
FOUNDATIONAL YOGA TEACHER TRAINING

**A 200 hour
Yoga Alliance Certification Program
through Shine Yoga School**



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WELCOME!



Hey! I'm Sara, the
founder of Shine
and your teacher.

Twenty-seven years ago, I fell in love with yoga.

Maybe you have felt this way too. At some point, your yoga class became the best part of your day or week.

It became the hour in your life that was entirely yours.

A time to challenge and quiet yourself. A time to be alone and to feel connected, all at the same time.

Maybe, like me, you went through something big in your life and found that the hour you spent on your mat changed your life off of it.

WHY I MADE THIS PROGRAM

Eight years ago I turned my life upside down and opened my yoga studio, Shine, because I felt the same call you do.

I knew deep down that I had the vision and work ethic to create and run a different kind of yoga studio. I knew I had the skills to teach and support people who needed what I had to give. A few years later, the YTT grew from that same belief.

Was I a handstanding-arm-balancing-wise-woman-yoga-queen? Not even close.



WHY I MADE THIS PROGRAM



I was forty-one when I made that decision, and had just finished a full year of every cancer treatment available to me.

I was, at that point, just breaking up the scar tissue to get my arm above shoulder height. I could barely do a downward-facing dog.

I had also moved back home after 20 years of living a very independent life, with a two-year-old in tow. I left behind all my friends, and a career that up to that point had pretty much defined me.

I had lots of bad ways of coping with stress in my day.

WHY I MADE THIS PROGRAM

Here's the truth. I wasn't ready when I started. And maybe you don't feel ready either.

I took a leap of faith, in myself and in what I had found in yoga.

It was a belief that someone else needed what I had found, and that I was the one to give it to them.


Seven years later, I've had thousands of people come through my studio and to date have trained 52 amazing people to teach purposeful, compassionate, profound yoga classes.



I made this program because I listened to myself. I trusted in my voice and in yoga and then I put everything I had into making it happen.

I made this program for all of the people who hear that same whisper and need someone to believe in them.

IS THIS YTT FOR YOU?



Do you hear that
whisper?

Maybe it's the why. You want to know what it is about yoga that gives you, well, that shine. Why do you feel connected, strong, calm, right after a yoga class?

Maybe it's that you want more of that shine in your life. You want to build a practice and a lifestyle that is integrated with yoga. You have a hunch that it will bring joy, simplicity, and healing back into your life.

Maybe it's that you are ready to give that hour to other people. You see a need and know there is something in you that can fill it, you just need the knowledge and skills to do it.

A person is captured mid-air, jumping over a river canyon. The person is shirtless and wearing dark shorts, with their arms and legs extended. The background shows a clear blue sky and green trees on the right. Below the person, a river flows through a rocky canyon, with the water reflecting the surrounding greenery and rocks. The overall scene is bright and sunny, suggesting a clear day.

SHINE YOGA
FOUNDATIONAL YTT

This program was made for people who are ready to take a leap of faith and trust in themselves.

It's for people who deep down know:
Now is the time to make a change in my life,
so I can make a difference in other people's.

WHY CHOOSE SHINE?

DIVERSITY OF LEARNING

- You will learn to teach vinyasa, alignment-based hatha, restorative, myofascial release, and kundalini yoga. Along with meditation and pranayama.
- You will learn to teach all bodies and abilities and learn techniques that supports all students from beginners through advanced.
- In addition to learning to teach group classes, you'll learn how to teach students one-on-one, in small groups, and workshops.

COMPREHENSIVE EDUCATION AND APPLICATION

- This isn't cookie cutter yoga. You won't memorize a sequence and posture names. Instead, you will learn how yoga works from head to foot, bone to fascia, nervous system to energetic maps. You'll learn the why so that you can create a yoga class that comes from you.
- This approach will give you the flexibility to meet your students' needs and adapt your teaching within each class and over your life time.

ONE-ON-ONE SUPPORT

- Included in the program are four one-on-one meetings with Sara to help answer questions and guide your path.
- A one-on-one meeting after graduation provides professional guidance.
- Availability on a daily basis before and after every class to answer questions and every other week for questions that need more time and experimentation.

WHY CHOOSE SHINE?

LEARNING-FOCUSED CURRICULUM & STRUCTURE

- You'll learn in small groups and have discussions with the larger group. This gives you the benefit of more personalized attention and the development of trust while also giving you exposure to more diverse bodies, experience levels, and ideas.
- Lectures are prerecorded and focused so that you can absorb what you learn. Application of what you learn happens in person.
- The program is systematic and includes structures for you to organize and manage what you learn.

