



## 26 & 2 TEACHER TRAINING – VOORHEES, NJ

### TRAINING DETAILS:

**Investment:** Before November 1st 2019 - \$3,700.00

After November 1<sup>st</sup> 2019 - \$4100

Payment Option:

- a) \$3,700.00 paid in full by November 1<sup>st</sup> 2019
- b) Two payments of \$1,400.00. First payment by November 1st. Second payment by December 1<sup>st</sup>.
- c) Deposit \$500.0 by November 1st. Pay \$1400.00 30 days later. Then pay Monthly installments of \$550.00

**Dates:** 6 Weekends over 6 Months:

- January 10-12 2020
- February 7-9 2020
- March 6-8 2020
- April 3-5 2020
- May 1-3 2020
- June 5-7 2020

**Location:** Voorhees Hot Yoga Center  
9107 Town Center Rd  
Voorhees, NJ 08043

### About:

Join Jessica and Jimmy Barkan as they come together in this hot yoga Calcutta lineage base teacher training. Learn alignment, anatomy, modifications, 60, 75 and 90-minute sequences, and how to connect with your individuality and teaching style in the room.

Learn from Jimmy Barkan and his 35+ years of yoga experience. Jimmy Barkan is a Master Yoga Teacher certified by **Ghosh's College of India, Calcutta, India** in 1981. One of the pioneers of Hot Yoga in the United States, Jimmy practiced daily under the guidance of Bikram Choudhury as his most Senior Teacher, an accomplishment very few have since obtained. Since 1986, Jimmy has certified over 1500 Bikram and Barkan Method Teachers. Jimmy's experience in teaching for over 37 years, along with his experience as a performer on stage, helps him direct trainees to become better communicators and yoga teachers. Teachers will have a sense of confidence and



accomplishment upon completing his training and Jimmy's unique background creates an experience you will not find elsewhere.

Learn from Jessica Gardner who established The Voorhees Hot Yoga Center in 2009 and lived in Voorhees, NJ for 10 years. As well as having twins and singleton she has been involved with yoga since she was 19. She graduated from Bikram's Teacher training in 2007, is a 500hr Barkan Teacher and a 15,000hr Master Yoga Teacher with the Australian Yoga Alliance. "Movement is medicine. Moving your body systemically with yoga helps heal mind and body making it one of the most efficient healing modalities created" Jessica

Complete two classes daily taught by Jessica each weekend and commit to doing something that will help you deepen your connection to yourself and a history that spans generations. Jimmy Barkan will delve into the history of yoga, our lineage connecting from Bishnu Ghosh to Mahavatar Babaji, and Sanskrit terms and definitions. Both Jimmy and Jessica will co-teach posture and teaching clinics.

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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
- Niyama
- Asana
- Pranayama
- Pratyahara
- Dhyana
- Dhyana
- Samadhi

### CHAKRA SYSTEM

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

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### FRIDAY'S (TIMES ARE ALWAYS SUBJECT TO CHANGE):

4:30 pm – Hot Yoga Class

7:00 pm – 9:00 pm – History and Lecture

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### SATURDAYS

8:00 am – Hot Yoga Class

10:30 am – 12:30 pm – Posture Clinic

12:30 pm – 1:30 pm – Lunch Break

1:30 pm – 4:00 pm – Posture Clinic

4:00 pm – 5:30 pm – Hot Yoga Class

5:30 pm – 6:30 pm – Dinner Break

6:30 pm – 9:00 pm – History and Lecture

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### SUNDAYS

8:00 am – Hot Yoga Class

10:30 am – 12:30 pm – Posture Clinic

12:30 pm – 1:30 pm – Lunch Break

1:30 pm – 4:00 pm – Posture Clinic

4:00 pm – 5:30 pm – Hot Yoga Class

READING MATERIALS:

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RECOMMENDED 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](#)

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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.

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### 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.