The Art & Celebration of Yoga with Julia McCabe

200+ HR YOGA ALLIANCE CERTIFICATION PROGRAM
TEACHER TRAINING & IMMERSION OPTION

About the Program

The 200+ HR Art & Celebration of Yoga Program aligns with the standards set by the Yoga Alliance. You will be certified as a teacher of Power Vinyasa Yoga, however, this program is more than a certification, it's just the beginning. It is a platform rooted in strengthening your body and mind as a well as your understanding of where yoga came from and our modern interpretation of it. It will naturally inspire you to expand in the ways that you are meant to.

It is an intense 21-day program, meaning once you arrive, it's full-on. This is not a yoga retreat. It is an educational and concentrated experience in the art and science of everything yoga: intense asana, pranayama, meditation, chanting/mantra, overview of history, philosophy, subtle anatomy and anatomy. You will laugh, maybe cry, be challenged and be blissed out.

It is my intention to be at service to your learning, offering you all that I know (and don't know!) beyond the Yoga Alliance standards. The potency of our learning truly happens once all of you arrive with the wisdom you have already been living.

A guest teacher for the yoga anatomy segment of your training will be announced prior to our arrival.

Training Dates, Tuition Fees & Locations

View the website for the current training dates, fees, and location options.
www.juliamccabe.com

Sample Daily Schedule

- 7-10a.m: Meditation, pranayama, asana
- 10-12pm: Breakfast/Surf Break
- 12-3p.m: Yoga history, philosophy, theory, anatomy (visiting anatomy teacher), subtle anatomy, group discussion/presentations
- 3-4pm: Late Lunch
- 4pm-630: Asana clinics, practice teaching, teaching methodology & continued theory
- 7: Dinner & bed!

JULIA McCABE

TO APPLY: 604.902.8876 JULIAMARIEMCCABE@GMAIL.COM WWW.JULIAMCCABE.COM

The Art & Celebration of Yoga with Julia McCabe

200+ HR YOGA ALLIANCE CERTIFICATION PROGRAM
TEACHER TRAINING & IMMERSION OPTION

Option A) Yoga Immersion Option

» For students interested in immersing in yogic studies for three weeks but aren't necessarily interested in becoming a teacher!

Over the past few years I have heard from an increasing amount of dedicated students who are interested in learning more about yoga but teaching yoga isn't necessarily their thing. With this new type of student in mind, I have decided to open up my 200+Hr certification program in order to provide both a welcoming and challenging environment for students who want more than just a yoga retreat.

How does this work in the scope of the teacher training?

The only differences in your experiences will be:

1. You are not required to submit any of the pre-assigned homework, however, it is strongly advised that you complete the assigned readings before your arrival in order to contribute to group discussions.
2. You will not have to write the final written exam (which will be an overall review of what we have covered) with the option to write it for your own personal review.
3. You will not be graded or assessed in accordance with the Yoga Alliance standards.
4. You will not have to practice teach and will not be required to create a 60 minute sequence for our final practice teaching element – but you are required to participate as a student during the practice teaching sessions and try hands on assisting.
5. You will have the option to opt out of four specific practice teaching sessions and teaching methodology workshops (I will let you know in advance). This will free up some time for you to explore the area and partake in other activities if you choose.
6. You will not be awarded a 200HR Yoga Alliance teaching certificate upon completion, however you will be given a certificate of completion as a reference for future studies or trainings.

What is required of you as an immersion student:

- A sincere interest in studying all aspects of yoga: asana, pranayama, chanting, meditation, philosophy, history and theory.
- A 100% commitment to attending all 21 days of the immersion.
- Have been practicing yoga for a minimum of six months (2-3 times a week) prior to arrival.
- Are interested in deepening your practice, are adventurous, positive and interested in contributing to discussions and supporting others to excel.

APPLYING FOR THE 200HR IMMERSION, OPTION A:

Please email me at **juliamariemccabe@gmail.com**.
Tell me more about yourself, your current experiences in yoga and why you feel you'd like to take part in the immersion option.

