

# Wisdom Flow Yoga Teacher Training – June 2012

June 7-21, 2012

Welcome. Thank you for your interest in becoming a Wisdom Flow Yoga teacher. We look forward to welcoming you to this intensive 15-day program. I am confident you will be impressed and pleased with the program and its ability to make you a confident and effective teacher. In this program, you will be challenged to use your voice everyday; as a result your ability to translate complex methodology and philosophy into clear inspiring instruction will grow. This is the key to excellence in leadership. Upon completing the program you will be ready and eager to offer yoga classes. It is our hope that you learn to teach in a way that leaves your students feeling educated, empowered and joyful.

This teacher training is not for beginner yogis. Because our program is an intensive we ask that you apply only if you can meet the following requirements before the start of the training.

## Prerequisites

- Practicing an average of three times a week for at least one year
- Have a consistent meditation practice
- Can recite the yamas and niyamas
- Can speak the instructions for a simple “Surya Namaskar A” sequence
- Be able to kick up to handstand at the wall
- Be able to hold Urdhva Danurasana with steady breath

## Required Reading/Viewing (all available on Amazon.com)

- [How Yoga Works](#) by *Gesha Michael Roche*
- [Wisdom Flow Yoga Teacher Training Manual](#) by *Jennifer Lynn*
- The Quantum Activist – a film about “the science of God” by *Amit Goswami*

## Who is Jennifer Lynn and what is Wisdom Flow Yoga?

Jennifer Lynn is originally from that Santa Cruz Bay area. She received her degree in Math and Computer Science from San Jose State University. She had an awakening in 1990 that took her from computers to organic farming and sustainable living. From there she unfolded her desire to create community by opening a vegetarian café. The café was around the corner from a yoga ashram and teachers would come for chai. One of them offered Jennifer a free class pass. After one class, Jennifer was struck by something profound and magical about this ancient practice and her journey began.

Jennifer has been teaching yoga on Maui since 2003. She has been practicing since 1994. She has trained in TriYoga, Vinyasa Flow, Ashtanga and Anusara Yoga. She is ERYT 500 certified and has established her own style and YA Certified Yoga Training School. Wisdom Flow Yoga is based on the heart-centered philosophy of shiva/shakti Tantra; Tantra means to weave expansion and shiva/shakti implies the expansion is into and between the seen *and* unseen.

Wisdom Flow Yoga blends the feminine flow of spinal waves and graceful transitions with the masculine wisdom of optimal joint alignment and core strength. The awareness within the movement unites the science of how the body works with the organic beauty of how spirit moves through it. This is our metaphor for living a balanced life. We seek to understand and harmonize with the laws of nature, and within that life-honoring structure, celebrate our unbounded spirit.

Tom Machado co-teaches with Jennifer. Tom was Jennifer’s first yoga teacher and their team offering is the perfect alchemy of inner and outer exploration. Tom was drawn to the mystical world from an early age. Life led him to discover TriYoga, the art and science of yoga flow. In 1993 he met and studied with TriYoga founder, KaliRay. Immersing himself in the study and lifestyle of yoga led to his certification in all four levels and prana vidya. For the last 16 years Tom has taught classes, workshops, retreats and teacher trainings all over the world. His ability to teach with precision, grace and a sense of humor reflects his complete union with and devotion to this life-enhancing practice.

## **The Studio Space**

Our training will take place in Sprecklesville (just outside Paia) in a large home by the beach. You can spend your lunch breaks on the beach or by the patio pool. The huge living room looks out over the Maui Country Club golf course and will be our classroom for the 16 days we are together. Some students will come from the mainland and will find nearby accommodations, Locals will commute from their Maui homes. Local students who have space in their home to share are encouraged to offer it to students from off-island. It can be very helpful to have a study-buddy during the training. Directions to our studio space will be given once you have completed your registration and been accepted.

