

## What is Interdisciplinary Yoga Teacher Training™?

Interdisciplinary Yoga Teacher Training™ is a **200-hour course** for preparing and certifying individuals who want to begin teaching yoga. Because this training meets the standards of the Yoga Alliance, our graduates are eligible to join and be listed in the Yoga Alliance Registry. This credential assures that your qualifications will be recognized on a national level and will help you to take advantage of new professional opportunities.

Interdisciplinary Yoga™ is a unique form of yoga that draws from diverse styles of yoga currently being practiced in the West. Designed for those who have had some introductory experience in yoga, the training will give you a **solid foundation in the fundamental principles of yoga**. In addition, you will learn some of the principles of Feldenkrais, Somatics and Pilates systems. These experiences will help you understand the body-mind relationship from a contemporary perspective that is suited to Western comprehension and practice.

When you read the enclosed detailed course contents, you will observe that this course carefully covers **everything you will need to know to get you started teaching**. Interdisciplinary Yoga™ is constantly evolving as understanding and research into the mind/body/spirit connection continues. Interdisciplinary Yoga™ uses and respects the ancient traditions of yoga, but is **not limited to the past**. Don and Amba are forever learners themselves, and will add to your training anything that inspires and supports you to achieve the results that yoga promises.

We know that powerful and effective teachers are those who are speaking from their own experience. During this month you will be spending the bulk of your time in **direct experiential learning**. What does this mean? Every day you will experience both Conditioning Classes and Posture Classes that will allow you to go deeper into your own personal practice of yoga. In this practice you will gain familiarity and confidence to take home and begin your teaching career.

We understand that not all students coming to a yoga class can begin with the traditional yoga postures. Every individual's body needs to be accepted as it is in this moment. Even the well-seasoned athlete or yogi can learn by slowing down and returning to the origins of archetypal, yogic movement. To respond to these individual needs, Interdisciplinary Yoga™ uniquely offers

a comprehensive **series of conditioning movements and body scans**, that will assist you as a teacher in helping your students perform efficient movement. As you learn the principles of accessing the energy of prana through relaxed awareness you will have the tools to create your own conditioning movements. **The daily "Vinyasa"**, or flow of postures you will experience in class each day can be repeated in your classes to help you get started teaching. Soon you will find yourself elaborating on this basic class and creating your own flows.

Interdisciplinary Yoga™ is a **non-authoritarian approach** to better health and more meaning in what makes a successful teacher. Don and Amba are committed to helping each individual to find their own voice, their own style, and their own passion for teaching. Because we encourage diversity we will give you the space and time you need to play and discover who you are in the teaching role. Their intention is to teach in such a way that actually stimulates more questions than answers. They have noticed from over 30 years in teaching that by focusing on simple principles, questions are stimulated in the student. You will gain deeper understanding when the questions originate from you and the answers arrive through an inquiry within the group, rather than textbook dictation.

The ultimate goal of this training is to provide you with the means to activate your students' direct knowing by guiding experiences that will support your ability to listen and respond to the intelligence in their own body/mind.

Because Omega has both supported innovation and has stimulated a co-creative environment for so many leading-edge transformational technologies, yoga teachers who receive their training at Omega are assured of ongoing professional stimulation and growth through a community poised to continue into the future.

**If you are ready to register, contact Omega Registration at 800-944-1001. If you would like to speak to Don or Amba directly, you can email them at: [yogacr@sol.racsa.co.cr](mailto:yogacr@sol.racsa.co.cr),**

