

welcome

What started as a vision in a living room in September, 1996 with just a handful of clients, has expanded to include two fully equipped yoga studios and a quiet sanctuary for healing massage offered to a growing population. Dedicated to providing a safe and nurturing environment for self discovery, Birchwood Center is committed to promoting awareness of regular yoga practice and massage as tools for healthful living.

The Birchwood Center Teacher Training program began in 2002 as an organic development in the Birchwood Center story. Since then, the beautiful sunlit studio overlooking the Hudson River in Nyack, New York, has produced yoga instructors who go on to practice and teach all over the country. Birchwood's graduates work in such varied settings as private studios, corporate offices, gyms and clinics, or use their certification to incorporate yoga into practices in other disciplines, such as personal training and physical therapy. Birchwood Center Yoga Teacher Certifications entitle graduates to become registered members of the Yoga Alliance.



namaste

Betsy Ceva & Charlene Bradin

deepen your practice

•
We provide each student with an in-depth experience of yoga and the consciousness it fosters

•
Our students learn basic asanas and other yogic practices through direct experience with Birchwood Center instructors and their own personal practice

•
We instruct students in teaching methodology and help develop their skills as yoga teachers

•
We aim to produce teachers who are creative in their teaching and are committed to the practice and understanding of yoga as a way of life



BIRCHWOOD CENTER
yoga & massage

85 SOUTH BROADWAY, NYACK, NY 10960
Tel. 845.358.6409 | www.birchwoodcenter.com



BIRCHWOOD CENTER

yoga teacher training

explore. inspire. transform.

The goal of Birchwood Center's Yoga Teacher Training programs is to produce quality yoga instructors who are creative in their teaching and committed to the practice and understanding of yoga as a way of life.

Our core program includes Technique, Philosophy, Methodology, and Anatomy & Physiology. The Level I Training is open to aspiring teachers or students wishing to deepen their understanding of yoga with a minimum of six months of yoga practice. Our Advanced Training is open to teachers with a 200-hour certification from a qualified school or experienced students with a minimum one year of substantial yoga practice.

Birchwood Center's Teacher Trainings are registered with the Yoga Alliance. Students who successfully meet all the requirements will receive either a 200 or 500 hour certification.

Requirement Overview	200 Hour	300 Hour	500 Hour
Techniques	100 hours	50 hours	150 hours
Philosophy, Ethics & Lifestyle	30 hours	30 hours	60 hours
Teaching Methodology	25 hours	5 hours	30 hours
Anatomy & Physiology	20 hours	15 hours	35 hours
Other Requirements	25 hours	200 hours	225 hours



Level I 200-hour Certification: The Basics

The Level I training will provide in-depth information and fundamental tools for teaching yoga. It can serve as the foundation for one's journey towards becoming a yoga teacher, or can support those students who wish to deepen their own practice and understanding of yoga.



PROGRAM OUTLINE:

- Principles of Asana and Alignment
- Teaching Methodology
- Introduction to Pranayama
- Introduction to Yoga Philosophy—Yoga Sutras Chapters 1 & 2
- Anatomy & Physiology Part One
- Introduction to the Pranic Body
- Chanting and Meditation
- Finding your Voice
- How to Structure a Class
- How to Develop Warm Ups
- Building on a Theme
- The Business of Yoga
- Presenting Yourself as a Teacher

ATTENDANCE REQUIREMENTS: One weekend per month for five months: Friday evening, all day Saturday and Sunday, September through January. Attendance at no less than 55 classes with the Primary Teachers.

Advanced Level 500-hour Certification: Going Deeper

The Advanced Level will expand upon and integrate the information from Level I and incorporate more complex studies of philosophy, asana, pranayama and applied teaching techniques. This training is appropriate for those who are dedicated to teaching and committed to making yoga an integral part of their lives. Students will be eligible for the Advanced Level upon the successful completion of the Birchwood 200-hour Teacher Training or another qualified certification program.

PROGRAM OUTLINE:

- Advanced Asana and Alignment
- Teaching Methodology
- Advanced Pranayama
- Yoga Philosophy—Yoga Sutras Chapters 3 & 4, the Tree of Samkhya, and the Bhagavad-Gita
- Anatomy & Physiology Part Two
- Therapeutic Applications
- Advanced Pranic Body
- Bandhas
- Mudras
- Kriyas
- Sanskrit
- Chanting and Meditation
- Hands-on Assists
- Special Needs: Prenatal, Restorative, Seniors and Kids

ATTENDANCE REQUIREMENTS:

300 Hour—For 200-hour certified instructors who wish to qualify as a 500-hour certified yoga teachers. One weekend per month for five months: Friday evening, all day Saturday and Sunday. Unlimited Class Card begins on January 2, 2008 and ends June 29th. Students must begin attending classes on January 2nd. First mandatory weekend session is Friday, January 25th. Attendance at no less than 100 classes with the Primary Teacher.

500 Hour—One weekend per month for ten months: Friday evening, all day Saturday and Sunday. Unlimited Class Card begins on September 7, 2007 and ends June 29th, 2008. Attendance at no less than 155 classes with the Primary Teachers.



BETSY CEVA, ERYT Asana Technique, Theory & Methodology, Chanting, Meditation & Yoga Philosophy

Betsy Ceva, ERYT, directs the Birchwood Center Teacher Training and has taught Hatha Yoga, meditation and mantra chanting to all ages and levels since 1992. A career as a professional modern dancer and study under the tutelage of many dance and yoga masters helped hone her understanding of the body in motion. Her yoga classes are a mixture of careful examination, creative exploration and flow.



CHARLENE BRADIN Asana Technique, Theory & Methodology, Anatomy of the Chakras & The Business of Yoga

In addition to heading up Birchwood Center's The Wonder of Touch Massage Therapy, Charlene Bradin is a Certified Yoga Instructor who has studied with Jeffery Midgow, Paula Heitzner, Betsy Ceva, and others. She has taught hatha yoga to beginners and advanced beginners at Birchwood Center since 1998. With Betsy Ceva, Charlene co-directs the Birchwood Teacher Training Program.



LIZ SCHULMAN Asana Technique, Theory and Methodology, Yoga Philosophy, Anatomy of the Chakras

Liz Schulman, a Certified 500-hour Yoga Teacher, has been teaching since 1999 in a variety of studios throughout the area. Her teaching merges her love of the flow of vinyasa, proper alignment and the modernization and integration of traditional spiritual philosophy with daily living. She has been training yoga teachers since 2002 and, in addition to teaching, is a Thai Yoga Bodywork Practitioner.



GINA MARTIN Anatomy & Physiology

Gina Martin is a Shiatsu Sensei and Licensed Massage Therapist who specializes in eastern bodywork and herbal medicine. Gina is a Certified Instructor of Five Element Shiatsu with the American Organization of Body Work Therapies of Asia (AOBIA), and has been an anatomy and physiology instructor at the Swedish Institute College of Massage Therapy since 1987.

VIDYALANKARA Sanskrit Studies, Chanting

Vidyalankara studied Meditation, Yoga-Vedanta philosophy and Sanskrit directly with Shri Brahmananda Sarasvati, and served at Ananda Ashram for 22 years in the areas of Management, Finances, Guest Services and Work Study. She is currently a co-director of the School of Hatha Yoga, and has trained with Paula Heitzner, Raji Thron, Sandra Kozak, Dharma Mitra and others. Vidya has also trained at the Kaivalyadhama Institute in India where she attended the Teacher Training Certificate program. Vidya has studied Pranayama directly with Om Prakash Tiwari, a Master Pranayama teacher.