



## ***350-hour Advanced World Peace Yoga Teacher Training***

### About the Program

Peace in Action. Are you ready to “be the change” and inspire others on the path to world peace? If so, this is the training for you! World Peace Yoga is a training to teach peace in action on and off the yoga mat. It's an opportunity to connect more deeply with your intuition, deepen your yoga practice & refine your teaching abilities.

The World Peace Yoga Teacher Training values all yogic traditions and teachings. It is designed for those who have completed a program that meets or exceeds the Yoga Alliance 200-hour standards. This training provides an additional 350+ hours of training to deepen your personal practice and advance your teaching skills in ways that promote world peace.

This training qualifies you for certification through Yoga Alliance at the 500-hour level.

### **This Unique Program Includes:**

- Yoga Basics, Vinyasa Yoga & Yin-Restorative Yoga
- Practice & Teaching of Intermediate & Advanced Asanas
- Meditation & Pranayama
- Anatomy & Physiology
- Yoga Philosophy, Lifestyle & Ethics
- Music, Quotes, Readings & Chants for World Peace
- Spiritual Education & Karma Yoga
- Yoga Ecology, Philosophy & Ethics
- Posture Succession Sequencing based on the Chakras
- Creating Spiritual Themes for Classes, Workshops & Lectures/Dialogues
- Hands-On Class Instruction, Adjustments & Teaching Methodology
- Ahimsic, All Loving Food Preparation
- World Peace Diet Facilitator Training
- Focused Study Options in areas such as: Prenatal Yoga, Kids Yoga, Fusing Energy Work with Yoga & more
- World Peace Yoga Training Manual & 350-hour Certificate for 500-hour RYT
- And more...

The World Peace Yoga certification is dedicated to passing on the yoga tradition of peace, oneness & understanding our interconnectedness. We encourage and support students to achieve “living yoga” through our many educational and hands-on techniques.

## What is World Peace Yoga?

### **World Peace Yoga as a practice:**

World Peace Yoga is a practice that incorporates physical wellness with spiritual living. It is a style of yoga that touches more than just one aspect of life and motivates a positive transformation in individual and collective lives.

In a typical World Peace Yoga practice we flow through movements of gratitude – opening our hearts to giving and receiving. Through graceful effort you will begin to unite with your unique body, cultivating a yoga practice filled with kindness, compassion, generosity and love for oneself and all beings creating a path to world peace. World Peace Yoga classes are taught in 3 main formats, Yoga Basics, Vinyasa Yoga & Yin-Restorative Yoga. Sequencing is designed to harmonize the chakras. Class includes postures that promote prana (energy/chi) circulation, chants and music for world peace, a spiritual theme, meditation and relaxation.

The three main World Peace Yoga Formats:

#### **Yoga Basics**

Learn the foundational yoga postures typically practiced in a yoga-asana sequence learning precise alignment. There are 5 different class structures you will learn for Basics. This is a wonderful practice for those new to yoga or for those that are established in their practice & want to refine their alignment. Learn the basics of asana (posture) alignment, breath, intention & relaxation.

#### **Vinyasa Yoga**

A vinyasa practice links breath with movement and intention. There are two basic class structures you will learn for the vinyasa practice: beginner & intermediate/advanced with focus on a variety of posture themes. In both practices you will flow through a balanced stream of postures including sun salutations, standing postures, backbends, forward bends, twists, inversions, relaxation and more. These are active practices that encourage focused intention, meditation, relaxation and spiritual growth through asana.

#### **Yin-Restorative Yoga**

This class is designed to progress from small movements like an infant on the floor to holding passive yin postures and restorative postures with props against the wall and on the floor. Great for balance, flexibility and circulation; relief of stress, stiff muscles and aching joints. This is a safe and slow moving class fit for beginner students new to physical activity, senior citizens and for those recovering from injury or illness. This is also a great class for those that are really active and would like to restore their body.

### **World Peace Yoga as a movement:**

World Peace Yoga is a movement of peace in action; educating & encouraging connecting more deeply with our intuition, with our unlimited capacities to love and to empathize with all beings through intentional movement, meditation, satsang (community), ahimsa (all-loving), lifestyle and gratitude, creating a path to inner peace & world peace. World Peace Yoga uses the ancient teachings of yoga as a way to create change and promote a holistic lifestyle for the benefit of all beings & the earth.