# INTERDISCIPLINARY YOGA TEACHER TRAINING™

## Course Content

Techniques	Teaching Methodology	Anatomy, Physiology & Kinesiology	Philosophy, Psychology & Lifestyle	Practicum	Professional Practices
42 Preparations to Condition the Body for Yoga Practice	How to Teach a New Posture to Beginners	Effects, Benefits & Contraindications for All Postures and Pranayamas	Comparative Systems: Kripalu Iyengar Ashtanga	Practice Teaching	Marketing & Enrolling
36 Postures & Assists	Leading vs. Teaching	Physiology of Aerobic and Anaerobic Exercise	Western Psycho-Spiritual Principles	Practice Leading	Networking with Other Professionals and Related Organizations
15 Flow Sequences	Sequencing for Different Effects	Physiology of Stress Reflex & Relaxation Response	Western Yoga Systems: Feldenkrais Pilates Somatics Rubinfeld Trager	Giving Lecture-Demonstrations	Building Community
7 Pranayamas	Designing 8 Week Courses for Beg. and Int. Levels of Classes	Postural Alignment from 7 Yoga Systems	Teaching as a Lifelong Spiritual Practice	Designing Opening Night	Membership in Teacher Organizations
12 Mudras	Finding Personal Style In Content and Delivery	Muscle Physiology	Psychology of Adult Learning & Creativity Thru Yoga Principles	Self-Evaluation	Certification in National Yoga Alliance
4 Kyras	Assessing Individual Needs	Body-Mind Prana Relationship	Patanjali's Yoga Sutras	Co-Mentoring	Selecting Future Trainings
7 Mantras	Communications	Energetic Alignment in Chakras	Unfolding Individuals Thru the Teacher-Student Relationship		Insurance & Liabilities
6 Meditations	Experiential Language				Room Specifications
9 Relaxation Methods	Giving & Receiving Feedback				California Code of Teacher Ethics
3 Bhandas					
Approx. 105 Hours	Approx. 23 Hours	Approx. 22 Hours	Approx. 22 Hours	Approx. 17 Hours	Approx. 11 Hours

## Directors' Resumes

### Amba Stapleton

Director of 200-hour *Interdisciplinary Yoga Teacher Training™* at Nosara Interdisciplinary Yoga Institute and Omega Institute

Co creator of "Yogassage Practitioner Training™" at Kripalu Center and Nosara Yoga Institute

\* Yogassage and Nosara Yogassage is now called Pranassage™ .

#### Education

- Bachelor of Science in Criminal Justice/Psychology, University of South Florida, 1977
- Dance Training in Ballet, Modern and Jazz, throughout career
- Kripalu Yoga Ashram, 1977-1983
- Kripalu Yoga Teacher Training, 1977
- SiddhaSamati Meditation Intensive, L.A. 1993
- Ashtanga Yoga Training, LA 1991-1994

#### Professional Experience

- Program Director at Kripalu Center for Yoga and Health, 1977-1983
  - Development Team for Original Kripalu Danskinetics™
  - Certified Kripalu Yoga Teacher for Kripalu Program Guests
  - Individualized Health/Wellness Program Director, 1981-83
  - Kripalu Outreach Program Director
- Founder and Director of Tampa Kripalu Yoga Center, 1976-77
- Yoga and Aerobics Instructor at Nantucket Sports Center, 1983-84
- Founder and Director of Florida Keys Yoga Center, 1984-85
- Director of Metate Fitness Vacation Retreats - 14-day Fitness Treks in Costa Rica, 1985-86
- Private Fitness and \*YOGASSAGE™ Coach, 1987-1994, with clients including: Robin and Marsha Williams, Demi Moore, Woody Harrelson, Glenn Close, Robert Redford, Marcus Allen, Donna Karan, Vendala, Robin Strasser, Eric Idle, Don Ohlemeyer, Jim Brooks, Kate Capshaw, Steve Guttenberg, Paul Marciano
- Developed \*YOGASSAGE™, offered as Professional Service, 1988-present
- Developed and Conducted trainings in Nosara \*YOGASSAGE™ and Nosara \*YOGASSAGE Certification Training™ , 1995-present
- Omega Institute for Holistic Studies, 1995 to present
  - Designer and Co-director of month-long Interdisciplinary Yoga Teacher Training™ (150 graduates to date)
  - Yoga Journal Conference: Yoga into the 21<sup>st</sup> Century, Teacher
- Co-founder and Director of Nosara Retreat, a full-service yoga and health center on the Pacific Coast of Costa Rica, 1994 to 2000
- Co-founder and Director of Nosara Yoga Institute, a U.S.A. Yoga Alliance approved school and yoga training center on the Pacific Coast of Costa Rica, 2001 to present
  - Individualized yoga, nature and health programs
  - Month-long Interdisciplinary Yoga Teacher Training™
  - Advanced Interdisciplinary Yoga Teacher Training™
  - Nosara \*YOGASSAGE Practitioner Training™
  - Advanced \*YOGASSAGE Practitioner Training™

