



YOUR TEACHER:

Karen Miscall-Bannon began her yoga studies in 1985 with Eddie Modestini, and studied with Patty Townsend at the Yoga Center Amherst from 2001-2012, where she became certified at the 200-and 500-hour levels in Embodiyoga®, and is certified at the E-RYT 500-hour level by Yoga Alliance. She led 200-hour teacher trainings starting in 2009 in Newington, CT and has taught in the YCA's 200-and 500-hour trainings since 2004. She recently relocated to CA and is thrilled to bring her work to the Northern CA community! She has studied Iyengar, Ashtanga Vinyasa, and Maya Yoga, as well as Embodiyoga®. Karen has extensive knowledge of anatomy, with a focus on yoga therapeutics, stemming from her bodywork practice of over 12 years. Karen brings a deep love of yoga and yoga philosophy to her teaching, and is known for being able to make abstract concepts accessible to her students. She gratefully brings what she has learned from her teachers and her own practice to her students, to assist them in deepening their awareness of body and mind through the practice of yoga.

WHAT IS EMBODYOGA?

Embodiyoga® is a radical and inclusive approach to the ancient science of Yoga. It is an evolving tapestry, woven from the deeply healing, therapeutic, and spiritual essence of Yoga, and cutting edge studies in the field of body-mind-consciousness. Embodiyoga® is a whole-person experiential investigation into, and enlivening of, cellular awareness. Through inquiry and relationship we actively engage with all aspects of self and the environment in which we live. Our inquiry reveals direct perception and authentic experience of our True Nature.

HOW DOES IT WORK?

Embodiyoga® embraces a Tantric philosophical view of our bodies. We study our personal body-mind system as a microcosm of the Universal Whole. We explore our body's structures and consciousness through embodied asana, pranayama, and meditation. We investigate the personal as well as the Universal using the tools of radical self-acceptance and discriminative mind.

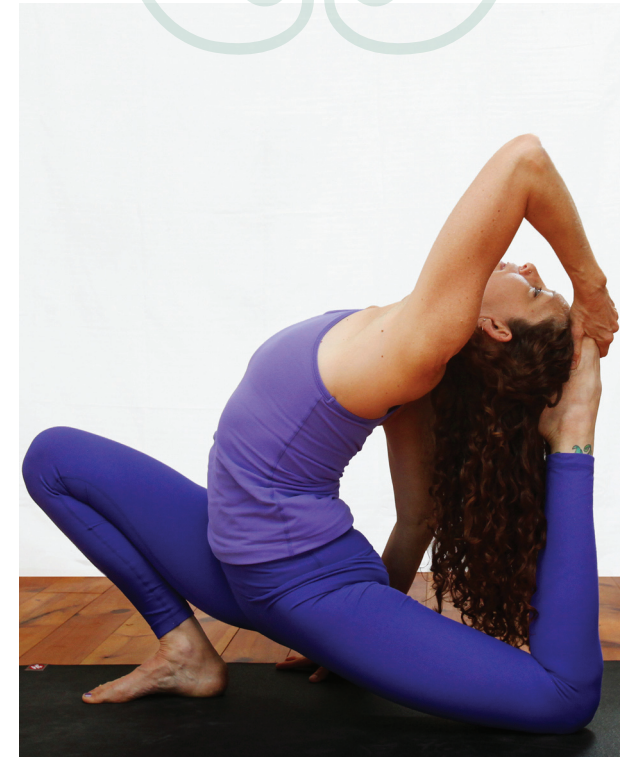
CELLULAR AWAKENING

Inviting insight into our true nature we begin to notice that we are awake and alive at every level of our being. Cellular awakening alters our perception of self, the world, and our place in it. We spontaneously recognize that as we are, so is everything else. The embodied recognition of Unity provides profound inner comfort and nurtures trust in the natural order of things. Our relationships become based on commitment, respect, and love.



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500 HOUR TEACHER TRAINING with Karen Miscall-Bannon



Yoga Alliance Certified

at
leap

DATES & TIMES

Fridays 6:00 - 10:00 pm
Saturdays 11:00 am - 3:30 pm
(break) and 5:30 - 8:30 pm
Sundays 11:00 am - 3:30 pm

on the following weekends:

MODULE 1

- June 28-30
- July 26-28
- August 16-18

MODULE 2

- September 13-15
- October 11-13
- November 22-24

MODULE 3

- December 13-15
- January 17-19, 2014
- February 14-16

MODULE 4

- March 21-23
- April 25-27
- May 16-18

MODULE 5

- June 20-22
- July 18-20
- August 15-17
- Additional weekend TBD

PREREQUISITES:

This program is open to anyone with 200-hour teacher training experience. The program is certified by Yoga Alliance and provides the additional 300 hours required for 500-hour certification. Students who have been teaching for a year or more without 200 hours of training may apply and be interviewed.

MODULES

MODULE 1

Blueprint for Optimal Movement 1: Cellular Breathing – Navel Radiation | Principle of a Quiet Spine | Discriminating Core & Periphery – Finding Union | Standing Postures 1 – Our Foundation: Pelvis, Legs & Feet | Surya Namaskar: Sun Salutations & Vinyasa | Skeletal Structure | Ease in the Ilio-psoas Complex | Yield and Push of the Legs | Inversions 1: Shoulderstand & Handstand | Pranayama 1: Ujjayi

MODULE 2

Standing Postures 2 – Dynamics & Alignment, Integrating Upper & Lower Body | Ribs, Shoulder Girdle, Arms and Hands: Alignment & Integrated Movement | Yield and Push of the Arms | Lower Back Fundamentals: Sacroiliac & Lumbar Health | Standing and Supine Forward Bends | Lungs, Conchas of the Nose & Breathing Diaphragm | Embodying Organs & Glands | Breath in Asana Practice | Patanjali's Eight Limbs of Yoga

MODULE 3

Principles of Backbends 1: Organ & Glandular Support | Arm Balances 1 | Twists and Hip Openers 1 | Inversions 2: Headstand and Shoulderstand Cycle | Savasana | Pranayama 2: Viloma, Prana Vayus | Bandhas – Integrating Core | The Kosas: Spiralic Sheaths of Awareness The Systems of Yoga

MODULE 4

Blueprint for Optimal Movement 2: Spinal Patterns | Integrated Whole Body Movement in Yoga Practice | Precision Vinyasa — Flow and Hold Balancing Sympathetic & Parasympathetic Nervous Systems | Temporal-Mandibular Joint, the Skull and Palate | Backbends 2 | Twists, Hips and Arm Balances 2 | Pranayama 3: Nadi Shodhana and Kumbhaka | Restorative Yoga | Chakras, Nadis and Kundalini | Tantra Yoga: The Expression of Life Lived in Fullness

MODULE 5

Yoga Nidra: Tantric Technique for Deep Rest | Deepening your Personal Practice | The world of Fascia: supportive structure and nadis Principles of Observation, Instruction, Demonstration & Touch | Art and Science of Sequencing | Weaving information into the vinyasa framework | Using the full-body template in your practice and classes. Make it simple! | Integrating information from previous modules

CONTINUING THROUGHOUT ALL 5 MODULES:

In-depth study of Yoga Sutras of Patanjali, Hatha Yoga Pradipika, and Bhagavad Gita.

PACKAGE OPTIONS

Individual Modules are \$800 each. All five Modules for \$3500.