



## **Yoga Tune Up® Level 1 Teacher Training Application for 70 hour\* Certification**

Yoga Tune Up® breaks down the nuts and bolts of human movement using a yogic lens of awareness, conscious relaxation, self-massage and proper breathing techniques to bring students to an intimate understanding of their own native architecture. YTU improves overall strength, flexibility and coordination no matter what style of yoga or physical discipline you teach or practice.

Yoga Tune Up® is a comprehensive approach to body biomechanics and self-care, it integrates multiple modalities of human movement into a seamless format. YTU fosters an embodied understanding of how to create suppleness and stability in students at any stage of health or fitness. This body mindful style leads to an efficient and balanced structure from the inside out. This results in creating lasting change in the body's tissues and bringing any body back into sound alignment.

Yoga Tune Up® poses, processes, and techniques are a valuable addition to your teaching and personal practice repertoire. As a Yoga Tune Up® teacher, you will learn to go beyond formulaic instruction and truly learn how to think and teach creatively within your classroom. Yoga Tune Up® helps its practitioners create and define a "path of purpose" so that you skillfully inspire yourself and your students to unlock their greatest potential.

The Level 1 training will prepare you to teach your own Yoga Tune Up® classes. In Part 1 of the training, you will learn a variety of Master Poses broken down Yoga Tune Up® style. This establishes the fundamentals of anatomy, physiology and biomechanics necessary to intelligently craft Yoga Tune Up® classes. In Part 2 of the training you will learn "Thinking out of the Boxana," a step-by-step guide to creating memorable, accessible, and effective Yoga Tune Up® classes. To be certified as a teacher, you must pass a take home test and in-class evaluation at the end of the week. You will also be given several class templates to jump-start your own Yoga Tune Up® classes.

Total Contact Hours: 46

Total Homework Hours: 24\*

\*There will be extensive Homework during the training and you will need a laptop or tablet and the ability to print out your homework\*

*"I have seen firsthand how pain and neuromuscular dysfunction can be drastically improved with Yoga Tune Up®. The method sensitively accommodates each individual's personal needs. This is not a cookie cutter approach, but an incredibly intelligent rehabilitative format."*

Dr. Avrom Gart, Director, Pain Management and Rehabilitation Medical Director, Cedars-Sinai Spine Center

### **A Few Words from the YTU Teaching Community**

*YTU challenges the preconceptions of what we think is or isn't 'yoga', and constantly refreshes the body-mind relationship with new experiences and concepts. If you've been teaching vinyasa, hatha or any other yoga style and find yourself stagnating with repetitious, uninventive classes, Yoga Tune Up® is the answer. It has forever changed the way I teach and given me the knowledge to work with any 'body' that enters the room.*

Sarah Court, Los Angeles, CA

*Becoming a licensed YTU Teacher has significantly improved my yoga teaching skills, both with my public vinyasa classes and my private clients. YTU poses are simply a great tool for helping students experience their anatomy directly and fully. I know see how certain bodies need something that the more common "traditional" yoga poses rarely address and my YTU toolkit helps me to expertly assess and serve those needs.*

Drew Corrigan, Kansas City, MO

*YTU Trainings have taught me how to become a student of my body, not my injuries. They prepare you like no other training or continuing ed courses by giving you the tools and confidence to adapt exercises to everyone, on the fly, irrespective of fitness or mobility level. Even in a group class, every single person feels as if the class was designed for them. Move heaven and earth to take this training – it is a game-changer for you, your clients, and your business.*

Christine Jablonski, Hanover, CT

## **CONTINUING EDUCATION CREDITS:**

Your 70 hours will be applicable to Yoga Alliance continuing education credits and possibly through NASM and ACE (status currently pending).

## **CERTIFICATION:**

Completion of the YTU Level 1 Training does not automatically qualify you to become YTU Certified. YTU Certification and licensing is based on a combination of the following: completing all in-class hours, how well the material is retained and re-presented during in-class presentations, timely completion of homework, results of the final written exam, and a student's ability to honor the material, rules and boundaries set within the framework of the training. In addition, there is an annual Certification and license fee of \$150 should you choose to become certified which includes a host of continuing support benefits including continuing teacher support, listings of your YTU classes & workshops on the YTU website and monthly newsletter, as well as discounts on trainings, products and insurance. This is in no way mandatory or required although we do hope you will join our YTU Teaching Team.

## **TUITION COSTS & REGISTRATION**

Tuition for this training includes a training manual and 1 YTU Therapy Ball Pair. Please contact the host studio directly for registration.

## **REQUIRED & RECOMMENDED READING/VIEWING:**

All books and DVD's will be referenced throughout the training. The books will be used daily in the classroom and for homework. These DVD's contain many of the pose variations that will be instructed within the training. They are all invaluable tools for a lifetime of teaching. Please purchase prior to training.

### **Required Reading:**

*The Roll Model: A Step-by-Step Guide to Erase Pain, Improve Mobility, and Live Better in Your Body*  
by Jill Miller - Available at [www.amazon.com](http://www.amazon.com) or [www.barnesandnoble.com](http://www.barnesandnoble.com)

*Trail Guide to the Body*, Andrew Biel (fourth edition, NOT the Student Handbook)  
Available at [www.booksofdiscovery.com](http://www.booksofdiscovery.com) and [www.amazon.com](http://www.amazon.com)

### **Recommended Reading / Viewing:**

*The Key Muscles of Yoga Scientific Keys, Volume 1*, Ray Long MD  
Available at [www.bandhayoga.com](http://www.bandhayoga.com) and [www.amazon.com](http://www.amazon.com)

*A Handbook on the Physiology of Yogasana*, by Mel Robin  
Available at [www.amazon.com](http://www.amazon.com)

Jill Miller's Pranamaya DVD series: *Yoga Link: Easy Access to an Ageless Art* - 3 Titles Include:

- *Core Integration*
- *Hip Helpers*
- *Shoulder Shape Up*

Available for purchase through [www.pranamaya.com](http://www.pranamaya.com) or [www.amazon.com](http://www.amazon.com) or [www.manduka.com](http://www.manduka.com)

Yoga Tune Up® DVDs

- *QuickFix Rx: Upper & Lower Body*
- *QuickFix Rx: KneeHab*
- *Coregeous*
- *Massage Therapy Instructional DVD*
- *At Home Program Series*

Available for purchase through [www.yogatuneup.com](http://www.yogatuneup.com)

Gaiam's *Yoga for Weight Loss Workout with Jill Miller* - available at <http://goo.gl/7AQRCL>

Yoga Tune Up® Blog at [www.yogatuneup.com/blog/](http://www.yogatuneup.com/blog/)

To view the Yoga Tune Up® Teacher Training program in action - <http://www.yogatuneup.com/yoga-teacher-training>