Julia McCabe

TO APPLY: 604.902.8876 juliamariemccabe@gmail.com www.juliamccabe.com

The Art & Celebration of Yoga with Julia McCabe

200+ HR YOGA ALLIANCE CERTIFICATION PROGRAM
TEACHER TRAINING & IMMERSION OPTION

Option B) 200hr Yoga Alliance Certification

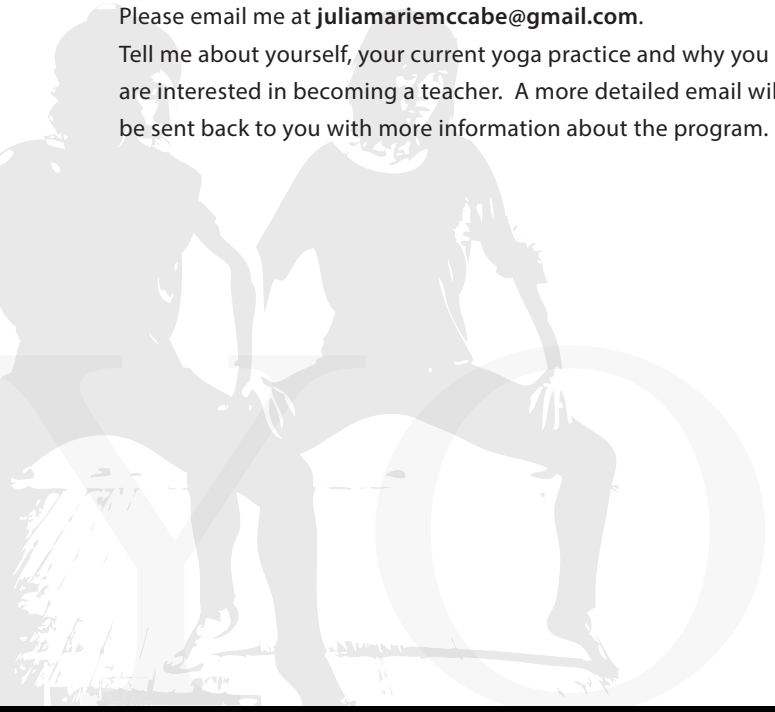
» For students with a sincere interest in the art of teaching and future in teaching.
» For students who have been practicing yoga for a year or more, have a profound interest in teaching, building voice and body confidence on the mat.

Assessment Process:

1. 100% attendance and participation: Mentally and physically
2. You are arriving knowing that yoga is the number one focus (vs vacationing on the beach). We will be spending a lot of time together learning and digging deep. Be prepared for this. It will be an intense experience.
3. An open attitude and willingness to share your wisdom, as well as listening to the wisdom of others.
Clear, healthy communication is key.
4. Full completion of all pre-arrival homework, group assignments, nightly assignments, journaling/goal setting and a final written exam.
5. Full completion of a final practical exam: Each teacher trainee will teach a 30-60 minute full sequence (pending on group size) during our final days together. You will be observed, assessed and I will provide one on one feedback and encouragement. We will also sit and chat about your future endeavors, next steps, reflections, feedback, ideas etc. Trainees are also expected to assist or practice during the practice sequences of your peers.

APPLYING FOR THE 200HR TEACHER TRAINING, OPTION B:

Please email me at **juliamariemccabe@gmail.com**.
Tell me about yourself, your current yoga practice and why you are interested in becoming a teacher. A more detailed email will be sent back to you with more information about the program.



Julia McCabe

TO APPLY: 604.902.8876 juliamariemccabe@gmail.com www.juliamccabe.com

The Art & Celebration of Yoga with Julia McCabe

200+ HR YOGA ALLIANCE CERTIFICATION PROGRAM
TEACHER TRAINING & IMMERSION OPTION

Required Course Material

Required Course Material* for all participants
(both the immersion and teaching training students):

Light on the Yoga Sutras, B.K.S. Iyengar's translation of the Yoga Sutras
Bhagavad Gita, Stephen Mitchell's translation
Light on Life, B.K.S Iyengar
Anatomy of the Spirit, Carolyn Myss
Eastern Body, Western Mind, Anodea Judith

*Additional texts or changes may be made.

Post Training

There's something I call "PTTSD" - Post Teacher Training Stress Disorder" You learn all this amazing stuff, then BAM! You're back home in the "real world" which can be semi-depressing at first. However, it is possible to integrate back into your life with steadiness and graceful transitioning utilizing everything you just learned.

For all students, I'm always available via email/Skype for further guidance, advice, ideas for next steps etc. Your development as a teacher/human being is important to me! I'm here for you and in full support of your next steps.

I also highly recommend my friends who are great sounding boards for guidance/advice:

Krista Jane Hoffs
Krista is a good friend of mine who is also a motivational/intuitive type (life coach can sound intimidating, she is that, but more). She's a force to reckon with, down to earth and just plain awesome. I use her intuitive expertise and business coaching ideas all the time via Skype. She visits Whistler regularly and has currently moved back to Australia.
http://www.kristajane.com

krista jane
empowering you

Zoey Stimpson is also an amazingly bright and naturally joyful human being. She offers life-coaching'esque offerings as well – but then some…I will let her explain herself.
Email her at:
zoey.yoga@gmail.com

Julia McCabe

The Art & Celebration of Yoga with Julia McCabe

200+ HR YOGA ALLIANCE CERTIFICATION PROGRAM
TEACHER TRAINING & IMMERSION OPTION

FAQ'S: Is this 200 hour program for you?