LIFE-LONG IMPACT AND COMMUNITY

- You will have developed the Yoga Habit through the program's home practice and class requirements. This is a lifelong practice and way of living that supports your mind, body and heart. You'll have built the foundation for a yoga way of life.
- You will be able to teach donation-based classes at Shine and will get feedback from Sara.
- You will be a part of the Shine Alumni group and larger Yoga Teacher Community, which Shine supports through a virtual book club and a monthly gathering.
- You will be eligible for the Shine's Year Long Teacher Mentoring Program and have 100 hours towards Advanced Teacher Training.

WHY CHOOSE SHINE?

EXPERIENCED, WELL-TRAINED LEADERSHIP

- I've logged more than 6000 teaching hours, teaching every style of yoga.
- This is my fourth year leading Yoga Teacher Trainings and my third hybrid program.
- I've earned more than 1000 certification hours from some of the best teachers in the world, including Tiffany Cruikshank/Yoga Medicine (anatomy-based, therapeutic vinyasa), Kripalu (tantric/hatha), Jason Crandell (vinyasa), Amy Ippoliti (hatha), Teri Prinster (oncology), and Dr Ray Long (Iyengar).
- I've developed relationships with yoga teachers all over the world, which helps me to look at what I teach from a broader perspective and create innovative programming.
- I'm also very local. I've owned a highly regarded studio in the community for seven years. I know what our community needs and how yoga and yoga teachers can answer that need.
- I worked as a professional writer and developed multi-million dollar programs for ten years.
- I've been a teacher of one thing or another for over twenty years. I know how to organize and deliver information so that it really sticks.
- Like anyone who really loves to teach, what is most important to me is my students' growth and that what I'm teaching has an impact on you.

JENNI'S EXPERIENCE



"The Shine Yoga community is full of support, compassion, and love. The YTT program embraces people of all abilities, providing them with a well-rounded thoughtful education in yoga anatomy, physiology, and philosophy.

Sara (founder/teacher) leads the program through the quality of her excellent character.

Being part of the Shine Yoga Teacher Training Program in 2020 was a memorable and life-giving experience.

Sara is a natural born leader, teacher, and inspiration. As a powerful instructor, Sara packages her knowledge and expertise in a relatable way that is generous and delivered with care and support.

I have made deep long-lasting connections with other participants and community members. I feel more stable and grounded in my own practice as well as in my confidence to hold space for others."

-Jenni S

ARE YOU A GOOD FIT FOR THIS PROGRAM?

This program is unapologetically a lot.

It requires commitment of time, focus, and energy. It asks you to pay attention to everything in your life and yoga practice. It asks you to learn, notice, record, question, and create for three months straight.

It does not require that you have an advanced yoga practice or a lot of experience practicing yoga. It does not require you to be an acrobat or be in perfect shape. You do not need to be able to do every posture.

You will be learning to teach all kinds of bodies and levels of experience. The more diversity we have in our training the better.

You will be learning to pay deep attention to how your body works in a posture and that will be new to everyone.

Often, it's hardest for people who have been practicing a long time to look at postures in a non habitual way. That may be your challenge if you have a long time practice. The challenge for people who haven't been practicing long is usually strength, flexibility, and endurance, but with regular yoga practice, that comes quickly.

If you've taken any of my classes, you know that my teaching style is exploratory. Often, over a month of classes we'll look at a single pose from dozens of different focuses to support what we are learning that day. That approach requires everyone to have a beginner's mind. That's how you'll learn in the YTT.

ARE YOU A GOOD FIT FOR THIS PROGRAM?

Are you...

Curious?

