



and

Surya Chandra
Healing Yoga School



are pleased to present our

Yoga Therapy

Teacher Training
Honoring the Teachings in the
Tradition of
T. Krishnamacharya

2015

Organization & Overview of Program

Organization

Surya Chandra Healing Yoga School is organized as an umbrella organization with Yoga Centers feeding into the organization. JJ Gormley is the owner and Director of SCHYS.

Advisory Board

An Advisory Board of yoga teachers, students and other professionals who take part in the organization, maintenance and planning for SCHYS.

Ethics Review Board

An Ethics Review Board is established with yoga teachers, students, legal and medical professionals. This Board has never before been used, but is in place should a student wish to lodge a complaint against the school.

Members of both the Advisory Board and Ethics Review Board change yearly or bi-annually. Students enrolled in any of SCHYS's programs may contact Barbara Sager, School Administrator should the need arise: barbara@sageyoga.com.

The **Yoga Connection** is one of the Yoga Centers in this umbrella organization. Martha Catz is the Founder and Director of YC where

this program will take place. She is the main on-site Faculty and co-Director for this program.

Both JJ & Martha bring over 30-years experience each for well over 60 years of combined teaching experience in yoga. Students in this program are in the very competent hands of two women who value integrity and quality.

Yoga Connection and Surya Chandra Healing Yoga School join together in collaboration for what is sure to be an unsurpassed Teacher Training Program. Both SCHYS and YC are known for their approach to teaching which welcomes students to honor where they are and yet gently guides students to progress in their practice.

This 300-Hour Program trains yoga teachers to become better at their craft, more knowledgeable in ways to help others as well as placing emphasis on the transformation of the individual to become more calm and balanced. The intention is to offer an integrated curriculum that provides a comprehensive program for students to teach and/or learn yoga

Graduates of this 300-Hour Program need only submit their certificate to the Yoga Alliance along with their 200-hr Certificate to become an RYT-500. Graduates may also choose to continue their journey to becoming a yoga therapist and continue with the next two steps of the Yoga Therapy Program.

Overview of Program

These Programs are for those interested in an opportunity to learn and experience yoga in-depth.

The focus is on quality, excellence and integrity in providing a complete education in the art, science and philosophy of yoga.

Students joining this program will begin February 2015 and will meet 7 times for a weekend (or long weekend) module ending with the last module in November 2015.

Yoga Therapy Certificate

The Yoga Therapy Certificate Program is 3 Steps and is for those interested in an opportunity to learn and experience yoga in-depth. We understand that yoga is not just about the movements or postures called asanas. We know that there is evidence based research that shows yoga helps reduce stress and helps with other therapeutic issues. This 300-hour program begins the journey and is the first step of 3 toward becoming a Yoga Therapist. The focus is on quality, excellence and integrity in providing a complete education in the art, science and philosophy of yoga. Steps 2 and 3 will follow this training.



JJ at Training at Blacktail Ranch, Montana

The Program Schedule

Step 1 of Training

This program is for students of yoga who realize that yoga is a deeply intimate event for the body-mind-spirit and that its beauty lies in how differently it is expressed from person-to-person. This program is about the information, but more importantly, about the transformation. These teachings go deeper and open the heart and are the gateway to the journey within.

This Program will help motivate students to keep a home practice vital as the learning and deepening of knowledge continues. Because the teacher-student relationship is considered integral in this training program, private sessions with faculty are part of this training which sets up a mentor relationship. As well, during these privates, invaluable information for personal growth is obtained.

Many students will be taking the Program simply to further their own knowledge and learn more about the subtle aspects of yoga, philosophy, teaching methodology and to deepen their own personal/spiritual practice. Many will find that their love of teaching yoga becomes an even more rewarding experience. The transformation from an ordinary teacher to the extraordinary can be challenging and yet rewarding and exciting.

To join this program is to become part of a community, to enjoy friendships with like-minded individuals, form study groups to enhance the learning experience, deepen the understanding of yoga, receive guidance for a personal practice and much, much more.

Yoga Alliance-Registered Yoga School

SCHYS is a Registered Yoga School with the Yoga Alliance.



RYS-300 Program.

