieving success.

A personal interview along with a practical evaluation is required. We also ask that you participate in at least one class at our studio - with either Maureen or Christine, as part of the application for the program.

**Main Module: 6 Month Yoga Teacher Training Intensive**

10 Sunday Afternoons October - February 100 Hours

**Dates:**

October 4 and 25	1 - 5:00
November 8 and 22	1 - 5:00
December 6 and 20	1 - 5:00
January 10 and 24 2010	1 - 5:00
February 7 and 21 2010	1 - 5:00

**Modules 2 - 13:**

Module 2: The Timeless Teachings of Yoga - The Subtle Tools

Workshop with Maureen (14 hours) -Maureen Rae

Dates: May 8 and 9 2010

Module 3: Observation of 20 classes (40 hours) with Principals

E-RYT Maureen Rae or Christine Ling, RYT

Dates: Anytime between October 4 and May 31 '10

Module 4: Anatomy & Physiology (8 hours) - Jennifer Rae, MD

Dates: March 27 and March 28 2010 1 - 5:00

Module 5: The Wind in Your Sails - Pranayama Workshop (3 hours) -

Maureen

Date: April 11 2010 1 - 5:00

Module 6: Free Your Mind with Meditation Workshop (3 hours) -

Maureen

Date: April 18 2010 1 - 5:00

Module 7: Adjust and Alignment Workshop (3 hours) - Maureen  
Date: May 2 2010 1 - 5:00

Module 8: Teacher Internship (24 hours) - Maureen  
Date: Over an 8 week period - between February 1 2010 and  
May 31 2010 - TBA as per individual student

**Modules 9 - 13 are held on Saturday and Sunday afternoons.  
Saturdays 1 - 4 and Sundays 1 - 5 approx.**

Module 9: Spiritual Leadership (10 Contact hours) - Tony Murdock  
Dates: April 17 (Sat 1-4), May 15 (Sat 1-4), May 16 (Sun - 1-5)

Module 10: The Yoga Tradition (18 Contact hours) - Tony Murdock  
Dates: Oct 17 (Sat 1-3), Oct 18 (Sun 1-5), Nov 14 (Sat 1-3), Nov 15  
(Sun 1-5) , Nov 28 (Sat 1-3), Nov 29 (Sun 1-5) 2009

Module 11: Sanskrit Vocabulary (3 Contact hours) - Tony Murdock  
Date: Oct 24 2009 (Sat 1-5)

Module 12: Meditation (10 Contact hours) - Tony Murdock  
Dates: Jan 3 (Sun 1-5), Jan 30 (Sat 1-4), Feb 20 (Sat 1-3) 2010

Module 13: Chakra Study (7 Contact hours) - Tony Murdock  
Dates: Jan 16 (Sat 1-4), Jan 17 (Sun 1-5) 2010

**Location: All Modules will be held at**

**Maureen Rae's Yoga Studio  
5324 Dundas Street West,  
Toronto, Ontario**

**with the possible exception of Module 2. Location TBA.**

**Pre-requisites: Home practice of at least 1 year.**

**Acceptance to program subject to approved application, and  
personal interview and practical evaluation.**

**Cost: Fees for the full course:**

**\$3600 + gst of \$180 TOTAL \$3780**

**Fee includes unlimited regularly-programmed classes on our schedule for the duration of the training. The fee does not include pre-registered programs.**

**An additional 4 texts are required for this course. The acquisition of these texts is the responsibility of each student. (Total approx \$80)**

- A deposit of \$600 *with the application* is required to reserve your space. The full amount of \$600 will be refunded should your application be declined.**
- Payment options are available - \$600 deposit with application, and balance may be paid in two additional installments of \$1590 dated September 1 2009 and February 1 2010. If desired, discussion re alternate payment arrangements may be pursued.**

**REFUND POLICY: Please Note Well. Teacher Training Fees are 100 % non-refundable and non-transferable once the course has begun.**

- Visa, MasterCard or postdated cheques accepted.**
- If paying by post-dated credit card slips, all information must be supplied by September 15, and all slips must be signed on the first day of the Program.**

**PLEASE NOTE: Any student paying by credit card or post-dated cheques who withdraws from the program at any time after the course has begun will be required to continue with credit card payments until the program fee is paid in full. There will be no exceptions.**

**A very limited number of applications will be approved for this program. Please apply early.**

**Application Form on next page.**

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**YOGA TEACHER TRAINING INTENSIVE**  
**250 Hour Program**  
**SEPTEMBER 2009 - JUNE 2010**

**APPLICATION FORM**

**NAME**

**ADDRESS**

**CITY/PROVINCE**

**POSTAL CODE**

**TELEPHONE**

**DATE**

**EMAIL ADDRESS**

**OCCUPATION**

**1. How long have you been studying/practicing yoga?**

**Write a brief but complete description of your yoga experience, including the style(s) that you have practiced in the past, with whom you have studied, and when (use separate page).**

2. Do you presently have a regular personal home yoga practice?

Yes      No

If yes, for how long have you practiced on your own?