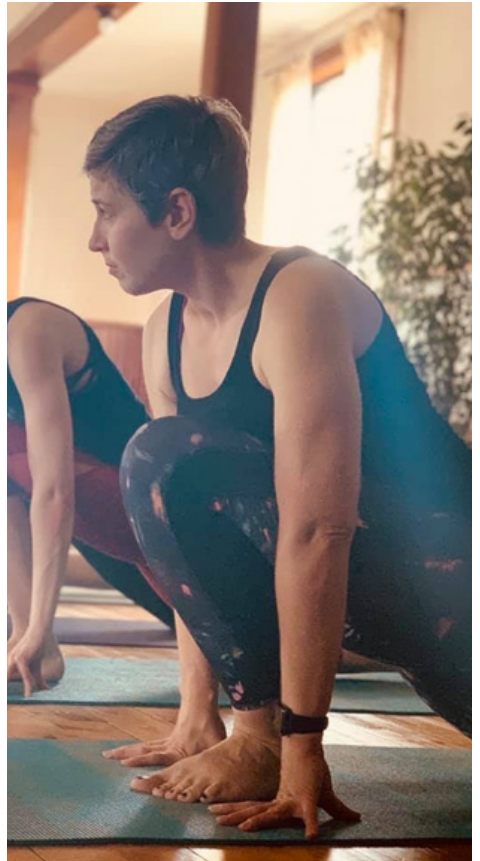
You have to be interested in learning new things and approaches.

Compassionate?

To be a yoga teacher is to be a very specific kind of leader. You will practice being a compassionate and authentic teacher by embodying those characteristics and supporting them in your fellow students during the YTT.

Dedicated?

My promise to you is that I will be there for you every step of the way. I will create a learning structure, culture, and community that supports you. But, I will ask you to be dedicated to your work; to be in it every step of the way. You owe it to yourself to do the work.



If you can commit to being curious, compassionate and dedicated for 13 weeks you are a good fit for this program, it's all you really need.

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EMILY'S EXPERIENCE



"Yoga Teacher Training with Sara was a beautiful adventure. Sara worked hard to create a program that worked for all enrolled.

She pours her heart and soul into her instruction and that was evident in her virtual and pre-recorded lectures. Sara set aside an enormous amount of time for us to not only learn the material but to also ask questions and engage in group discussion.

Videos and readings were all self-paced which allowed me to fit everything into my schedule.

You get out of the program what you put into in. With hard work, inquiry, and a teacher like Sara, there is no doubt you will come out of this program a thoughtful yoga teacher." -Emily L

CURRICULUM

WHAT YOU WILL LEARN

MODULE 1: STRUCTURES AND TOOLS

- The Program's Framework: Knowledge, Practice, Attention, Heart
- Yoga's Framework: Purpose, History and Evolution of Yoga, Yoga's Philosophical Approaches, The Great Books of Yoga, The 8 Limbs, Hatha Yoga Pradapika, Modern Yogas
- Structures for organizing knowledge

TAKEAWAYS: 1. Understanding of yoga's historical context and what it is today. 2. Have a clear structure to put your work, insights, and knowledge into.

MODULE 2: YOGA TEACHER'S TOOL KIT

- The Body in the Yoga Context
- Yoga Posture Blueprint
- Cuing
- The Body, a User's Guide
- The Bones as Direction and Anchor
- Class Application
- Finding and Using Muscles in Yoga Postures
- Class Application
- Understanding and cuing rotation, muscle pairing, engagement, length, and gravity.
- Class Application
- The feet, hips, center, shoulders
- Class Application for each
- Language and Voice
- Yoga Posture Blueprint Revisited

TAKEAWAYS 1. Understand anatomy and movement. 2. Understand how to use language and knowledge of the body to guide students into and out of postures. 3. Cue for curiosity and exploration at all levels of learning and ability. 4. Understand how to use voice and language to inspire and impact mood.

CURRICULUM

WHAT YOU WILL LEARN

MODULE 3: THE MIND BODY CONNECTION

- The mind in yoga
- How the body influences the mind and the mind influences the body
- Bridge #1: Fascia
- Class Application
- Bridge #2: The Brain and Nervous System
- Class Application
- Bridge #3: Breath
- Class Application
- Bridge #4: Stillness
- Class Application
- Bridge #5: Movement
- Class Application
- Bridge #6: Energetic Maps

TAKEAWAYS 1. Understand the power of the mind and body in yoga and your students' lives. 2. Learn to teach and integrate techniques into classes that impact student's experiences.

MODULE 4: YOGA PHILOSOPHY AND MODERN APPLICATIONS

- Union
- Dualism
- Liberation
- Applying Philosophical Concepts to Classes

TAKEAWAYS 1. Apply essential yoga concepts to modern practices and lifestyles. 2. Begin to connect ideas and thoughts to asana, meditation, and pranayama.

