Laughing Lotus Yoga Teacher Training & Student Immersion

Spring Format, 200 hours
February 10th – May 21st, 2017
Welcome:

Your journey begins here.

Welcome to Laughing Lotus Yoga School, the most comprehensive Yoga Teacher Training & Student Immersion program. We are thrilled that you are joining us on this powerful and transformative journey. This program is suitable for anyone who is looking to deepen their practice and for those who have the intention to teach. The weekend program is an opportunity to immerse yourself in the teachings of yoga in a weekend format that works with your schedule. At the end of the program you will be certified to teach yoga, but our hope is that you will also experience a deeper connection to yourself, to others, and the world around you.
Locations & Times

Orientation

Our first meeting will be at Laughing Lotus Yoga Center -

Friday, February 10th, 2017
6:30 pm - 8:30 pm
3271 16th St. San Francisco, CA 94103

Dates & Times

Dates: Friday, February 10th - Sunday, May 21st, 2017
Times: Saturdays & Sundays from 1 pm - 6 pm
Days Off: Easter/Spring Break ~ Sat & Sun April 15th – 16th

Location

Laughing Lotus Yoga Center - SF
3271 16th St. San Francisco, CA 94103
(415) 355-1600
Lotus Flow Vinyasa

Through creative vinyasa sequencing, conscious alignment, breath awareness, meditation and relaxation, we spiritualize our physical form and honor yoga’s powerful and transformative lineage. Our signature Lotus Flow sequencing is honored in every class as we move through the chakra system, an organic unfolding where each step prepares us for the next. The class begins through breath centered gentle warm-ups, sun salutations, creative standing pose sequences, powerful arm balances, transformative inversions, heart opening backbends, cleansing twists, deep forward bends and hip openers, along with mind-expanding meditation. The class culminates in blissful relaxation, leaving you feeling happy, wild and free.
Jasmine Tarkeshi is the co-founder of Laughing Lotus Yoga Centers in New York City and San Francisco and Co-creator of Lotus Flow vinyasa yoga. Jasmine was born into a mystical heritage; raised in the Middle East and the sacred cities of New York and San Francisco, she has lived a life steeped in Eastern spiritual traditions as well as a good dose of the dance, music and art scenes of the eighties and nineties. Her teachings are inspiring, passionate and profoundly transformative and come from a lifetime of spiritual exploration, creative expression and the blessings and inevitable difficulties of a devoted daily practice and daily life. Her classes combine thoughtful, inventive sequencing, soulful music, physical and emotional intensity as well as wisdom and humor to create a challenging, integrated yogic experience that awakens us and brings forth our natural qualities of courage, compassion and joyful energy. By bringing out these inherent, dormant qualities, Jasmine helps her students to live an authentic, conscious, happy and healthy life both on and off the mat so that they may feel better, live better, and better heal and serve the world. Jasmine has studied with a large number of the great teachers, saints, sages, mystics, masters of yoga’s vast healing traditions: vinyasa, bhakti, aryuveda, karma, tantra, yantra, meditation and mantra in the States as well as in India. Her vast knowledge of yogic texts, the world’s great spiritual traditions and her ability to weave this wisdom throughout her classes has made her a highly sought Vinyasa teacher both nationally and internationally. She has been featured in many magazines and newspapers including Yoga Journal, Elle, The New York Times, San Francisco Chronicle, Body & Soul, Origins and Common Ground and has appeared in a host of television and radio appearances such as Anderson Cooper’s 360, Australia’s ABC Radio National and AMEX commercial and print campaigns. Her instructional CD and posters have consistently been in high demand on the internet. Her newest form of inspiration comes from her daughter Indigo Lila.
The Laughing Lotus Teaching Training program is a comprehensive experience where you will learn about yogic tradition and history, as well as about alignment and postures, and how to apply your new skills in the modern world. Once you complete the training you will have all the tools you need to confidently give a yoga class.

- Asana
- Pranayama
- Ayurveda
- Art of Lotus Flow Sequencing
- Yoga Philosophy
- Intro to Sanskrit
- Alignment
- Anatomy
- Hands On Assists
- Practice Teaching
- Chakras
- Mantras
- Meditation
- Prenatal Yoga
- Yoga for Kids
- Restorative Yoga

Jasmine Tarkeshi, Laughing Lotus Senior Teachers, and experts in anatomy, Ayurveda, Sanskrit and meditation are your guides through this transformative journey. Our philosophy focuses on the Yoga Sutras of Patanjali, the "road map" to liberation and the Bhagavad Gita, the path of self-transcendent action and devotion. Through self-inquiry, group discussion and chanting of the texts, we uncover and experience the meaning of yoga and how this rich philosophy relates to our daily lives.
how we are different:

Limited Enrollment

Many yoga teacher-training programs have enrollment of up to 200 students. Laughing Lotus Teaching Training is limited to 32 students for the Spring & Fall sessions. This way we ensure that you get the personal attention needed to fully support your growth as a yoga teacher. We find that limiting enrollment to a small group makes for stronger relationships between teachers and students.