1. I don't want to teach yoga, but I am deeply interested in studying it. Can I still attend the course? Yes, of course. 50% of trainees initially arrive with no interest in teaching and only interested in immersing in the study and sweat of yoga. It is important to arrive with a keen interest in learning, more then anything. Upon completion of the program, one of two things happen: students leave with a stronger body and more knowledge than they were anticipating, or they also happen to fall in love with the art of teaching and continue to pursue it as a part time or full time career. The immersion option is also another option I created for people who want to immerse in a 21-day training, but want more time in the afternoons to surf/relax and know 100% that they do not want to teach.

2. Everyone and their uncle is a yoga teacher. Yoga has, indeed, become mainstream over the past ten years. However, you could say the same thing about doctors, graphic designers, massage therapists, writers, lawyers, environmentalists. If everyone and their uncle has completed a yoga certification program, then our world will be a better place. Any form of education is always an investment. I don't see it as a negative.

3. Will I be able to get a job, even though there are several teachers already in my town/city? Like everything in life, this is up to you. If you want to make something happen, then you make it happen, depending on how important it is to you. Attitude is everything. I wouldn't be doing these courses if I believed all of the naysayers along my path. This goes for any trade or career. It takes legwork, patience in building a community and ingenuity on your behalf. There will always be moments of doubt and adversity, but ultimately it's up to you as a new teacher to find unique ways and outlets to teach if your community is already saturated with full time teachers. I usually advise beginner teachers with baby-steps: part time, sub-work, privates, and if you're meant to continue teaching, it will continue whether you like it or not! Teaching is a calling. It is natural for some and takes a bit more time for others. Either way, if your heart is in it and you approach this trade as service to the health and wellbeing of others, you can't go wrong. If you're in it just to make some quick money and yoga celebrity on the side, then it will go wrong.

4. What's the difference in the programming of your local Whistler trainings versus your international trainings? For me it definitely did in more ways than imaginable. I would say yes because I think any type of education is a worthy investment in your whole being. But I also understand that money is hard earned and you have a lot to take care of in your life. During trainings, I work hard to ensure that it is a top quality experience. After every immersion, I take note of things that worked and didn't work to ensure that future trainings are a refined model of the last. After you receive your certification, it's up to you to teach and do good work. My first teacher said, "don't quit your day job" I would also like to add that anything is possible. Teaching full time is totally possible, but you have to love teaching in order to want it that much in your life. Be patient and work hard. Again it may require some creativity on your part.

5. Will my money/investment in this course eventually pay itself off if I do teach? For me it definitely did in more ways than imaginable. I would say yes because I think any type of education is a worthy investment in your whole being. But I also understand that money is hard earned and you have a lot to take care of in your life. During trainings, I work hard to ensure that it is a top quality experience. After every immersion, I take note of things that worked and didn't work to ensure that future trainings are a refined model of the last. After you receive your certification, it's up to you to teach and do good work. My first teacher said, "don't quit your day job" I would also like to add that anything is possible. Teaching full time is totally possible, but you have to love teaching in order to want it that much in your life. Be patient and work hard. Again it may require some creativity on your part.

6. What are your credentials as a teacher? I am an ERYT- 500 certified teacher with the Yoga Alliance and The Art & Celebration of Teaching with Julia McCabe is an official school registered with the Yoga Alliance. I have studied mainly under Paul Dallaghan (Ashtanga 2003) and Patrick Creelman (Anusara, between 2002-2008) as well as many others via workshops and intensives. I also have a B.Ed in Kinesiology from McGill University in Montreal. Over 70 students since 2010 have graduated from my program and many have already gone on to be successful teachers.

7. What "type" of yoga will this course certify me to teach? You will be prepared to teach "Power Vinyasa" yoga. I have studied from multiple teachers who also fall under the same category and this is what I will impart to you. The practice is sweaty, dynamic, a "workout" at times and core oriented. You will also learn other aspects including pranayama, meditation, kriya, history, philosophy and other dynamic aspects of yoga that are just as important as the physical practices.

8. What is the difference between your program and all the other styles of yoga schools out there i.e. Baron Baptiste, Ana Forrest etc, Jivamukti yoga, "_____fill in blank school of Power Yoga"? Try not to get too confused by all of the branches and schools of yoga! Whether it is a school offering specifically Anusara, Ashtanga, Iyengar or Sivananda Yoga – they are all different methods and ways of translating what Hatha Yoga is. Hatha is an umbrella term that encompasses all physical practices of yoga. All of the aforementioned schools are branches stemming from the massive tree of yoga. Many of the postures we do on the mat are modern creations. The physical practice of asana is considerably new when you begin to study the history of what is yoga.

Some schools offer a very specific set sequence to memorize and practice (i.e Ashtanga) or have a very distinct language around alignment (i.e Ana Forrest or Anusara). All schools of yoga are amazing, and all teachers are essentially saying the same thing in their own unique way. It is up to you to decide who it is you feel drawn to. Do your homework and make sure you've met or talked to your future teacher at least a few times so you know what you're getting yourself into.