Step 1: 300-Hour Yoga Teacher Training February 2015 - November 2015		
2015	Subject	Teacher
February 19-23 4-days, 33-Hours: Thursday 4pm - Sunday 5:30 pm	Energy Anatomy & Western Anatomy in preparation Yoga Therapy, Vinyasa Krama, Detailing the asana	Martha Catz & JJ Gormley
March 13-15 3 days, 16.5 Hours: Friday 4pm - Sunday 3pm	Ayurveda, marmas, nadi pariksa, meditation's usefulness as healing. Pranayama practices	Martha Catz, George Nemezc & JJ Gormley
April 16-19, 2015 4-days, 33-Hours: Thursday 4pm - Sunday 5:30 pm	Teaching Methods & Philosophy, Language & Communication. Effective teaching skills	Martha Catz
June 12-14 3 days, 16.5 Hours Friday 4pm - Sunday 3pm	Yoga Therapy Tools for Mental and Emotional Well-being. Anatomy of stress, Panca Maya model, endocrine system.	Martha Catz & Dan Catz, MD
August 14-16 4-days, 33-hours: Thursday 4pm - Sunday 5:30 pm	Mindfulness & Meditation, Obstacles in our practice & the Tools for Overcoming kleshas, Antarayas	Martha Catz
October 15-18 4-Days, 33-Hours: Thursday 4pm - Sunday 5:30 pm	Yoga Therapy & Structural Issues, Restoration Yoga, aligning and helping joints increase ROM or strength	Martha Catz & JJ Gormley
November 5-8 3 days: Friday 4pm - Sunday 3pm 16.5 hours	Yoga Therapy as a Business, Meditations and other Upayam for Calming the Mind	Martha Catz & JJ Gormley

Step 1 Program Requirements

Prerequisites

This program is designed for teachers currently holding an RYT-200 from the Yoga Alliance or equivalent. Students need to have been teaching for at least one year and logged 100 Teaching Hours minimum prior to acceptance in this program. This is a **300-hour** requirement above the 200 hours already earned for a total of 500-Hours. Students completing this program may apply with both their 200-hr and their 300-hr certificates to the Yoga Alliance for an RYT-500.

CONTACT HOURS: 232

Modules: 180 Hours

1. Energy Anatomy & Energy Medicine
2. Ayurveda w/George Nemezc
3. Teaching Methodology & Philosophy, Bandhas, Mudras and Pranayama for Healing
4. Mental Health & Yoga's Look at the Mind
5. Obstacles & Tools
6. Structural Anatomy, Alignment for Yoga & Teaching Methodology
7. Meditation, Yoga Therapy & Practice Teaching

Hours with Faculty: 32

In ancient times, yoga students studied and lived with their teacher for many years before being eligible to become a yoga teacher. This is not possible in today's times, but attending a retreat and receiving private one-on-one lessons is the next best thing. Therefore, attending a retreat and scheduling four private sessions at a minimum are required which establishes the mentor relationship. 28 Hours are required for the retreat and 4 hours for privates are required.

Apprenticeship/Practicum: 20 Hours

Observe or assist Faculty in their classes as a way of learning new ideas for teaching and helping others.

NON-CONTACT HOURS: 68

Practicum: 20 Hours: Student teaches on their own.

Online Classes: 28 hours

Recorded classes and associated handouts will be sent to all students as a way of enhancing the learning experience and to better prepare the student for the final exam. These classes are given as homework assignment. Students are encouraged to form study groups to go over these classes.

Approved Electives and/or Community Service: 20 hours

Pre-approved classes or workshops that help enhance this training program and or serve the yoga community or community at large..A guest teacher may be brought in to help fulfill these hours.

ADDITIONAL RESPONSIBILITIES of the STUDENT

In addition to the above hours and commitment of study time, completion of homework assignments and the Study Guide is expected. In additional student's are required to complete a Research Paper (5-7 pages) and take the final exam (open book)



About JJ Gormley



JJ Gormley, E-RYT-500 is a Yoga Therapist and the founder of **Surya Chandra Healing Yoga School**. She has been studying yoga since 1979 and has studied from many traditions of yoga including: Anusara, Ashtanga, Bikram, Integral, Iyengar, Kripalu, Kundalini, Sivananda, and most recently the teachings of TKV Desikachar in the Krishnamacharya lineage and tradition commonly called Viniyoga.

