



Kala Yoga teachers' course – first year

The course provides a professional and profound yoga teacher training. The Method is Kala Yoga- a technique to build creative and diverse vinyasas.

From the registration free entrance to all Kala Yoga classes for a year.

Shani's guidance for a year, from the end of the course until acclimation as teachers.

The course operates on two levels:

1. Our personal and joint in-depth journey as yoga instructors.
2. The professional way of becoming excellent Kala Yoga teachers with extensive, applicable and deep knowledge.

Course goals:

- Training excellent, professional, caring and pleasant teachers with vast practical and theoretical knowledge.
- Training teachers with personal practice, who see their personal development and deepening as a condition for teaching.
- Providing personal, thorough and comprehensive practice in all aspects of yoga, including its application in real life, and allowing each teacher to find and establish their own personal connection to yoga.
- Spreading the Kala Yoga method in Israel and developing connections between Sangha yoga teachers, as well as connections between them and the communities in which they live. This stems from the perception that yoga is a tool for social change, which creates beneficial influences for both the individual and the environment.

Prerequisites:

- A personal conversation with the course staff and attending practice.
- Submitting personal goals for taking the course.

Student obligations – defined by the International School of Yoga, YAI, IYF:

- 80% class attendance.
- A personal conversation with the course staff towards the end of the course.
- Submitting a final paper on one of the course's topics.
- Passing the written video test for the student – checked abroad.
- Authorization from the international organization, based on the test.

Technical information:

The course will take place at the Floris Pilates studio in Haifa on Fridays.

The course may also open on Tuesdays from 11:00.

The course will be divided into practice, theory, a combination of the two and student experience.



Cost:

full price – 8,200 ILS.

Pre-registration price – 7,500 ILS

Early bird special – 7,300 ILS

Corona price- 7,100

There is a registration fee of 400 ILS to guarantee a spot in the course, which will grant you free entrance to the classes to accumulate course credit.

Course structure:

11:30-13:30 – practice

13:40-15:00 – understanding the method, combining theory and practice. There will later be a section for student experience.

15:00-15:30 – theory, meditation.

Course dates:

The first year has 320 hours, divided between 4 hours Friday sessions plus another practice once a week.

It is possible and recommended to attend more classes during the week.

The second year has 300 hours.

Total: 620 hours.

The topics learned in the first year of the Kala Yoga teachers' course, divided into hours:

Topics – including practice and theory	Details	No. of hours
Asanas	How to construct a complex and varied sequence each week? Methodology of teaching yoga and designing and building a practical lesson.	40 hours
	Namaskar Yoga – various greetings according to the International School's methods, for instance, Shiva Namaskar.	
	Inverted positions and arm strength	8 hours
	Balancing positions	4 hours
	Back-bending positions	4 hours
	Front-bending positions	4 hours
	Flexibility positions	4 hours



	Mudras Palms – Paniasanas Arms and forearms Facial positions – Mukhasanas	4 hours
	Poses – Sub-positions 1. Spine 2. Feet and hands positions. Purna Padavi Krama Yoga	4 hours
	Kala Yoga – Artistic yoga Positions and connections in building sequences Purna Vinyasa Yoga- assembling positions Purna Krama Yoga- assembling position series Assembling a yoga class, methodology in instructing yoga Transition within and between positions Designing and building a practical lesson Building complex sequences with the following principles: Alternative positions, substitute positions, complimentary positions. Principles in matching positions: building a challenging or relieving variation. Transitions within positions and between them Deepening: reversed positions, balanced positions, hand strength positions, back and front bending.	20 hours
	The basis of therapy yoga	3 hours
	How to build a sequence: 1. Alternative pose. 2. Substitute pose. 3. Compensation pose. 4. Complimentary pose. Position matching principles: Building a challenging or relieving variation.	10 hours
	Getting to know the dictionary of positions– all of the yoga positions: 1. Divided into position types: Power – the logics of pushing and thrusting. Balance – the logics of triangulation. Flexibility – how to develop flexibility, the anatomical definition of flexibility, how to practice and learn the subject, and how to regard it in various lessons. 2. Getting to know classifications of positions	20 hours
	What is the definition of a position in yoga? Position and figure seal –the geometric ratio between various body parts and the ground	



	Bandhas - sphincter muscles: understanding and use in practice	
A total of 138 hours		
Pranayama	Pranayama and Swara Yoga – the yoga of breathing, 9 types of breathing	10 hours
	Swara Yoga – breathing yoga techniques	10 hours
A total of 20 hours		
Philosophy and History	Patanjali's 8 limbs of yoga, the definition of yoga and the tree of yoga	15 hours
	Yamas and Niyamas	10 hours
	The history of yoga	2 hours
	The Bhagavad Gita – reading, learning, structure and meaning when practicing and learning yoga	15 hours
	Hindu philosophy Indian philosophy and mythology	15 hours
	Patanjali's sutras – learning, structure and meaning when practicing and learning yoga	10 hours
A total of 94 hours		
Concentration and inward observation	Sama Yoga – Relaxation Yoga Pratihara – Gathering the senses Daharna – Concentration	20 hours
	Methods and techniques for meditation and practicing mediation	15 hours
A total of 35 hours		
Anatomy, physiology and pathology	Matching yoga practice with back pain	4 hours
	The skeleton's functional anatomy and mechanics	4 hours
	Anatomy and mechanics of the muscles, layers, bonds, connections and functions	4 hours
	Internal systems – heart, lungs, digestion, brains, limbic system, endocrine system	2 hours
A total of 14 hours		
Observation		6 hours
Teaching Experience		6 hours
Internship		8 hours
A total of 20 hours		
Grand total: 320 hours		



Complimentary books for the course, the highlighted ones are mandatory:

Ghita, The Song of God, translated by Dr. Tzachon Bantowich

Hatha Yoga Pradipika

Patanjali's sutras

Gods and Goddesses in the Indian Mythology – Itay Ahara

Awakening in daily life – Steven Folder

Facing reality, knowing peace – Jonathan Harris

Dharma bums – Jack Kerouac

When things fall apart – Pema Chodron

Light on Yoga – B. K. S. Iyengar

Mindfulness, mental change through mental training – Dr. Assaf Federman

Netter Atlas of Human Anatomy

Yoga Anatomy- Leslie Kaminoff

The Way of Liberation- Adya Shanti

Course staff:

Shani Hasten – Teacher and Course Manager

Believes in the power of healing and the strength of yoga breathing and movement.

If we only open up our minds and give into it, yoga will give us its all. All of its abundance:

Physical and mental health, and spiritual development. The serenity of yoga contains such a force that we will emerge into a good, healthy and happy world and society.

Owner of Kala Yoga, Haifa since 2014. Practicing yoga since 2000, teaching yoga since 2012.

Graduate of a 1,700-hour teaching course at the International School of Integrative Yoga, Buenos Aires, Argentina. Specializing in Power and Kala Yoga – artistic yoga. Graduated from the teachers' program 400-hour teaching course at the International School of Integrative Yoga, Buenos Aires, