



## LEVEL I TEACHER TRAINING – FORT LAUDERDALE

### TRAINING DETAILS:

#### Investment:

1. **\$3200.00 paid in full by Sept. 1<sup>st</sup> 2021**
2. **\$3400.00 after Sept. 1<sup>st</sup> 2021**
3. **Two payments of \$1750.00 paid in full by October 15<sup>th</sup> 2021**

**Dates:** October 20<sup>th</sup>-29<sup>th</sup> & December 1<sup>st</sup>-11<sup>th</sup> (Must attend both sessions)

**Location:** Online or at:  
Barkan Method Fort Lauderdale  
2370 N. Federal Hwy  
Fort Lauderdale, FL 33305

#### About:

Congratulations on taking the first step in becoming a Hot Yoga Teacher! What sets the Barkan Method apart from other Hot Yoga Trainings is Jimmy's extensive experience and expertise. Jimmy Barkan's Level I Training was the first to be established in South Florida and is considered the top-rated training in this area and beyond. In fact, there are thousands of students and studio owners around the country and world that got their start with The Barkan Method of Hot Yoga.

Teaching yoga teachers is something we cannot 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!

Jimmy's experience in teaching, guiding, body alignment and yoga history is what separates & distinguishes The Barkan Method Teacher Trainings from many others. From this training, you will gain the proper tools, knowledge and hone your communication skills to be the most effective teacher you can be! With compassion and insight, Jimmy connects with each of his students on a personal level and offers a unique platform to explore your inherent skills and strengths as a teacher. You'll be prepared to lead your first Hot Yoga class with confidence and skill!

---

#### 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:

MONDAY – FRIDAY (TIMES ARE ALWAYS SUBJECT TO CHANGE) FOR THE FIRST SESSION!

9:00 am – 10:15 am – Yoga Class

12:00pm- 1:15pm - Philosophy, Sanskrit, History of Yoga

1:30pm – 4:00pm – Posture/Teacher Clinics

6:00 pm – 7:15 pm – Yoga Class

SATURDAY

9:00 am – 10:15am – Yoga Class at Barkan Method Fort Lauderdale

12:00 pm – 3:00 pm – Anatomy (Subject to change)

SUNDAY

10:00am-11:15am Yoga Class at Barkan Method Fort Lauderdale (Optional)

12:00pm-2:00 Posture/Teacher Clinics ONLINE!

ORIENTATION

October 19<sup>th</sup> beginning at 4:00pm sharp. There will be no class at the Orientation. Orientation will be Online only!  
We will send a link 15 minutes prior.

GRADUATION

December 11th the graduation will last approximately one hour. Time TBD

## 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](#)

---

### 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, Legal Pad
- Stamps, Postcards
- Mug, Travel Cup
- Camera
- Alarm Clock
- Bathing Suit, Sunscreen, Bug Spray
- Meditation Pillow/Blanket (Optional)

## HOUSING

If housing is necessary please contact the studio for suggestions of local hotels in the area

## 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 within four 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. The program must be conducted by Jimmy. Regular classes with Jimmy 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.