

## ABOUT SHARYN



Sharyn Galindo spends her days dividing her time as wife, mother of two boys, yoga practitioner, studio owner and teacher! She is the owner and studio director of North Shore Yoga in the Chicago area, with two locations in Northfield and Evanston, Illinois. She began her yoga studies in the late 1990s, and has completed numerous teacher training courses specializing in the Ashtanga and Vinyasa Systems. She has been to Mysore, India to study with the late Sri. K. Pattabhi Jois at the Ashtanga Yoga Research Institute but spends most of her available travel time visiting Thailand to study with Paul Dallaghan at Samahita

Yoga Thailand, who she considers to be her primary teacher. She is ever grateful to him for introducing her to Sri. O. P. Tiwari of the Kaivalyadhama Institute, with whom she continues to study Pranayama in Thailand and the U.S.

In 2007, Sharyn expanded her studies to include a Masters program in Holistic Nutrition. In 2010, she completed over 1800 hours of study to receive a Clinical Ayurvedic Specialist (CAS) certificate from both the California College of Ayurveda and the American Institute of Vedic Studies. She now offers her own 200 hour and 500 hour Yoga Teacher Training Courses at North Shore Yoga.

Sharyn believes that only with a strong, healthy body—attained through proper diet, asana practice, pranayama, and meditation—can one begin to move towards true spiritual growth.

She lives north of Chicago with her husband, Steve—who is also a teacher at North Shore Yoga—and their two boys, Joey and Louis.



## 2012 ADVANCED TEACHER TRAINING ॐ PROGRAM

## ABOUT THE PROGRAM

North Shore Yoga's Advanced 500 hour teacher training program provides an opportunity to deepen one's experience and understanding of Yoga. It is open to anyone that has participated in any 200 hour program and will build upon that foundation. As teachers, continued study allows us to expand our repertoire and more fully develop our voices and yogic lifestyles. As practitioners, we seek a sangha, or community, with whom we can share our journey. Not only is this immersion meant to further refine your skills as a teacher but deepen your own personal practice. NSY's training will provide the platform or "sangha" needed to aide you in developing your own "soul-centered" approach to teaching. Teaching authentically, from your own truth, will allow you to share the path of yoga in such a way that it will have a profound effect on others.

## TUITION

**Price is \$4,100 paid in full by 12/1/11, 2010. \$4,300 after 12/1/11 and paid in full by 1/3/12.**

**Installment Plan: \$2,400 by 12/1/2011; \$1000 by 2/1/2012; \$1,000 4/1/2012**

A \$500 deposit will hold your place in the training and is non-refundable unless your application is not accepted. Class size is limited and no refunds will be given after January 24. A 50% refund less the \$500 deposit will be given if the cancellation is received in writing by January 24.

Tuition includes training in Transcendental Meditation (\$1500 value!) and all required workshops. Cost does not include books and classes at North Shore Yoga. All classes, boutique items and additional workshops are available at a 20% discount to trainees from January 10 through October 30, 2012.

## REGISTRATION

Go to [www.nsyoga.com](http://www.nsyoga.com) and download the application form. You will need the completed application form, a \$500 deposit check, and a copy of your 200 hour certification. Mail all materials to North Shore Yoga, Attn: Sharyn Galindo, 310 Happ Road, Ste. 216, Northfield, IL 60093. A personal phone interview is required by each applicant.

## SCHEDULE

January 10 – June 5, August 28 – October 30, 2012

Tuesdays 11:30 am – 5:30 pm.

(No class March 27, June 12 – August 21, September 25)

### Additional Days/Workshops:

1/14 & 1/15: Transcendental Meditation Training—Private instruction times to be scheduled

1/16: Transcendental Meditation Training—Group meditation 4:00 pm – 5:30 pm

1/28: Introduction to Mysore

5/4 – 5/5: Anatomy of a Yogi: Injury Prevention & Rehabilitation with Josh Akin

3/16 – 3/18: Yoga Anatomy Workshop with David Keil

3/19 – 3/22: Observation and Adjustments with David Keil

4/21: The Upanishads and the Law of Karma with Wendy Doniger

9/29 – 9/30: Pranayama with Paul Dallaghan

Be available to teach at least 2 Classes on Wednesdays in the late afternoon/early evening

## SPECIFIC AREAS THAT WILL BE COVERED INCLUDE

- Full training in Transcendental Meditation™
- Pranayama in the Kaivalyadhama Tradition
- Developing a personal "home" practice
- Art of sequencing Vinyasa Flow with intention and intelligence
- Art of Adjusting, Observation, and Communication
- Ashtanga Yoga in the tradition of Sri. K. Pattabhi Jois
- Yoga Anatomy, Observation and Adjustment
- Yin Yoga
- Restorative Yoga
- Yoga Therapeutics
- Injury Prevention and Rehabilitation
- Yoga Philosophy that will include reading the Yoga Sutras of Patanjali, The Upanishads, and the Bhagavad Gita
- Lecture on the Upanishads and the Law of Karma with Wendy Doniger
- Chanting
- In Depth understanding of the principles of Ayurveda and developing a daily seasonal routine
- Participation in an Ayurvedic Detox
- The opportunity to practice teaching with regularity
- Individual research projects

## REQUIREMENTS

- Attend all scheduled class times and workshops
- Complete all required readings and homework
- Daily Pranayama and Meditation, plus practice asana at home at least once a week
- Attend 20 classes at North Shore Yoga; 5 of which must be Mysore, 2 Restorative, and 2 Yin Classes
- Complete an individual research project to be presented to the group
- Be prepared to teach at least 2 paid classes at North Shore Yoga at a special designated class time for 500 hour advanced trainees
- Bear in mind full commitment and attendance is required
- Advanced trainees will be allowed to miss 12 hours of instruction; anything beyond that time will involve additional work to receive the 500 hour certification

### REQUIRED BOOKS

1. *The Textbook of Ayurveda Vol. 1* – Dr. Vasant Lad
2. *Transcendence* – Dr. Norman Rosenthal
3. *The Yoga Sutras of Patanjali* – Satchidananda or BKS Iyengar
4. *The Bhagavad Gita* – Eknath Easwaren or Stephen Mitchell
5. *The Upanishads* – Eknath Easwaren
6. *Dialogue with Death* – Eknath Easwaren
7. *Science of Breath: A Practical Guide* – Swami Rama
8. *Teaching Yoga* – Mark Stephens

### RECOMMENDED BOOKS

1. *The Key Poses of Yoga* – Dr. Ray Long (OR)
2. *Yoga Anatomy* – Leslie Kaminoff
3. *Prakriti* – Robert Svoboda
4. *Yoga Rx* – Larry Payne
5. *Yin Yoga: Outline of a Quiet Practice* – Paul Grilley
6. *Yin Sights* – Bernie Clark