\*YOGASSAGE™ and Nosara YOGASSAGE™ are now called Pranassage™

### Don Stapleton, Ph.D.

Director of 200-hour *Interdisciplinary Yoga Teacher Training™* at Nosara Interdisciplinary Yoga Institute and Omega Institute

Co-creator of "Yogassage Practitioner Training™" at Kripalu Center and Nosara Yoga Institute  
\* Yogassage and Nosara Yogassage is now called Pranassage™ .

### **Education**

- Bachelor of Arts in Art Education: Texas Tech University, 1969
- Master of Science in Art Education: Penn State University, 1971 (N.D.E.A. Fellow)
- Doctor of Philosophy in Art Education: Penn State University, 1976  
(N.D.E.A. Fellow; High Honors)

### **Administration**

- Chief Executive Officer of Kripalu Yoga Fellowship; Kripalu Center for Yoga and Health, Lenox, MA, 1993-95
- Chairman of Board of Trustees; Kripalu Yoga Fellowship; Kripalu Center for Yoga and Health, Lenox, MA, 1993-95
- Board Member, Board of Trustees; Kripalu Yoga Fellowship; Kripalu Center for Yoga and Health, Lenox, MA, 1983-95

### **Professional Teaching Experience**

- Texas Tech University, Curriculum Development for Diversity Education, 1970
- Penn State University, Instructor of Early Childhood Development and Art Education, 1969-1971
- University of South Florida, Associate Professor, 1971-76  
Early Childhood Development  
Fine Arts, Creativity and Human Development
- Philadelphia College of Art, Associate Professor, 1978-79  
Supervised Master's Degree Program in Art Education
- Goddard College, Field Faculty Adviser, 1978-1985  
Supervised Graduate students in Holistic Studies
- Kripalu Center for Yoga and Health, 1976-1995  
Curriculum Designer, Director and Mentor for professional training programs including:
  - Kripalu Yoga Teacher Training (trained over 1,000 teachers)
  - Holistic Health Educators Training (trained 200 health professionals)
  - Month-long Kripalu Yoga Therapy Training
  - Month-long Counseling Consciously for Holistic ProfessionalsCurriculum Designer and Mentor for all Kripalu Yoga programs for 8 years  
Overall Director of the Programs and staff development for 7 years during a period of time in which Kripalu served over 17,000 guests yearly
- Omega Institute for Holistic Studies, 1995 to present  
Designer and Co-director of month-long Interdisciplinary Yoga Teacher Training™ (150 graduates to date)  
Yoga Journal Conference: Yoga Into the 21<sup>st</sup> Century
- Co-founder and Director of Nosara Retreat, a full-service yoga and health center on the Pacific Coast of Costa Rica, 1994 to 2000
- Co-founder and Director of Nosara Yoga Institute, a U.S.A. Yoga Alliance approved school and yoga training center on the Pacific Coast of Costa Rica, 2001 to present
  - Individualized yoga, nature and health programs
  - Month-long Interdisciplinary Yoga Teacher Training™
  - Advanced Interdisciplinary Yoga Teacher Training™
  - Nosara \*YOGASSAGE Practitioner Training™
- Kripalu Center for Yoga and Health, 1999-2000
  - Awakening the Prana Body
  - Nosara \*YOGASSAGE Practitioner Training™
  - Scholar in Residence
  - Mentor for Curriculum Development and Program Directors
  - Yoga Journal Conference, Teacher