## Course Prerequisites

Completion of a Yoga Teacher Training program that meets or exceeds Yoga Alliance standards at the 200-hour level.

We also highly suggest reading the following books prior to the teacher training:

*Anatomy of Hatha Yoga*, H. David Coulter

*Integrative Yoga Therapy Yoga Teacher's Toolbox: Yoga Posture Cards for Integrating Mind, Body & Spirit*, Joseph and Lilian Le Page

*Jivamukti Yoga: Practice for Liberating Body & Soul*, Sharon Gannon & David Life

*Light on Yoga*, B.K.S. Iyengar

*MetaBusiness: Creating a New Global Culture*, Greg Nielsen

*Scientific Keys Volume I: The Key Muscles of Hatha Yoga*, Ray Long MD FRCSC

*World Peace Diet: Eating for Spiritual Health & Social Harmony*, Will Tuttle

*Yin Yoga: Outline of a Quiet Practice*, Paul Grilley

*Yoga Sutras of Patanjali*, Sri Swami Satchidananda

*Yoga: The Spirit & Practice of Moving into Stillness*, Erich Schiffman

*Yoga & Vegetarianism: The Diet of Enlightenment*, Sharon Gannon

## Cost of Program

The program fee is \$3950. An \$800 non-refundable deposit must be paid to reserve your spot in the training one month prior to the start of the course with remaining balance of \$2,950 due one week before the start of the course. Full payment is expected before starting the course. The training costs include, yet are not limited to; application and testing fees, contact hours associated with the training, a manual and binder used for journaling and homework, food preparation and cooking classes, the World Peace Diet Facilitator Guide and a 350-hour World Peace Yoga Certificate. (NOTE: If you have completed one of our focused study options, such as the Prenatal Yoga Teacher Training, that payment can be applied towards this training. Deposit still needs to be paid in full).

## Required Materials

*Autobiography of a Yogi*, Paramahansa Yogananda

*Hatha Yoga Pradipika*, Swami Muktibodhananda & the Bihar School of Yoga

*Jivamukti Yoga: Practice for Liberating Body & Soul*, Sharon Gannon & David Life

*Kundalini Tantra*, Swami Satyananda Saraswati

*Light on Yoga*, B.K.S. Iyengar

*MetaBusiness: Creating a New Global Culture*, Greg Nielsen

*Non-Violent Communication: A Language of Life*, Marshall B. Rosenberg and Arun Gandhi

*Scientific Keys Volume I: The Key Muscles of Hatha Yoga*, Ray Long MD FRCSC

*Spiritual Activism CD*, Julia Butterfly Hill

*The Hope (Sacred Activism)*, Andrew Harvey

*The World Peace Diet: Eating for Spiritual Health & Social Harmony*, Will Tuttle

*World Peace Yoga Teacher Training Manual*, Anna Ferguson (included in training costs)

*Yoga & Vegetarianism*, Sharon Gannon

*Yoga Sutras of Patanjali*, Sri Swami Satchidananda or any Yoga Sutra Translation

Other required materials for focused study options TBA.

## Course Objectives

1. To provide each student with an in-depth experience of World Peace Yoga, deepening the personal consciousness and inner self-awareness the yoga practice fosters.
2. To emphasize safe, effective and inspiring teaching methods.
3. To give instruction on the practice & teaching of intermediate and advanced asanas.
4. To show how to incorporate a spiritual theme into a yoga asana practice.
5. To offer instruction and knowledge in how to live the yogic lifestyle, enhancing spiritual health and centeredness through yoga.
6. To show how our lifestyle affects the planet and how we can preserve the environment and nature for future generations through the ancient wisdom of yoga.
7. To give a solid foundation in the philosophies of World Peace Yoga and their application to daily life.
8. To motivate and encourage students to undergo a transformation in their appreciation and perception of themselves, others and life.
9. To provide a non-competitive environment to practice and learn from each other.
10. To provide the skills to prepare healthy and nourishing meals.
11. To embrace spiritual education and peace in action.
12. To embrace the ahimsa-vegan lifestyle & share the message of peace with others!

## Coursework

To benefit and enhance your teaching skills, this requires a series of assignments to be completed. These assignments include, yet are not limited to; reading books, writing out essays, scripts and charts, journaling, oral presentations, book reports, practice teaching and so on. Please note that specific assignments must be handed in prior to the course with your remaining balance. All other materials must be handed in before certification is received.