She began teaching yoga in 1989 and teaching teachers in 1994. She has been developing and running Teacher Training Programs consistently since 1994, producing highly qualified and sought-after teachers. She has Directed Teacher Training Programs at many locations across the United States. SCHYS is a Yoga Alliance Registered School for 200-Hour, 300-Hour, Prenatal and Yoga for Kids Programs (RYS-200, RYS-300, RPYS and RCYS) Her Yoga Therapy Program is currently undergoing the Accreditation Process

with the International Association of Yoga Therapists (IAYT).

These highly respected training programs incorporate her knowledge of yoga from many different types and styles and traditions of yoga as she continues to be a student herself.

She loves to travel and teach and study yoga. Her travels internationally include such wonderful places as India, Mexico, Jamaica, Costa Rica, Bali, Peru, Cambodia, Laos and Vietnam.

JJ is known for her ability to create a supportive environment where she leads participants toward their strengths, helps them make decisions about current habits and teaches them to make changes for the better. Therein lies the most simplest of yoga principles: making changes for self-betterment.

JJ teaches from her heart taking what she loves from each tradition she has studied and continues to study and learn under the tutelage of her current teachers focusing on therapeutics.

She is also the founder of a non-profit (501c3): Surya Chandra Yoga Sanga, dedicated to bringing yoga to the underserved and underprivileged. This non-profit organizes the Yoga Therapy Summit where the top Yoga Therapists of our time come and share their teachings over one weekend filled with camaraderie and intrigue leaving attendees inspired and motivated if not more educated about all that Yoga Therapy has to offer.

She is an E-RYT-500 (Experienced-Registered Yoga Teacher at the 500-hour level with the Yoga

Alliance), a long-time member of the International Association of Yoga Therapists, a graduate of the KHYP Teacher Training, Anusara Yoga Training, White Lotus Teacher Training and numerous Iyengar Teacher Trainings. She travels to India frequently to study at the Krishnamacharya Yoga Mandiram, a clinic where thousands have been helped using only yoga.

JJ has produced numerous DVDs, a chanting CD and has written countless articles and manuals for teachers and has been featured in many magazines including, *"The Washingtonian," "Self,"* and *"Prevention Magazine."* She has recently been asked to be on a "yoga expert panel" for the National Institute of Health (NIH) to design a protocol for a study using yoga for Lupus.

JJ is currently in graduate school about to complete a Masters in Complementary and Alternative Medicine (CAM). She has been studying aromatherapy, herbs and nutrition and upon graduation will be a Master Herbalist with a Nutrition Certificate.

She recently presented a webinar on Yoga as a CAM modality at the American College of Healthcare Sciences.

She has been working and writing and is about to complete her book, *Holistic Healing with Yoga Therapy* (expected to be published in 2016) .

About Martha Catz, MS



Martha Catz is the owner and director of The Yoga Connection, School of Yoga. She has introduced yoga as a form of health and wellness to rural North Carolina through her 2 studios, teacher trainings, workshops, and lectures. Offering the tools of yoga in its full spectrum to clients and organizations has been her primary objective throughout her 15 years of teaching yoga.

Martha began teaching yoga in 2000 and received her 200-hour level training in 2003. Though her focus has been on the healing properties of yoga, she also spent several years training at Duke Integrative Medicine, Durham, NC receiving a certificate of training in Integrative Health Coaching, Senior Yoga, and Mindful Awareness Meditation for Stress Reduction. At the Duke campus she studied with Carol Krucoff, Kimberly Carson, Jeffery Brantley, Sasha Loring and other staff

members at the Integrative Center. Martha has received yoga training and attended workshops with Janet Gormley-Etchells, Sean Corn, Cora Wren, Amy Ippoliti, Tias Little and other influential teachers.

Martha completed her 500-hour training with Janet Gormley-Etchells, and has continued her training in Yoga Therapy under the mentorship of Janet's school, Surya Chandra Healing Yoga School. She completed a master's degree in Health Psychology in 2013, which informs her yoga therapy practice and teacher trainings.

