Level II/III Teacher Training And Retreat
Costa Rica

Training Details:

Dates: May 13th – 20th 2023

Location: Pura Vida Retreat & Spa
800 Mts SW From Minisuper Pavas
Provincia de Alajuela
Pavas de Carrizal, Costa Rica

About:

Join Jimmy, and his senior Barkan Method Staff, to experience a blissful, rejuvenating vacation of yoga at Pura Vida Spa – a private, gated, 8-acre mountainside estate in Costa Rica's Alajuela province. Pura Vida Retreat and Spa is considered by some as the Wellness & Yoga destination of choice outside the United States. Advance your yoga practice to the next level while exploring the delights of Costa Rica, a country which is renowned for its beauty. Or relax and ease your worries with a yoga retreat where classes are offered but optional. Prices start at $1925 and include yoga, housing, meals and airport transfer.

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!

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.

PACKAGE #1 – YOGA RETREAT

Join Jimmy and his senior staff for a magical yoga vacation! Open to everyone. Many come on their own, with a spouse, family and friends. All Yoga classes and evening sessions are available to those on retreat and optional.

Enjoy delicious meals prepared by chefs using the most fresh and healthy ingredients. Indulge in exotic spa treatments. Spend time reading & meditating by the pool. Relax with the nature of Pura Vida. Explore and reconnect with yourself & others.

PACKAGE #2 – TEACHER TRAINING

Hot Yoga Teacher Training Level II and III. For Certified Yoga Teachers or those with an Advanced Practice only. Receive Hands-On instruction from Jimmy who has been certifying teachers since 1986! His experience and expertise is unparalleled. Be reminded of why you fell in love with hot yoga in the first place!

- Gain Certification to Teach Jimmy's New Hot Vinyasa
- Practice Advanced Hot Yoga Postures
- Learn Hands-On Techniques

PRICES (PER PERSON)

TENT CHALET

Hybrid tent-bungalows are the ultimate eco-chic accommodations for nature lovers. Spacious six-sided tent bungalows contain the same comfortable beds and relaxing lounge areas as other rooms, electricity (no candles, please), space to store clothes, and of course, plenty of bracing mountain air. Attractive shared baths surrounded by gardens are steps away. Option of king-size or two twin beds.

Double Occupancy: $1989.00

Single Occupancy: $2250.00

DELUXE A FRAME

Magical A-Frame cottages with private balconies offer panoramic mountain views. Soaring ceilings add spaciousness and light. Option of king-size or two twin beds.

Double Occupancy: $2180.00

Single Occupancy: $2650.00

DELUXE VISTA

These deluxe style rooms feature private balconies with gorgeous views. Approximately 250 square feet, these rooms are great for single occupancy, but spacious enough for a comfortable roommate set up . King-size or 2 twin beds available.

Double Occupancy: $2230.00

Single Occupancy: $2700.00

Upper Kiva

These mountainside rooms offer plenty of space and comfort. Kiva Upper units have balconies overlooking the Central Valley.

Double Occupancy: $2240.00

Single Occupancy: $2800.00

Tri Level

An open floor plan with three defined living spaces cascading down from each other. Step down a level from the entryway to the lounge, then to the bedroom. Option of king-size or two twin beds

Double Occupancy: $2300.00

Single Occupancy: $2900.00

Suites are available upon request. $2500.00 double occupancy and $3,500 single occupancy.

***Prices are per person and do not include airfare. Price does include Teacher Training Tuition, yoga, housing, meals and airport transfers.*

Curriculum:

- 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

Sunday

9:00am - Orientation

11:00am - Hot Vinyasa Class

2:00pm - 4:00pm - Teacher Training Clinic

4:30pm - Hot Vinyasa Advanced Class

7:45 - 8:45pm - Satsang on History & Philosophy

Monday

6:30am - Silent Meditation

6:45am - Hot Vinyasa Class

2:30pm - 4:00pm - Teacher Training Clinic

4:30pm - Hot Vinyasa Advanced Class

7:45pm - 8:45pm - Satsang on History & Philosophy

Tuesday, Thursday

6:45am - Meditation

7:00am - Hot Vinyasa Class

11:00am - 12:30pm - Teacher Training Clinic

2:30pm - 4:00pm - Teacher Training Clinic

4:30pm - Hot Vinyasa Advanced

7:45pm - 8:45pm - Satsang on History & Philosophy

Wednesday

Day Off to explore the beautiful countryside

Friday

6:30am - Silent Meditation

6:45am - Hot Vinyasa Class

2:30pm - 4:00pm - Teacher Training Clinic

4:30pm - Hot Vinyasa Advanced Class

7:30pm - Graduation

Saturday

Travel Home Safely

Orientation and Graduation

Orientation Sunday, May 14th 9:00AM Graduation Friday evening , May 19th

Dates & times always subject to change.