### **Related Professional Training**

- Extensive training and teaching experience in several styles and schools of yoga, bodywork and movement education
  - Kripalu Yoga (25 years)
  - Iyengar (8 years)
  - Integral Yoga (2 years)
  - Siddha Samadhi Yoga (3 years)
  - Japanese Oki-do Yoga (7 years including So-Tai bodywork)
  - Feldenkrais, Alexander Technique, Pilates and Trager Bodywork
  - Anusara Yoga with John Friend, JJ Gromley and Suzy Hurley
  - Power Yoga in Ashtanga Tradition, Beryl Bender Birch, Thom Birch
- 1500 hours of training and research in kinesiology, anatomy and physiology
- Directed trainings and workshops
  - European Yoga Teachers Federation, Zenal, Switzerland, 1987-88
  - Van Lysebeth School of Yoga, Brussels, Belgium, 1987-88
  - Ecole de Yoga, Paris, France, 1987-88
  - Soma School of Bodywork, Gainesville, Florida, 1986
  - Hokudakai Health Center, in several cities in Japan:
    - Komatsu, Kobe, Kanazawa and Oguchi, 1989-91
  - Yoga Institute of Venice, Venice, Italy, 1988
  - Bihar School of Yoga, Hardiwar, India, 1986
  - Kayarovohan School of Yoga, Baroda, India, 1989, 1991, 1993
  - Vivikenand Kendra and Center of Ayurveda, Bangalore, India

### **Professional Associations**

- Phi Kappa Phi National Honor Society
- School Ventures Network, 1995-98
- Businesses for Social Responsibility, 1996-98
- National Art Education Association
- Kripalu Yoga Teachers Association, Charter Founding Member

### **Audio Tapes**

- Recharging Your Hara*
- Supercharging Your Hara Center*
- Balancing the Chakras, Pranayama and Asanas*
- Conditioning Exercises for Yoga Practitioners*
- Yoga As Is (6 tape series)*

### **Video Tapes**

- Recharging Your Hara Center*
- Two 30-Minute Yoga Experiences*
- Kripalu Yoga Sadhana Training*
- Nosara Yoga Conditioning Flow*

**Amba and Don are privileged to be parents to Jonathan, whom they are home schooling in Nosara, Costa Rica.**

\*YOGASSAGE™ and Nosara YOGASSAGE™ are now called Pranassage™

# **CALIFORNIA YOGA TEACHERS ASSOCIATION CODE OF PROFESSIONAL STANDARDS**

## **Section 1: Statement of Purpose**

The members of the California Yoga Teachers Association recognize the sensitive nature of the student-teacher relationship. We believe that it is the responsibility of the yoga teacher to ensure a safe and protected environment in which a student can grow physically, mentally, and spiritually.

## **Section 2: Principles**

In order to protect the student in this potentially vulnerable relationship, as well as to uphold the highest professional standards for yoga teachers, we agree to accept the following foundational principles:

1. To avoid discriminating against or refusing professional help to anyone on the basis of race, gender, sexual orientation, religion, or national origin.
2. To stay abreast of new developments in the field of yoga through educational activities and study.
3. To seek out and engage in collegial relationships, recognizing that isolation can lead to a loss of perspective and judgment.
4. To manage our personal lives in a healthful fashion and to seek appropriate assistance for our own personal problems or conflicts.
5. To provide rehabilitative instruction only for those problems or issues that are within the reasonable boundaries of our competence.
6. To establish and maintain appropriate professional relationship boundaries.
7. To cultivate an attitude of humanity in our teaching we dedicate our work to something greater than ourselves.

## **Section 3: Professional Practices**

In all professional matters, we maintain practices and teaching procedures that protect the public and advance the profession.

1. We use our knowledge and professional associations for the benefit of the people we serve and not to secure unfair personal advantage.
2. Fees and financial arrangements, as with all contractual matters, are always discussed without hesitation or equivocation at the onset and are established in a straightforward, professional manner.
3. We may at times render service to individuals or groups in need without regard of financial remuneration.
4. We neither receive nor pay a commission for referral of a student.
5. We conduct our fiscal affairs with due regard to recognized business and accounting procedures.
6. We are careful to represent facts truthfully to students, referral sources, and third party payers regarding credentials and services rendered. We will correct any misrepresentation of our professional qualifications.
7. We do not malign colleagues or other professionals.