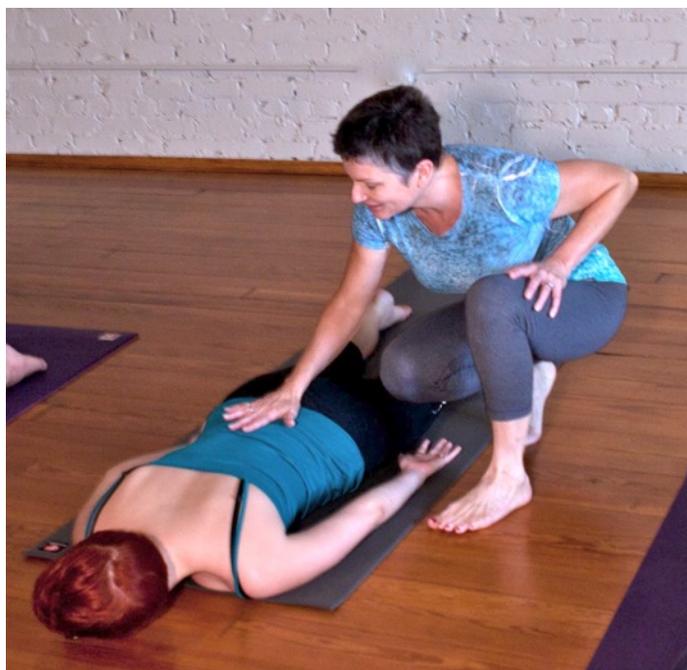
By bringing the skills of health coaching and the science of health psychology under the methods used in Yoga Therapy, Martha has created a unique application of the therapeutic approach through the principles of the Viniyoga perspective for healing and improving wellness.

Martha continues to present yoga therapy workshops on subjects including alignment-based asana, arthritis, respiratory conditions, and mindful awareness meditation for stress reduction. She offers specific trainings in Senior Yoga and Developmental Restoration yoga.

Martha also offers a 200-hour level Teacher Training Certification each year at the Smithfield, NC studio.

This Step 1-300-hour teacher training offered at The Yoga Connection is to introduce the student to the art and science of Yoga Therapy. Once the 300 requirements are successfully completed the student may apply for RYT-500 status with Yoga Alliance. This program is accepted by Surya Chandra Healing School as part of their 900-hour Yoga Therapy training.

When not teaching and studying, Martha enjoys being with her her two dogs, two cats, the rescue horse Buzz, and of course, her human family, husband Daniel, and daughters Jessica and Rachel.



Cost of Program & Fee Structure

Steps 2 and 3 will be scheduled immediately following Step 1. More information about Steps 2 and 3 can be found on SCHY website.

Program Fees

Each step of the training is 300-Hours with a cost of \$4500. This is discounted to \$4200 if paid in full prior to the start of the training. Three payments of \$1500 are due at the first, third and fifth months of the training. Financing options are available. The cost includes the listed Contact Hours and Online Classes associated with the Program and up to \$1000 toward classes/retreat with faculty (retreat must be organized by SCHYS.) Not included are: electives, make-up hours, retreats other than with SCHYS, books, supplies and travel, meals and other expenses associated with training.

In addition to the Program Fees listed above, the following administrative fees are due.

Non-Refundable Administrative Fees

Application Fee: The Application and References (two personal and two professional) may be sent separately, but should be submitted within 2-weeks of receipt of the application. The Non-Refundable Application Fee of \$50 should be made at the time the application is submitted and made payable to **Yoga Connection or SCHYS.**

Exam & Graduation Fee: \$150 due before taking the exam for each program and is made payable to **SCHYS.**

Both Yoga Connection and SCHYS will take payment via Checks, Credit Cards or Paypal. If more convenient, all payments may be made to either YC or SCHYS.



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Reading List

Reading list can also be downloaded off the website. Students are encouraged to begin reading *The Heart of Yoga* by T.K.V. Desikachar. After that, the books may be read in any order, however, the philosophy texts are best read after the associated online class.

Reading List for Step 1:

1. *The Heart of Yoga: Developing a Personal Practice* by TKV Desikachar
2. *Chakras for Beginners* by David Pond
3. *Asana Reference Manual* by JJ Gormley & Scottie Bruch
4. *Yoga for Every Body* DVD (with JJ Gormley, produced by Body Wisdom Media)
5. *Gentle Yoga for Everybody* DVD (with JJ Gormley produced by Body Wisdom Media)
6. *Yoga Anatomy* by Leslie Kaminoff and Amy Mathews
7. *The Secrets of The Yoga Sutras* by Pandit Rajmani Tigunait or other translation of the Yoga Sutras
8. Study Guide for Step 1 (300-Hour Program)
9. A good Anatomy book such as: *Trail Guide to the Body* by Andrew Biel and/or *Anatomy of Movement* by Blandine Calais-Germain and/or *The Anatomy Coloring Book* by Wynn Kapit and Lawrence M. Elson
10. *The Ramayana* by William Buck or other translation
11. *The Bhagavad Gita* by Eknath Easwaren or other translation
12. *Eternal Health* by Dr. Chauhan or other informative Ayurveda book
13. *The Viniyoga of Yoga* by TKV Desikachar
14. *Eastern Body, Western Mind* by Anodea Judith