Reading Materials:

Recommended Reading:

- Barkan Method Hot Yoga DVD
- https://www.hotyogaondemand.com
- 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
- If you are staying at the Hotel then Beach towels are provided by Hotel
- Meditation Pillow/Blanket (Optional)

The Resort

Costa Rica is a global go-to spot for nature lovers and adventure seekers. Volcanic hills and lakes and plummeting waterfalls shape the lush, vibrant landscape. Tropical jungles teem with hundreds of wildlife species that exist nowhere else on the planet. San José, located in the Central Valley, is Costa Rica's bustling urban capital. Pura Vida Retreat & Spa is tucked serenely in the clouds, nearly a mile above the city.

All services and halls are within short walking distance of rooms. Additional bathrooms and showers are located throughout the resort for our guests' comfort. We have a beautiful gift shop on site that sells a few basic sundries. Plus, the nearby town has stores that offer almost anything you might need. Our reception is open from 8:00am-9:30pm for guest services and staff is available 24 hours a day for emergencies.

Pura Vida's climate is spring-like year round with warm days (70s-80s F) and mild nights (60s F). The sun rises at 5:30 and sets around 6 all year long.

Costa Rica's Green Season is full of splendor for those seeking peace and tranquility. Refreshing mountain temperatures, purifying and cleansing rains are an opportunity to enliven the senses as you enter the season of turning within.

Pura Vida Retreat and Spa - https://www.puravidaspa.com/

Getting Around

Airport pick-up and drop-off are included in the package price. Our representative will be waiting for you at the terminal exit with a sign listing your name and "VILLAS PURA VIDA". Reception can help you book taxis and rental cars if needed for special excursions. The area around the resort is very safe for walking and weekly hiking tours are organized for our guests.

Excursions and Tours

Monday and Friday are 1/2 day tours usually leaving at 8:30am and returning for lunch. The full-day white water rafting tour on Wednesday leaves at 5:30am and returns for dinner. In our busy season we may also open up Tuesday and Thursday for the half-day excursions. Additional optional excursions, like the canopy adventure, can be organized upon request.

Pura Vida Cuisine

For us, delicious, wholesome and nutritious cuisine is our number one priority. Pura Vida is famous for its great buffet cuisine. Our guests, both vegetarian and those who enjoy fish or chicken, return to us not only for our world-class yoga and outstanding spa treatments, but very much for our delicious healthy cuisine. It's an exquisite marriage between the inspiration of many international chefs. We are committed to serving you a huge variety of freshly prepared delicious recipes with exotic ingredients from the tropics and many home made chutneys, freshly baked cookies, granolas and other surprises.

For breakfast we serve only freshly squeezed juices, a huge variety of fresh fruit, yogurt, German bread, home made granola and a variety of hearty dishes like made-to-order omelets, tamales, home made tortillas, whole grain pancakes and more.

Our lunches are famous for the huge selection of delicious gourmet salads, soups and main dishes, fresh juices and…a surprise every day!

Dinners are a feast of international cuisine, piquant flavors and aromas from many different countries along with a freshly made dessert every evening. The best Costa Rican coffee and exotic tropical fruits are available in our restaurant all day long at no additional cost. Our 'Buena Vista' cappuccino and smoothie bar will serve you the best coffee drinks and fruit smoothies for a small charge. Come and enjoy!

Our water is safe for drinking and bottled water is available at the bar. Soft drinks, beer and wine are also available. Our restaurant is casual buffet and our staff take great pride in serving delicious meals. The menu includes a variety of vegetarian fare as well as chicken and fish. We also can accommodate vegan and high-protein diets. Meal times: Breakfast served 8:30-10:00am Lunch 1:00-2:00pm. Dinner 6:30-7:30pm.

COSTA RICA'S REQUIRED TRAVEL DOCUMENTS

Citizens of the U.S. and Canada may enter Costa Rica with a valid passport. Please note that Costa Rican law requires your passport be valid for at least 90 days after the date you enter the country. This means that if your passport will expire within the next 90 days, you must renew it before your trip. Check with your airline or travel agent for more information.Citizens of other countries should check with the applicable Costa Rican Consulate in your country about rules governing entrance into Costa Rica. You are required to carry your passport with you at all times. If you are stopped by officials, a photocopy with your photo, passport number and entry stamp will usually suffice and is recommended.

CURRENCY

At Pura Vida we accept U.S. Dollars, Colones (the Costa Rican currency) and traveler's checks. It is not necessary to exchange Dollars for Colones before you arrive in Costa Rica as almost all stores, restaurants, tour companies, etc. will accept Dollars. If you need to obtain Colones, we can exchange small amounts here at Pura Vida or you can go to any local bank.

AIRLINE FLIGHTS

When booking flights to Costa Rica, you will want to come to Juan Santamaría International Airport in San Jose (SJO). Airlines with regularly scheduled flights into this airport are Jet Blue, American, Continental, Delta, United, Taca, Copa, MartinAir, and Iberia.

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 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. 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.