CURRICULUM CONTINUED

MODULE 5: SEQUENCING WITH PURPOSE

- Different styles of yoga
- Approaches across all styles--class structure, tempo, connecting postures, breath.
- Hatha Yoga
- Vinyasa Yoga
- Yoga Styles for our Times: Yin, Restorative, Kundalini
- Creating your class
- Theming and teaching for a purpose

TAKEAWAYS 1. Understand the many "yogas" and what is essential to each of them and what is common across all of them. 2. Know the structure of a yoga class, the reason for each element and how to integrate different styles within a singular structure. 4. Use the yoga class structure and elements to teach something specific and important to you and your students.

MODULE 6: RECAP OF ESSENTIAL ELEMENTS OF TEACHING YOGA

- Technique
- Meaning
- Body Awareness and Ownership
- Voice
- Mood

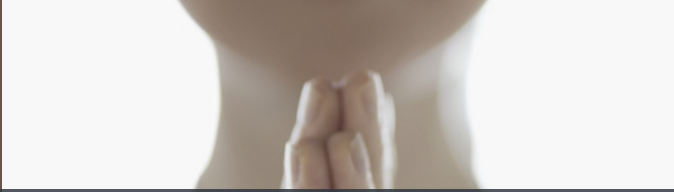
TAKEAWAYS: Ability to integrate essential elements into your class

MODULE 7: TEACHING WITH HEART

- Being a yoga leader
- Boundaries, vulnerability and ethics
- Professionalism
- Taking care of Yourself
- Keep Learning

TAKEAWAYS 1. Take the time to look at your strengths, vulnerabilities, and what you want to offer. 2. Be a professional and a compassionate and kind teacher by setting up boundaries. 3. Learn to teach from your heart, but for your students rather than for yourself. 4. Learn other ways of teaching yoga beyond the group class.

KELSEY'S EXPERIENCE



"At first, I was not 100% confident participating in a yoga teacher training, I didn't have a life-long yoga practice or too much background knowledge about yoga. I didn't know the names of all the poses.

My experience with Shine's YTT was unique and beautiful, and I would do it again in a heartbeat. Sara is a brilliant, compassionate teacher and Shine is a safe space for all types of yogis.

Beginning with the basics settled nerves early on in the training, then transitioning to more in-depth content, and finally joining together with other participants in person made for a special experience.

Having the ability to learn at my own pace via the online workshops, classes, and clinics made it easy to fit into my schedule.

In addition to the yoga classes offered by the professionals at Shine and the comprehensive teachings of anatomy, philosophy, mediation, language, history, and yoga poses, was the opportunity to talk to each other daily, to get to know each other, and just be yourself.

I began practicing teaching early on in the training, beginning with one pose, then three, and then advancing each time. This made it easier in the end as I approached my final teach. Overall, my experience in the YTT was enlightening, versatile, and very much worth the time and work. It made me a better practitioner of yoga and a more mindful and knowledgeable person. "

-Kelsey Z.

APPROACH

HOW YOU WILL LEARN

IN PERSON SESSIONS

- Four 8-hour weekends for hands on learning
- 1.5 hour application session every-other-week
- Participants are divided into two cadres or small groups who meet on different weekends and weekdays to support small group learning, build a trusting community, and make it easier for you to fit the YTT into your schedule.

ONE-ON-ONE TIME

- Four one-on-one sessions with Sara to guide your process and support you after graduating from the program.
- Access to Sara before and after all live-streamed and in studio classes
- Questions answered in every-other-week application sessions.

RECORDED LECTURE

- Organized virtual learning platform so you can learn at your own pace and your own time within the framework of the program.
- See easily and clearly how all elements of the program are connected.
- Designed to keep you on track, while giving you the flexibility to learn when it is the best time for you.
- Takes into account virtual (and general) learning attention span, learning styles, and provides direct application
- Powerpoints, physical demonstrations, quizzes, required classes, home practice prompts, the manual, workbook, and in-person application sessions support lecture content.

HOW YOU WILL LEARN CONTINUED

THIRTY-ONE LIVE STREAMED AND RECORDED POSTURE CLINICS

- Learn postures along with cuing, anatomy, application, posture family and modifications, then immediately teach a partner to cement the concept of 45 postures.
- Two to three postures are scheduled each week and recorded so that you can watch the content and practice individual postures again and again.
- The entire group (both cadres) learn and practice in the posture clinics to support teaching a wider variety of bodies and levels.

VIRTUAL BOOK CLUB EVERY OTHER WEEK

- We will read 4 books to support key concepts in yoga as they pertain to modern life and meet as a whole group (both cadres) to discuss them.