Reading List for Step 2:

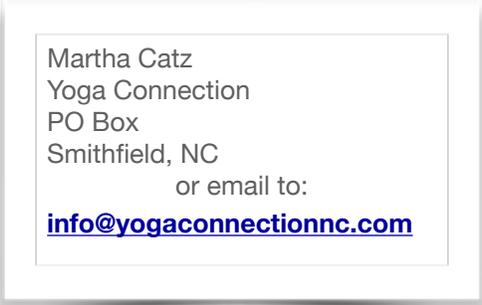
1. Study Guide for Step 2
2. *Energy Medicine* by Donna Eden
3. *Liberating Isolation (The Yoga Sutras)* by Franz Moors (or other translation)
4. *Seven Systems of Indian Philosophy* by Pandit Rajmani Tigunait
5. *Autobiography of a Yogi* by Paramahansa Yogananda
6. *Foundations of Yoga Therapy* by JJ Gormley and Terry Brown (or *Holistic Healing with Yoga Therapy* by JJ Gormley & Laura Vanderberg—release date: 2015).
7. Membership to the IAYT (articles from their publications will be used during the training.)
8. *The Mahabharata* by Swami Satyeswarananda Giri Babaji or other translation
9. *The Upanishads* by Eknath Easwaren

Reading List for Step 3

1. *Atlas of Human Anatomy* by Frank H. Netter, M.D. or other professional grade anatomy text.
2. *Yoga for Wellness* (or other book by Gary Kraftsow)
3. *Structural Yoga Therapy* by Mukanda Stiles
4. Any book(s) by A.G. Mohan
5. *A Life of Balance, The Complete Guide to Ayurvedic Nutrition and Body Types* by Maya Tiwari
6. *Staying Health with Nutrition* by Elson Haas, M.D.

Application

Applications can also be downloaded off SCHYS website. Completed applications may be submitted to Martha Catz..



Martha Catz
Yoga Connection
PO Box
Smithfield, NC
or email to:
info@yogaconnectionnc.com

References (two personal and two professional) may be sent separately, but should be submitted within 2-weeks of receipt of the application. Non-Refundable Application Fee (\$50) should be made at the time the application is submitted and made payable to **Yoga Connection**.

Application for ALL SCHYS Training Programs

1. Please list your Name, Address, Phone number(s), email and best way and time to reach you.
2. For which level are you applying (200-hr, 300/500-hr, 700-hr or 1000-hr)?
3. Are you applying to be in a particular program at a particular location or as a correspondent student?
4. Do you currently teach yoga, hold a 200-RYT or equivalent or have other pertinent background training and/or the pre-requisites that are relevant to your desire to undertake this study?
5. How long have you been practicing yoga? With whom have you studied? What styles of yoga have you studied and for how long?
6. Please describe your current practice (asana, pranayama, meditation, prayer or other daily ritual/practice.)
7. For what reason(s) are you interested in this program? What other programs have you looked into?
8. What is your work/life situation like? Are the people in your environment supportive of your yoga practice and your interest in yoga? Who will be the most supportive and who the least supportive?
9. What impediments to your commitment to this program do you foresee?
10. Describe your strengths and areas for improvement and what effort(s) you are making towards self-improvement?
11. Why do you think you would be a good yoga teacher/yoga therapist?
12. What is your occupation and do you believe your occupation in anyway will help you in this program?
13. What are your chief interests and activities outside of yoga?
14. What is your main ambition in life? What effort are you making towards that ambition?
15. What books/teachers or other influences have been most helpful to you and why?
16. What degrees, certificates do you hold? Or describe your background training in general. How has your background, degrees, certificates, etc. helped to prepare you for this program.
17. Describe your philosophical belief system and how this influences your yoga practice.
18. Please *briefly* describe your childhood to adulthood and the evolution of your personality.