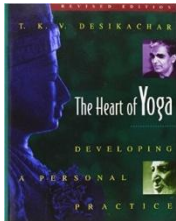


# Book Requirements:

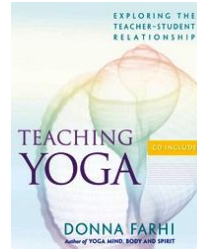
(Student Manual, Yoga Terms Manual and Asana Manual are included in tuition only)

The books below are your responsibility to purchase.

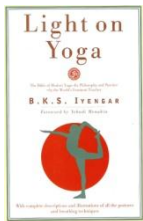
- i. The Heart of Yoga –  
T. K. V. Desikachar



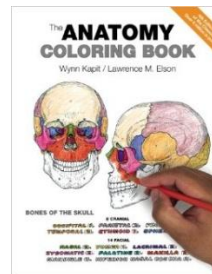
- v. Teaching Yoga – Donna Farhi



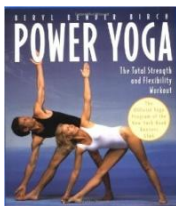
- ii. Light on Yoga –  
B. K. S. Iyengar edition



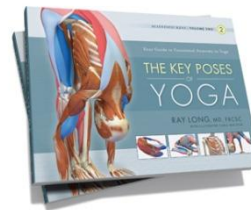
- vi. Anatomy Coloring Book (4th) – Wynn Kapit/Lawrence Elson



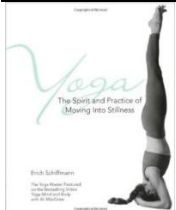
- iii. Power Yoga –  
Beryl Birch Bender  
(not Beyond power yoga)



- x. Key Poses of Yoga: Bandha Yoga (via our website)



- iv. Yoga: Spirit and Practice of Moving Into Stillness- Schiffman



- vii. Subscription to Gaiam TV at...<http://www.gaiamtv.com>  
(weekly assignments)



- viii. Three Ring, 2 1/2 inch binder with 7-10 dividers

**Upon registration, homework assignments for Weeks 1 & 2 will be provided to you so you can get a jump start!**

# **Course Manual/Asana Manual/Yoga Terms Manual** **Included in Course Fees**

## **Also Required to complete certification:**

- a. Karma Yoga – 9 hours minimum Volunteer Service
- b. Student assisting & teaching internship with certified E-RYT - 10 hours

**All trainees will receive 10% off group class packages & shop items throughout the course** until date of completion (this does not include extensions due to missed modules)

## **Our Expectations**

- Your physical and mental presence during your training sessions.
- Your commitment to accepting honest constructive feedback regarding your asana alignment, teaching practice and progress through the anatomy and posture clinic material. You must be willing to take all information and apply it to your work to the best of your ability. This training is not about learning to instruct a class...it's about learning to access your teacher within to help others do the same.
- To be self accountable for feeding and hydrating yourself appropriately while practicing. We strongly encourage you to disclose (in a confidential manner) all injuries or health issues you may have.
- The deepening of your practice is inevitable, but also possible through a regular practice over several years. The changes that your body, consciousness and health will undergo while participating in a training program are the tools you will use to motivate your students in the future.

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In order for each trainee to receive the greatest benefit from the structure of our curriculum, Tree of Life reserves the right to cancel/postpone training if a minimum of 6 enrollees for any particular training session is not met. A full refund will be provided if training is postponed to a later date or payment can be applied to future session if desired.