## **Section 4: Student Relationships**

It is our responsibility to maintain relationships with students on a professional basis.

1. We do not abandon or neglect students. If we are unable, or unwilling for appropriate reasons to provide professional help or continue a professional relationship, every reasonable effort is made to arrange for continuation of instruction with another teacher.
2. We make only realistic statements regarding the benefits of yoga.
3. We show sensitive regard for the moral, social, and religious standards of students and groups. We avoid imposing our beliefs on others, although we may express them when appropriate in the yoga class.
4. We recognize the trust placed in and unique power of the student-teacher relationship. While acknowledging the complexity of some yoga relationships, we avoid exploiting the trust and dependency of students. We avoid those dual relationships with students (e.g., business, close personal, or sexual relationships) that could impair our professional judgment, compromise the integrity of our instruction, and/or use the relationship for our own gain.
5. We do not engage in harassment, abusive words or actions, or exploitative coercion of students or former students.
6. All forms of sexual behavior or harassment with students are unethical, even when a student invites or consents to such behavior involvement. Sexual behavior is defined as, but not limited to, all forms of overt and covert seductive speech, gestures, and behavior as well as physical contact of a sexual nature; harassment is defined as, but not limited to, repeated comments, gestures, or physical contacts of a sexual nature.
7. We recognize that the teacher-student relationship involves a power imbalance, the residual effects of which can remain after the student is no longer studying with the teacher. Therefore, we suggest extreme caution if you choose to enter into a personal relationship with a former student.

## **Section 5: Confidentiality**

We respect the integrity and protect the welfare of all persons with whom we are working and have an obligation to safeguard information about them that has been obtained in the course of the instruction process.

1. All records kept on a student are stored or disposed of in a manner that assures security and confidentiality.
2. We treat all communications from students with professional confidence.
3. When supervising apprentices or consulting with other yoga teachers, we use only the first names of our students, except in those situations where the identity of the student is necessary to the understanding of the case. It is our responsibility to convey the importance of confidentiality to the apprentice or consultant.
4. We do not disclose student confidences to anyone, except as mandated by law; to prevent a clear and immediate danger to someone; in the course of a civil, criminal or disciplinary action arising from the instruction where the teacher is a defendant; for purposes of supervision or consultation; or by previously obtained written permission. In cases involving more than one person (as student), written permission must be obtained from all legally accountable persons who have been present during the instruction before any disclosure can be made.
5. We obtain written consent of students before audio and/or video tape recording or permitting third party observation of their sessions.
6. When current or former students are referred to in a publication, while teaching, or in a public presentation, their identity is thoroughly disguised.

## **Section 6: Assistant, Student and Employee Relationships**

As yoga teachers, we have an ethical concern for the integrity and welfare of our assistants, students, and employees. These relationships are maintained on a professional and confidential basis. We recognize our influential position with regard to both current and former assistants, students, and employees; and avoid exploiting their trust and dependency. We make every effort to avoid dual relationships with such persons that could impair our judgment or increase the risk of personal and/or financial exploitation.

1. We do not engage in sexual or other harassment of current assistants, students, employees or colleagues.
2. All forms of sexual behavior, as defined in Section 4.6, with our assistants, students and employees are unethical.
3. We advise our assistants, students and employees against offering or engaging in, or holding themselves out as competent to engage in, professional services beyond their training, level of experience and competence.
4. We do not harass or dismiss an assistant or employee who has acted in a reasonable, responsible, and ethical manner to protect, or intervene on behalf of a student or other member of the public or another employee.

## **Section 7: Inter-professional Relationships**

As yoga teachers, we relate to and cooperate with other professional persons in our immediate community and beyond. We are part of a network of health care professionals and are expected to develop and maintain interdisciplinary and inter-professional relationships.

1. Knowingly soliciting another teacher's students is unethical.
2. Speaking of other teachers with disrespect is unethical.