Julia McCabe

TO APPLY: 604.902.8876 juliamariemccabe@gmail.com www.juliamccabe.com

The Art & Celebration of Yoga with Julia McCabe

200+ HR YOGA ALLIANCE CERTIFICATION PROGRAM
TEACHER TRAINING & IMMERSION OPTION

Testimonials From 200hr Graduates

"I got the yoga bite during my first class with Julia. I had been practicing yoga on and off for over ten years but never fully committed. After my "this is it!" moment in Julia's class I never looked back. Julia became my favourite teacher and I couldn't wait to get on the mat to look at her with my "what ya got up your sleeve today, Jules?" look on my face. Not long after, I approached her to see if she would create a private teacher training for me that would fit into my life of work, two small kids and practice. She agreed, and created the textbook of all textbooks! I loved pouring over mantras, yoga history, pranayama and discussing the sutras and relating anatomy to asana. Julia is a fearless teacher. She knows no bounds and most of all loves to learn her self. This inspires me to continually grow and to be fearless in my teaching. I owe so much to Julia. She created the space that allowed me to change my life. Yoga has given me the opportunity to know myself deeper and be open to new possibilities!"

- Erin Anderson, Whistler, B.C, 2010 – First private teacher trainee (Jan-April 2010), White Gold Yoga, Baptiste Teacher and Yoga Jam/Africa Yoga Project

"Alright Julia McCabe, what've you got?" I wrote this in my journal on day one. And on day 21: "OMG! Absolutely blown away. Transformed physically and mentally beyond my wildest expectation. Body aching. Mind expanding." If you're looking for a solid understanding of the history, philosophy, anatomy and practice of yoga - to become not only qualified but confident to teach and inspire and empower - you just found it.
Off. The. Chain.

- Nick Green, Bristol, England

"It's the gut wrenching, heart cracking, sweat in your eyes kinda stuff. The training is a journey through the elaborate energy that is you. You'll leave blissful, buff, and brave, knowing that yoga is always there for you. Do it. I am beyond thankful that I did and a better person because of it."

- Rose Pelosi, Arcata, California

"Yoga with Julia McCabe was a unique lesson in sweaty endurance, sweet contemplation and soulful exploration. She cultivated a relaxed and friendly atmosphere that perfectly supported the rigorous practice and study of Hatha yoga, beginning at sunup and finishing long after sundown. Regardless of whether I stumbled or found grace on my mat, she always managed to offer piercing insights, injections of humor, and interludes of peaceful mediation that steadied my resolve and nurtured my practice. Her words are profound, her practice impressive and her commitment to the Yogi lifestyle inspiring. I cannot recommend Julia's teacher training course highly enough. I promise that you will move and be moved as you never have before."

- Kim Slater, Whistler, B.C, 200 HR graduate, Nicaragua, Nov 2010

"For me Julia's immersion was the perfect place to start the never-ending journey…. She's a rebel born to teach and inspire. Her raw talent, smart tongue and pure witty wisdom continues to touch me beyond words. Transformation is Julia's forte. I loved my time at Prema Shanti - even more, I love the doors that have since opened."

- Zoey Stimpson, Whistler, BC

"When I signed up for Julia's training I had no idea we would cover such a vast territory of Yoga. To my pleasant surprise I learned, as stated in our Certificate of Completion: "Intense asana (and I don't like the word intense), pranayama, detailed study and instruction of alignment and techniques; practical and direct teaching; practice of and training in chanting, meditation, kriyas; in depth study of yogic texts, anatomy and philosophy". In reading this one might realize that the list above would be idealistic, and perhaps not doable in 3 weeks. Not the case here. Julia skillfully designed a course that is challenging on many levels, comprehensive, deep and broad in scope. The students she attracted were A+, the setting matched the excellence. This course was one of the most difficult things I have ever done, yet truly transformational in a powerful way.

What is vitally significant here is that Julia McCabe is a master teacher, actually pulling off teaching us all of the above. She has the keen insight and skill to push you to your max where you will find more of yourself than you knew you had, and the skill to give you a rest when you yourself may not know you need it. This is the mark of a great yoga teacher. I say if love yoga, long to teach or just learn more, and have the opportunity, attend one of her teacher trainings. Better yet, find the opportunity. You will find a new depth in yourself, and discover the magnificent depth of yoga. You will come home with a certificate, and a lifestyle makeover providing skills and wisdom to last a lifetime.

Thank you to Julia and all my new yoga buddies who sweat, cried and laughed with me."

- Susan "Chef Teton" Campbell, Maui, Hawaii

JULIA McCABE

TO APPLY: 604.902.8876 juliamariemccabe@gmail.com www.juliamccabe.com