A CPR course is recommended if you plan on teaching yoga full time, but is not required for certification.

## Makeup Hours & Retesting

This training requires attendance for all contact hours. Up to 15 contact hours can be made up with an advanced certified World Peace Yoga teacher by arranging a private session at a cost of \$65 per hour to cover subject matter that was missed. It is your responsibility to keep track of makeup hours by documenting the date, length of time and teacher with whom you worked with.

Prior to certification we require 3 tests (written, oral & practical) to be taken. In the event that you need to retest, the fee is \$25 for each test you repeat.

## Refund Policy

There are no refunds issued once training begins. A full refund, excluding the non-refundable deposit will be given before the training is set in motion.

## Final Certification Details

Once all hours are completed, coursework is turned in, testing has been passed, ethical guidelines and "Ahimsa Practice for World Peace" has been signed and all fees associated with the training are paid,

you will receive your certificate. Extra copies of your certificate may be purchased at an additional cost of \$18.00 per certificate.

### **Upon Certification you receive:**

- A 350-Hour World Peace Yoga Teacher Training Certificate
- A Focused Study Option Certificate (Prenatal, Kids, Yoga & Energy Work, etc.)
- The ability to use the class title World Peace Yoga when teaching
- The ability to conduct World Peace Diet Study Groups
- Listing on World Peace Yoga website as a certified teacher

### Ethical Guidelines & Ahimsa Practice for World Peace Required for Certification

To uphold the foundational roots of this program, we ask that all our certified teachers sign the ahimsa pledge and practice the following:

1. Enthusiasm & integrity with the practice and guidance of World Peace Yoga
2. All loving (non-violence) in word, thought & action; compassion for all
3. Patience, understanding & empathy towards others
4. Sense of humor & lightheartedness
5. Ethical business practices

I, \_\_\_\_\_ agree to practice the ahimsa/vegan lifestyle as part of the efforts of the World Peace Yoga Certification course ~ or is currently practicing the ahimsa/vegan lifestyle.

Your practice of the ahimsa-vegan lifestyle is greatly appreciated. It is a contribution towards inner peace and world peace & it includes us all as collaborators in the vision of peace.

*Ahimsa:* A Sanskrit term from the yamas (restraints/how we treat others). It means “non-harming” or in the positive, “all-loving”.

*Vegan:* Veganism denotes a philosophy and way of living which seeks to exclude – as far as possible and practical – all forms of exploitation of, and cruelty to animals for food, clothing, or any other purpose; and by extension, promotes the development and use of animal-free alternatives for the benefit of humans, animals and the environment.

Please note: It is not a required to be vegan to take this training course. You may take this course and receive the hours you need to complete Yoga Alliance standards at the 500-hour level without signing the Ethical Guidelines & Ahimsa Practice for World Peace. To receive the “World Peace Yoga” certification and be able to use that title for classes, along with a listing on the World Peace Yoga website, it is required to sign the Ethical Guidelines & Ahimsa Practice for World Peace. Our devotion to these teachings and practices goes deep and we would like our certified WPY teachers to be sharing a message of peace, which includes dedication to ahimsa & the vegan lifestyle as part of the practice of yoga.

### Application

Please ask us to mail or email you an application so we can get to know you better, or download from our website at [www.worldpeaceyoga.com](http://www.worldpeaceyoga.com).

## Contact Information

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## World Peace Yoga & Motion Studio Philosophy

At *World Peace Yoga & Motion Studio*, we are dedicated to nurturing the body, mind and soul through various practices, including yoga, dance, Pilates, martial arts and more. We offer classes for all ages and abilities from prenatal to children, teens, adults and beyond. We believe that our classes create a meditative sanctuary like environment, first embracing our stress and anxiety, then melding into a more peaceful and joyful experience. Our teachers are highly trained in specific areas of expertise and are enthusiastic to share their knowledge with you. Classes, workshops and other special events are available for you to enjoy. Please come to our studio to be inspired not only by our teachers, but by the eco-designed studio space with cork flooring, clay walls, sustainable woods, natural light and clean air. Experience how fun and inspiring a movement practice can be in a beautiful natural indoor setting.