



BARKAN METHOD 26 & 2 TEACHER TRAINING

TRAINING DETAILS:

- Investment Options:**
- 1) \$3,600.00 Paid in full by January 15, 2019
 - 2) \$3750 Two payments of \$1875.00 - January 15, 2019 and February 28, 2019
 - 3) \$3999.00 One payment of \$2000.00 by January 15, 2018 with four additional payments of \$399.80 Final Payment by April 1st. 2019
 - 4) \$3999.00 after January 15th. 2019.

Dates: March 13-23 109 & April 4-13 2019: Participants must complete both sessions.

Location: Steamtown Yoga
121 North Washington Ave.
Scranton, Pa. 18503

About:

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

Join **Jimmy Barkan** and **Lara Alexiou** for this life changing experience!

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. Barkan was Bikram Yoga's most senior teacher for over 18 years!

Lara Alexiou: formally trained and certified with Bikram 2003, Jimmy Barkan 2008 & 2013, and Zen Wellness in Yoga and Qigong. Lara completed the 1000 Hour course requirements recognized by the National Qigong Association to become a Zen Wellness Medical Qi Gong Director and in 2017 she was awarded the "Doh Yi Masters Certificate" recognizing her for the completion of 10,000 hours in Qi Gong Training. She brings a unique complimentary blend of knowledge that bridges Ghosh Yoga and philosophy with Traditional Chinese Medicine.

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

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):

To be announced!

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.