



BARKAN METHOD 26 & 2 TEACHER TRAINING

TRAINING DETAILS:

- Investment Options:**
- 1) \$3,999: Paid in full by December 15, 2018
 - 2) \$4,250: Two payments of \$2,125 - December 15, 2018 and January 30, 2019
 - 3) \$4,500: One payment of \$2,250 by December 15, 2018 and four additional payments of \$562.50

Dates: February 17, 2019 – March 9, 2019

Location: Ocean Sky Resort
4060 Galt Ocean Dr.
Fort Lauderdale, FL 33308

About:

Congratulations on taking the first step in becoming a 26/2 Hot Yoga Teacher!

Join **Jimmy Barkan** and **Jessica Gardner** on sunny Fort Lauderdale Beach! For the first time in 25 years Jimmy Barkan is offering this highly specialized Teacher Training. Jimmy Barkan is Bikram Yoga's most senior Teacher was the only one beside Bikram Choudhury allowed to certify Teachers in what is now known as the 26 posture 2 breathing exercise sequence! Here you will dive into teaching methods, communication skills, posture alignment, Sanskrit, anatomy and yoga philosophy/history — making this training course a fully immersive experience that reaches to every aspect of your teaching. Get in touch with us today to sign up for the next Fort Lauderdale 26 & 2 training!

Jimmy Barkan has been training Hot Yoga Teachers since 1988. He opened his studio in Fort Lauderdale in 1983 and has trained over 1500 teachers in the Barkan Hot Yoga Method and his 5 famous Hot Vinyasa sequence, which is rooted in our lineage from Calcutta, India. He is a teacher of teachers.

Jessica Gardner's first teacher MaryAnn Nassa was a graduate of Jimmy Barkan's 26 & 2 Teacher Training, and later went on to complete Bikram Yoga's Teacher Training in 1994. Jessica completed Bikram Yoga's Teacher Training in 2007, and in 2016 was certified in The Barkan Method Level II/III Hot Vinyasa Training. Jessica went on to become a member of The Barkan Method Senior Staff. Jessica opened Voorhees Hot Yoga Center in 2010 and has trained over 10 teachers to be viable members of the yoga community. Some have moved on to own yoga studios. Jessica is well versed in pregnancy yoga after having twins and a singleton and using yoga as a healing modality for mind, body, and spirit.

THE PREREQUISITES FOR THIS COURSE ARE:

Six-Month Consistent Yoga Practice

Letter of Recommendation from a Certified Yoga Teacher

Participants must be 21 years or older and be in good physical condition

CURRICULUM:

HISTORY OF YOGA

- Pre-Classical
- Classical
- Post-Classical

PATANJALI'S 8 LIMB PATH

- | | |
|-------------|--------------|
| ● Yama | ● Pratyahara |
| ● Niyama | ● Dhyana |
| ● Asana | ● Dhyana |
| ● Pranayama | ● Samadhi |

CHAKRA SYSTEM

- | | |
|---|-----------------------|
| ● Integrating the 7 Chakra's into your yoga practice and teaching | ● Heart Chakra |
| ● Crown Chakra | ● Solar Plexus Chakra |
| ● Third Eye Chakra | ● Sacral Chakra |
| ● Throat Chakra | ● Root Chakra |

TEACHING SKILLS

- Voice projection: Using the voice to inspire and direct energy
- How to encourage and correct
- Anatomy and physiology
- Student-Teacher relationship: How to connect with all students
- Sanskrit: Discover the linguistic roots of Yoga

Trainees will undergo individual evaluations throughout the training.



DAILY SCHEDULE:

MONDAY – FRIDAY (TIMES ARE ALWAYS SUBJECT TO CHANGE):

- 7:00 am – Beach Meditation
- 8:00 am – Hot 26 + 2 Class with Jessica
- 11:30 am – History of Yoga with Jimmy
- 1:00 pm – Posture Clinic
- 3:30 pm – Hot 26 + 2 Class with Senior Staff or Trainees
- 6:30 pm – Coaching and Group Teaching Practice

SATURDAY (TIMES ARE ALWAYS SUBJECT TO CHANGE):

- 7:00 am – Beach Meditation
- 8:00 am – Hot 26 + 2 Class with Jessica
- 12:00 pm – 2:00 pm – Posture Clinic

SUNDAY (TIMES ARE ALWAYS SUBJECT TO CHANGE):

Day Off

READING MATERIALS:

REQUIRED READING:

- [Barkan Method Hot Yoga DVD](#)
- [The Yoga Tradition: Its History, Literature, Philosophy and Practice](#)
- [The Encyclopedia of Yoga and Tantra](#)
- [Autobiography of a Yogi: with bonus CD](#)
- [The Key Muscles of Yoga](#)
- [Bikram's Beginning Yoga Class](#)

RECOMMENDED READING:

- [The Complete Illustrated Book of Yoga](#)
- [Anatomy of the Spirit: The Seven Stages of Power and Healing](#)
- [Journey to the Heart: Daily Meditations on the Path to Freeing Your Soul](#)
- [Anatomy of Hatha Yoga: A Manual for Students, Teachers, and Practitioners](#)
- [Light on Yoga: The Bible of Modern Yoga](#)
- [Tantra: Path of Ecstasy](#)
- [Anatomy for Yoga with Paul Grilley](#)



TERMS AND CONDITIONS

Jimmy will personally review all applications. Upon acceptance to the training we will send you an email confirmation and require a \$500 non-refundable deposit. Submitting your application shows you have read and agree to all the requirements for the program. You will not officially be enrolled until we receive your deposit, and a letter of recommendation from a certified yoga instructor. Full tuition is due four weeks before the training. We are unable to offer refunds within three weeks of the training. Curriculum: You must meet all of the application requirements and fully participate in each and every aspect of the training. All participants are required to be on time, attend every class and event with an open mind and open heart. Continuing Education: Continuing education is an important aspect in any career. It keeps you up to date and refreshed. You will inspire your students as well as yourself when you continue to grow and learn. Graduates will be required to submit a renewal application by the 31st of July of every two years along with a \$25 annual processing fee.

LEVEL I AND LEVEL II CONTINUING EDUCATION REQUIREMENTS

In order to keep your Barkan Method Certification current all graduates are required to participate in one CONTINUING EDUCATION PROGRAM at least every other year. Jimmy or Jessica must conduct the program. Regular classes with Jimmy or Jessica do not count towards your continuing education requirements. The required programs include posture and teacher clinics. The most important and effective continuing education programs are the Level II/III Teacher Trainings. We recommend that you participate in one Level II program per year. Returning graduates of Level II training participate at half price.

Re-visiting at least 2 posture clinics with Jimmy Barkan (or a total of 4 hours at the Level I Training Posture Clinics) will also count and your participation is always welcome and free of charge. Graduates are required to make a reservation in advance when they will be attending the Level I Clinics.