## **Arriving**

If you are coming from off-island you will arrive in Kahului (OGG airport). When you land, take a shuttle to your preferred rental car agency. If you are looking for cheap rental cars, check out **Maui No Ka Oi** or go to [www.hawaiidrive-o.com](http://www.hawaiidrive-o.com) or [www.aloharents.com](http://www.aloharents.com)

## **Accommodations**

There are many options for places to stay on Maui. One of the most affordable and peaceful is Hale Ho'omana (house of empowerment) run by Jeanna Naluai. It is a quiet mountain retreat about 20 minutes from our Studio. You can make reservations at [www.halehoomana.com](http://www.halehoomana.com). The Paia Inn is also nearby and there are many vacation rentals in Paia town on Baldwin Avenue. The most convenient option is to rent a room at the home where the training is held. There are three rooms available. You can make arrangements for the on-site rooms by emailing Manuela at [manuelachristener@me.com](mailto:manuelachristener@me.com). There are also vacation rental options right on the beach.

## **The Daily Flow**

Sadhana, Lecture, Presentations :: 8 AM – 12 Noon :: Lunch/Beach :: Practice Teaching 1 - 6 PM  
There will be about two hours of homework each night. Our first day is a short orientation then we dive into philosophy and basic class structure. Each day after that will begin with you teaching a portion of class or presenting the material you studied the night before. The class sections you teach will grow in length until you are teaching the full sequence of a class. Your practical final will be to teach a 45-minute class to the public.

## **What to Bring**

Mat, Notebook, pens are the essentials.

## **Fees**

Teacher Training fees are \$1800.

Fees can be paid through Paypal (request an invoice). Checks should be made to: **Jennifer Lynn** and registration forms mailed to:

Jennifer Lynn  
52A Akea Place  
Kula, HI 96790  
Attn: Yoga Teacher Training

## **Contact Information**

Ph: 808-268-4095

Em: [Jennifer@yogawithjenniferlynn.com](mailto:Jennifer@yogawithjenniferlynn.com)

# Wisdom Flow Yoga Teacher Training Registration Form

June 7<sup>th</sup> – 21<sup>st</sup> 2012

Name: \_\_\_\_\_

Email: \_\_\_\_\_

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

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Emergency Contact: Name: \_\_\_\_\_

Emergency Contact Phone (include area code): \_\_\_\_\_

Emergency Contact Relation to You: \_\_\_\_\_

How long have you been practicing Yoga? \_\_\_\_\_

What Styles? \_\_\_\_\_

Will you be teaching as a hobby or a career? \_\_\_\_\_

Why do you want to teach yoga?

How has Yoga changed your life, your heart, your body?

What are your strengths?

What are your weaknesses?

Mail form to: Yoga with Jennifer Lynn, 52 A Akea Pl., Kula, HI 96790

# MAHA VRATTA THE GREAT VOW OF RIGHTEOUS LIVING

Principles of love that help us plant seeds of freedom and joy

## YAMAS ETHICAL OBSERVANCES

1. AHIMSA - non harming - the practice of loving kindness to all beings
2. SATYA - honesty - telling the truth and living your truth and the truth of our oneness
3. ASTEYA - non stealing - only take what is freely and clearly given, including energy and time
4. BRAMACHARYA - sexual purity - never come between others who are in relationship; always treat your beloved as divine
5. APARIGRAHA - non grasping - release neediness and attachment, celebrate the success and happiness of others and offer compassion when others suffer

## NIYAMAS PERSONAL OBSERVANCES

1. SAUCHA - cleanliness and order in body mind and home
2. SANTOSHA - contentment - gratitude for what is and willingness to make the best of it
3. TAPAS - passion and determination to strive for betterment even when severely challenged
4. SVADYAYA - study of self and scriptures - willingness to look at where we are out of alignment, how we got there and how we can return to our highest
5. ISHVARAPRANIDHANA - surrender of all effort to the grace that supports us and all life – offering our efforts to God and the good of all beings

I \_\_\_\_\_ (*your name*), have read and understood the above principles and agree that my signature below is evidence that I have read, understood and am willing to follow them while on the Wisdom Flow Yoga Teacher Training October 15<sup>th</sup> -31<sup>st</sup>, 2012.

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Signature

Date

Mail form to: **Wisdom Flow Yoga with Jennifer Lynn, 52A Akea Place, Kula, HI 96790**