How often do you practice? What style(s) of yoga?

3. Do you attend classes? Where? Taught by whom? How often?  
What style(s) of yoga?

4. Have you had any teaching experience in general? Please describe.

5. What do you want to gain from this program? If you have specific wishes or areas of interest that you would like to explore, please be specific.

6. What have been the benefits of yoga in your life?

7. Why do you want to teach yoga? Please be as detailed as possible.

8. Do you have any additional comments or questions?
  
9. Please understand that this course is an intense program, and should not be considered lightly. Graduation from the course cannot, and will not, take place unless all requirements have been met. Although consideration will be given under *exceptional* circumstances to individuals who may encounter situations during the course of the program that require re-scheduling, the School cannot guarantee that any module will be re-scheduled. It, is therefore, imperative that the student clear the slate for yoga for duration of the program. Acceptance into this course is subject to a personal interview.
  
10. My signature below indicates that I have read the Teaching Training brochure in its entirety, am aware of the registration, payment and refund policies/deadlines, and agree to those guidelines.

Please sign and date:

*Please mail application along with deposit of \$600 to:*

Maureen Rae's Yoga Studio

Office Address: 1400 Dixie Road, Apt. 1512

Mississauga, Ontario

L5E 3E1

Visa, MasterCard, cheque, money order accepted.

Please note that registration will be confirmed only upon receipt of deposit, and a hard copy of the application form - complete with signature and date. A personal interview will be scheduled. Thank you.

Call 905-274-3312 for more information.

## THE INSTRUCTORS

**Maureen Rae, RN, E - RYT,** has gained recognition across Canada for her unique, centered approach to Yoga and to wellness,



having been passionately involved in the industry for the last 20 years. Maureen began practicing Yoga at the age of 13 as a high school student and since then Yoga has become a way of life, spilling over into every aspect of being.

She has been teaching Yoga for 13 years in the technically precise Hatha Vinyasa Flow Style, although her classes are punctuated with postures and techniques from both the Ashtanga and Viniyoga traditions of Yoga. She has studied extensively with Erich Schiffmann in Santa Barbara, California and Angela Farmer in Greece, (among others). She is the owner and program director of Toronto-based Maureen Rae's Yoga Studio, a centre for the study of yoga both for students, and for aspiring teachers. She travels widely to train yoga teachers throughout Canada.

Maureen holds a White Belt in Nia Dance and has developed her own unique approach to DanceYoga - integrating a wide variety of modalities - t'ai chi, yoga, tae kwondo, ethnic rhythms, pilates, modern and classical dance and more.

A highly-regarded CanFitPro presenter, Maureen uses asana, pranayama (yogic breathing techniques), deep relaxation, and discussion to lead her students into stillness.

Becoming still enables one to more intuitively be "guided from within".

*email:* info@mraesyogastudio.com

*website:* <http://www.mraesyogastudio.com>

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**Tony Murdock, MA** has been practicing meditation and studying yoga philosophy and mysticism for the since 1972 under the direction of



Ramakrishna Ananda (Graham Ledgerwood). In 1973 Tony received his spiritual name 'Vishnu Das', which means "devotee of the preserving or sustaining aspect of the Divine." In 1980 he received his Master's degree from McMaster University in Sanskrit and Hindu Religious History, with a minor in Christian Studies.

For the past 12 years Tony has been facilitating meditation classes and workshops in various parts of Ontario and in Vancouver, BC. His personal practice and coursework incorporate a blend of meditations drawn from a variety of religious and spiritual traditions, including Hinduism, Buddhism and Christianity.

Tony has been teaching meditation and yoga philosophy as part of the curriculum for yoga Teacher Training Programs since 2000. He also has his own Meditation Facilitator Training Program through his own company Toward Stillness Meditations.

He has recorded 3 meditation cd's.

*email:* <http://www.towardstillness.com>

*website:* [towardstillness@rogers.com](mailto:towardstillness@rogers.com)

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Christine Ling, RYT is a graduate of Maureen's 250 hour program. She first practiced yoga in the 70's and found her way back to the practice when she left a stressful career in finance and budgeting to raise her son in 1997. Recognizing the many positive benefits of yoga in her own life Christine believes that yoga is truly a gift worth sharing and has been teaching since 2002.



She embodies the idea that yoga is for everyone. New Moms find a measure of calm in Christine's Mom and Babes yoga classes, while school children are introduced to the joys of yoga. Her background in a corporate setting has proven invaluable now that she is leading classes in the workplace and helping to relieve stressful work environments.

Christine is a senior instructor at Maureen Rae's Yoga Studio teaching classes of all levels. She has recently written articles entitled, "I just want to do that stretchy thing - What is Yoga?", and "Yoga for Stress" published in *Active Living Magazine*.