THREE YOGA CLASSES PER WEEK

- One required class each week will be prerecorded and pertain directly to what we are focusing on that week. A talk through of the class is also included.
- Two classes of your choice
 - Unlimited yoga through Shine is included in your tuition.
 - The classes you take can be virtual or in person.

FIVE HOME PRACTICES PER WEEK

- Exploration, application and self-care on the mat is the great secret to fresh, enjoyable teaching and self-discovery.
- Helps you to structure your life and begin to live a more yogic lifestyle.
- You will have guidance for every home practice session so you will never feel lost

COMPREHENSIVE MANUAL AND WORKBOOK

- Provides comprehensive notes to support and structure materials.

BARB'S EXPERIENCE



"I love to learn and the YTT seemed like an exciting opportunity to expand my interest in yoga.

I was in the habit of allowing my age to define me but Sara encouraged me, not only putting to rest my fear of being "too old" but allaying my worry that I didn't have the flexibility or mobility that I perceived I needed.

I am so grateful for Sara's motivating words, which were the deciding factor in enrolling in YTT.

I made wonderful friends and beyond that a strong sense of a supportive community during my Shine experience.

And my self confidence and physical abilities have expanded way beyond what I thought was possible. Yoga is a permanent part of my life now, so necessary for my personal growth, both spiritually and physically."

-Barb W

YOU WILL GRADUATE WITH

CONFIDENCE

You, like most people, will likely start the program unsure of your abilities or nervous about teaching in front of a group of people. Nearly every one who starts the YTT has these same fears. Many students start the program deciding they are "just doing it for themselves." But by the end of the program you will want to teach, like 90% of our graduates. You will be confident in your skills and confident that there are people in the world who need what you have to offer.

SKILL

You will know exactly how to structure a class, exactly how to cue postures, exactly how to support a mood and energy, exactly how to weave a deeper theme into a class. And you will have extensively practiced these skills.

FLEXIBILITY

And I don't mean the physical kind (though you'll graduate with more of that too). You will have the ability to build the kinds of classes you want to teach, with a specific goal and purpose supported by the structure and technique you learn in the training. You'll also graduate knowing how to teach a wide variety of styles and with the ability to teach private sessions and ideas about structuring retreats and special classes.

STRENGTH, ENDURANCE AND YEA, THAT KIND OF FLEXIBILITY

By the end of 13-weeks you will be physically stronger and more flexible. You'll have done things physically that you didn't think you could do. You will feel at home in your body. Regular practice just gives us this.

YOU WILL GRADUATE WITH

CONNECTION

You will feel more connected to your self. You will have given your self the great gift of 13 weeks of paying attention and giving yourself uninterrupted time. You will also be connected to a community of like-minded people who often become life-long friends.

STRUCTURE

I really want to say more joy because that's what building a structure like the one you will build in the YTT has brought me. You will have practiced a yoga lifestyle for 13 weeks. You will have started a deep habitual groove (more on this when we get to the nervous system) in your brain. Now it's up to you to keep it going.

CERTIFICATION

Yes! You will be a certified yoga teacher at the end of this program and be eligible to become a Yoga Alliance Registered Yoga Teacher (RYT). Plus you will have 100 hours in your pocket towards Shine's advanced Teacher Training.

CONNIE AND CHRISTINA'S EXPERIENCE

"I know so many cues for each pose that I can pick and choose what I want to get out of a pose. I know the benefits of each pose and how to design a sequence for a certain feel, effect and anatomy benefit. I know modifications and when to cue them.

You will learn so much about yourself and how you relate to others on and off your mat. If you do plan on teaching, Sara will support and guide you through the process until you feel confident. This training is for everybody. "

-Connie L.



"As we all entered the unknown world of virtual learning, Sara was there to guide us patiently every step of the way. Sara provided me with a wealth of knowledge and confidence to create and teach my own classes with grace and heart."

-Christina P

FREQUENTLY ASKED QUESTIONS

What does Hybrid mean and why is our course structured that way?

Hybrid means that some of the elements of the training aren't in person. We have some in person components, some recorded components, and some live streamed components. There are a few reasons I decided to keep this structure after I was forced to create it by the pandemic in March 2020. The first, and most important reason is that for adults, it's a better way to learn. Yoga Teacher Trainings were structured as intensives. It's how I did my yoga teacher certification at Kripalu--8 hours of instruction every day for nearly a month. It's not surprising that I didn't retain a lot. It's not how we learn best. When I have you in person I want you to be applying the knowledge you gain through 20 minute virtual lectures you watch when its the best time for you to learn.

