



## LEVEL II/III TEACHER TRAINING AND YOGA IMMERSION!

### TRAINING DETAILS:

**Investment:** \$1,500 (USD)

**Early Bird Discount: \$1300 if paid in full by January 15<sup>th</sup> 2021**

**Special Offer: Half Price (\$750) For Returning Barkan Method Level II/III graduates!  
\$650.00 if Prepaid in full by January 15th, 2021**

**Dates:** March 21<sup>st</sup>-26<sup>th</sup> 2021

**Location:** 2420 S. Croatan Hwy. Nags Head, North Carolina 27959

**About:** Call us at 954-563-0488 or 954-683-2899 to arrange payment. You can also send a check made payable to "Yoga College" 2370 North Federal Hwy. Fort Lauderdale, Fl. 33305

Teaching yoga teachers is something we do not take for granted. It is a responsibility that cannot be taken lightly. There are too many teacher trainings programs out today lead by instructors with limited experience. This is what sets The Barkan Method apart. Jimmy has been practicing since 1980, was the only teacher allowed to certify Bikram Yoga Teachers besides Bikram! Jimmy started his own style of Hot Yoga called The Barkan Method back in 2002 and began his very own Teacher Training program after 22 years of teaching! Barkan has lead over 30 Level I and over 25 Level II/III teacher trainings with well over 1500 graduates who are now teaching all across the world. There are Barkan Method teachers and studios in: Australia, New Zealand, China, Japan, Thailand, Hungary, Vienna, Switzerland, France, England, Iceland, Greenland, Norway, South America, Costa Rica and of course the United States!

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#### THE PREREQUISITES FOR THIS COURSE ARE:

- Certified yoga instructor from a 200-hour Teacher Training in the Barkan Method or a similar style of Hot Yoga OR an advanced student with a letter of recommendation from a certified teacher.
- One year minimum yoga practice.
- Must be 21 years or older unless highly recommended by a certified yoga teacher.

CURRICULUM:

**Option #1 - Must Already be a 200 Hr. Certified Instructor**

Earn your certification to teach The Barkan Method Hot Vinyasa Flow, if you're already a 200-hour certified Teacher in the Barkan Method or a similar style of Hot Yoga. Learn and Practice advanced hot yoga postures from our sacred lineage in Calcutta, India. Participants must mail in a copy of their 200-hour teacher training certification.

**Option #2 – Yoga Immersion! For Advanced Students who are not Certified Teachers**

Participate in the program as an advanced student and take your practice to the next level practicing Hot Vinyasa and advanced hot yoga postures from our sacred lineage in Calcutta, India. Participants must mail in a letter of recommendation from a 200-hour Yoga Teacher. For advanced practitioners only. Please note: You will not receive a certification to teach The Barkan Method Hot Vinyasa Flow in Option #2. Participants in Option #2 will receive a Letter of Completion.

- Practice and learn to instruct Jimmy's new "Hot Vinyasa Flow"
- Daily practice of advanced Hot Yoga Asanas.
- Learn advanced hands-on teaching techniques and skills.
- Explore in depth the history and philosophy of Yoga
- Learn about our lineage from Calcutta, India (Hot Yoga).

## DAILY SCHEDULE

### MONDAY-FRIDAY

Monday Weds Friday:

8:00-9:30 Barkan Hot Vinyasa Class

11:30-12:30 History/Philosophy

12:45-3:30 Posture Clinic

4:00-5:15 Barkan Advanced Class

Tues & Thursday:

9:00-10:30 Barkan Hot Vinyasa Class

12:00-1:00 History/Philosophy

1:15-3:30 Posture Clinic

4:00-5:15 Barkan Advanced Class

Thursday 4:00PM Practice Class

Friday morning 9:00PM Test/Class

Friday: Graduation at 1:00Pm will last approximately one hour.

Times subject to Change!!

## READING MATERIALS:

### 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](#)

#### WHAT YOU NEED TO BRING

- Sticky Mat
- Writing materials – 3×5 Notecards, Highlighter, Pens,
- Alarm clock...Cannot be late!
- Yogi Toes and or Towels

#### TERMS AND CONDITIONS

All applications will be personally reviewed by Jimmy. 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 after February 1<sup>st</sup>, 2020.** 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. 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.