## **Section 8: Advertising**

Any advertising, including announcements, public statements, and promotional activities, done by us or for us, is undertaken for the purpose of helping the public make informed judgments and choices.

1. We do not misrepresent our professional qualifications, affiliations, and functions, or falsely imply sponsorship or certification by any organization.
2. Announcements and brochures promoting our services describe them with accuracy and dignity. These promotional materials should be devoid of exaggerated claims about the effects of yoga. We may send them to professional persons, religious institutions, and other agencies, but to prospective individual students only in response to inquiries or as long as that promotional material is sent to a reasonable audience in a non-invasive way.
3. We do not make public statements which contain any of the following:
  - a) A false, fraudulent, misleading, deceptive or unfair statement
  - b) A misrepresentation of fact or a statement likely to mislead or deceive because in context it makes only a partial disclosure of relevant facts.
  - c) A statement implying unusual, unique, or one-of-a-kind abilities, including misrepresentation through sensationalism, exaggeration, or superficiality.
  - d) A statement intended or likely to exploit a student's fears, anxieties, or emotions.
  - e) A statement concerning the comparative desirability of offered services.
4. Advertisements or announcements by us of workshops, clinics, seminars, growth groups, or similar services or endeavors are to give a clear statement of purpose and a clear description of the experiences to be provided. The education, training, and experiences of the provider involved are to be appropriately specified.

# Interdisciplinary Yoga Teacher Training™

## Registration Interview

Please mail to Omega upon registering to:

Milyn Kukon  
Omega Institute  
150 Lake Drive  
Rhinebeck, NY 12572

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

E-Mail Address: \_\_\_\_\_ Fax: \_\_\_\_\_

Occupation: \_\_\_\_\_

**Why did you choose this particular training?**

- Course description   
  Omega   
  Instructors   
  Scheduled Time   
  Course Title  
 Friend's Recommendation   
  Cost   
  Other: \_\_\_\_\_

**How did you first hear about this training?**

- Friend   
  Yoga Journal   
  Website   
  Omega   
  Nosara  
 Yoga Alliance Registry   
  Other: \_\_\_\_\_

Forms of Yoga Experience or other body/mind practice	Number of months/years of Practice

YES \_\_\_ NO \_\_\_ **Are you in good physical health?** You do not need to be flexible and strong, but you will need to be comfortable with physical exercise and activity for extended periods of practice and training. Please list any physical conditions which may limit your participation:

\_\_\_\_\_ (Use the back if you need more space.)

YES \_\_\_ NO \_\_\_ **Are you emotionally grounded and comfortable with exploring new dimensions of your internal experience in a group setting?** Do you feel comfortable participating in group training situations which require giving and receiving personal feedback.

YES \_\_\_ NO \_\_\_ **Are you currently receiving psychotherapy or psychiatric treatment?** If yes, please discuss your participation in this training with your therapist or doctor and follow their recommendations.

YES \_\_\_ NO \_\_\_ I have read the California Yoga Teachers Association Code of Professional Standards and agree to conduct my participation in the training group according to these standards.

**On the back side, please share your personal vision, purpose or goals for taking this training. Let us know anything about your individual goals or interests that will help us focus the training with you personally in mind.**

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Signature \_\_\_\_\_ Date \_\_\_\_\_

## **Interdisciplinary Yoga Teacher Training**

### **Materials List**

#### **Materials (please bring with you)**

Sticky Mat\*

Yoga Tie\*

Journal\*

Blanket

\*available in Omega bookstore

#### **Recommended Books**

1. *The Master Key* by Moola Bandha from the Bihar School of Yoga.  
To order, call 800-684-6927.
2. *The Breathing Book* by Donna Farhi
3. *Anatomy Of The Spirit* by Caroline Myss
4. *Somatics* by Thomas Hanna
5. *The Heart Of Yoga* by Desikachar
6. *Anatomy Of Movement* by Calais-Germain
7. *Discovering The Body's Wisdom* by Mirka Knaster

#### **Prerequisite**

1 year of yoga practice or an equivalent modality