Mentorship

Laughing Lotus Teacher Training offers personal support, unlike any other training. You will be assigned a Mentor who will support you through your journey in becoming a yoga teacher. These mentors are graduates of the Laughing Lotus Teacher Training program; they have been in your shoes and understand the unique combination of excitement and nervousness that is involved in embarking on such a journey. You will experience personal breakthroughs, as you build new relationships and connect to the world in a new way.

Study Partner

Another unique benefit of the Laughing Lotus Teacher Training program is the opportunity to share the journey with a “study buddy.” You will be partnered with another student in the training that you will meet with weekly. We’ve found that it is incredibly beneficial to experience this journey with a peer and fellow seeker.
Tuition: $3200  Reduced pricing: $2800 (if paid in full by December 10th, 2016)

Tuition is due by February 1st, 2017. Unlimited studio classes included with tuition February 1st through May 31st, 2017.

Withdrawal: If you find you need to withdraw from the program before February 1st, 2017, a $500 processing fee will be assessed. No refunds on or after this date. If you decide for any reason to quit the program on or after this date, you are responsible for the full cost.

Payment Plans are available for a $200 fee. The payment arrangement schedule is as follows:

-$1200 deposit due by February 1st, 2017
-$1100 due by March 10th, 2017
-$1100 due by May 10th, 2017

This allows you to make payments during the course of the program. You will not be eligible to take the final exam or receive a Teacher Teaching Certificate until tuition is paid in full. If for any reason you drop out of yoga school before full payment is made, you will be held responsible for the full tuition.

Yoga Teacher Discount

If you have already completed a 200-hour yoga teacher-training program, we offer a 20% discount to yoga teachers who are trained in other traditions or styles of yoga. This cannot be combined with any other discount. Proof of certification is required.
important info:

Certification
This is a 200-hour program certified by Yoga Alliance, the industry standard. For more information about the certification process and standards, visit: www.yogaalliance.org.

Requirements
Minimum 1 year of regular yoga practice. It is recommended that you have practiced at Laughing Lotus Yoga Center before and have a basic familiarity with Lotus Flow.

Materials
We will provide yoga blankets, blocks, and straps. Please bring your own mat. We will provide a Laughing Lotus Manual. We encourage you to also bring a blank journal.

Book List
• Light on Yoga by BKS Iyengar
• The Heart of Yoga by TKV Desikachar
• Yoga the Iyengar Way by Silva, Mira and Shyam Mehta
• Healing Mantras by Thomas-Ashley Farrand
• The Yoga Sutras of Patanjali, translation by Sri Swami Satchidananda
• The Living Gita by Sri Swami Satchidananda
• A Path with Heart by Jack Kornfield
• Wheels of Life by Anodea Judith

These books are required. We encourage you to purchase them as soon as you can and to start reading them if you wish. They will be helpful in completing your first homework assignment. These books are available at Laughing Lotus Yoga Center at a 20% discount for anyone enrolled in Yoga School. If you are coming from out of town and would like to have them sooner, we suggest you purchase them through an online retailer, such as Amazon (www.amazon.com).

Homework Assignment
Your first homework will be sent as a separate attachment. Please take 1-2 weeks after your acceptance date to complete this assignment. Please submit it by email to jasmine@laughinglotus.com well before the start of the program, but by Wednesday, February 1st 2017, at the latest. Use any research materials (i.e. books from the reading list, internet search) to help you complete the assignment. The file is called, Homework#1. Please complete the editable PDF, and then “Save As”: Homework#1-YourLastName.

Questions & Comments
If you have any questions, please do not hesitate to contact us. You can email Jasmine Tarkeshi, Program Director (particularly with curriculum questions) at: jasmine@laughinglotus.com or Ariana Tarkeshi, Operations Manager (particularly with technical, policy and payment questions) at: ariana@laughinglotus.com. Or call the center at (415) 355-1600.
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www.sf.laughinglotus.com