How long do I have to have been practicing yoga to do the YTT?

There's no time requirement. Beginners are my favorite people to teach and while students who've taken a lot of classes from me over the years will have a little leg up on people who haven't taken any, I prioritize a willingness to learn over experience. It truly comes down to curiosity, compassion and dedication, which anyone can have.

FREQUENTLY ASKED QUESTIONS

I have an injury or chronic illness. Will I be able to keep up?

My cancer and all the effects of it in my last 10 years as a survivor have been my greatest teacher. Both truly taught me how to use my body and showed me my resilience. The yoga teacher training I did as a student with a broken wrist was the one I learned the most in. I couldn't do most postures, but I observed how everything was taught. This training will teach you to use what you have to your advantage and an injury or illness can be an asset to a teacher who pays attention to her experience. Sitting out classes allows you to analyze them and take more notes. Your injury or illness also builds compassion for all the other people (your students) who are living with pain and injuries.

200 hours is a lot of time. What's the time commitment here? Do I have to take time off of work?

The training is a lot, but no you don't have to take time off. The hybrid program helps to support you doing the program when it works best for you and I'm even making the bulk of the recorded content available September 23rd so you can get a jump on it.

How long do I get access to the content?

Forever. I want you to be an amazing teacher and I want you to keep growing after you finish the training. I want you to go back and watch content again and again.



MORE ABOUT YOUR TEACHER

You've already heard a lot about me in this overview of the teacher training program and in lots of ways why I made the program and how I teach it says more than anything else.

I'll include some more information on my credentials and professional experience as it applies to creating, leading, and teaching the YTT, but first, here are a few things I believe.

- It is an honor to be a teacher. Of all the things I do, it's what I'm most proud of.
- All good teachers care about one thing: their student's growth. Everything they do should revolve around helping their students succeed.
- Living a yoga life and sharing it will change your life for the better.



Yoga Certifications: ERYT-500
200hr Kripalu School of Yoga,
300 hr Yoga Medicine
300hr Jason Crandell Yoga
Method.

Certified in Oncology Yoga
through Yoga 4 Cancer
Certified Yoga Medicine
Therapeutic Specialist with
specialties in Yoga and the
Nervous System, Women's Health,
Function and Disfunction of The
Spine, Shoulder, and SI Joint,
Myofascial Release, Meditation,
and Yoga for Athletes.
Certified in Plant-based Nutrition
through Cornell University.

SARA'S PROFESSIONAL EXPERIENCE RELEVANT TO CREATING AND TEACHING THE YTT

I had my first real teaching job in 1997 at Buffalo's Theatre of Youth. I ran their summer program and taught kids acting skills.

The next year, I started teaching Intro to World Mythology classes at Rutgers University, while in graduate school for Comparative Literature. A few years after that, I started teaching Writing and Composition to Freshman at The University of Oklahoma and a few years after that to Freshman at Texas Tech University, where I got another master's degree, this time, fortuitously, in Technical Communication.

Interestingly enough, while at OU in 2001, I developed an online humanities program for rural students. It was the first of its kind.

I worked as a professional writer and program developer for more than ten years. I still work as a consultant on large federal grants, marketing writing, and PR.

In 2014, I started a blog called My Careful Joyful Life After Cancer and started a seasonal cancer prevention program I called The Jumpstart, which I still run seasonally.

In 2015, I opened Shine Yoga in a chiropractor's office and taught 23 classes each week by myself (sometimes to one person). A year and a half later, I moved into The Grange and lead as many as 10 teachers and taught mostly a lot more than one person in each class..

In 2019, I held Shine's first Yoga Teacher Training program.

And now in 2022, we begin our next chapter as we reopen in our new space.



READY? HERE'S HOW TO GET STARTED

The **FIRST STEP** is to fill out the brief application form.

Once I receive that I'll contact you and set up a time to zoom.

We'll use our half hour meeting to answer any questions you have and I'll tell you more about the program.



NEXT STEPS



After we meet, I'll send you a few things, including:

- A detailed curriculum outlining exactly what we will do each week, the goals for each thing we cover and my estimates for ideal time commitment.
- A link to access a bunch of recorded yoga classes so you get an idea of how I teach and what I'll be teaching you.
- If you are accepted into the program I'll send you an acceptance letter with your book list and payment links.

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THANK YOU!

I can't wait to support you on this journey. If you think you are ready, but aren't sure, send me an email. I would love to talk to you or answer and questions you have.

With love,
Sara and Shine YTT

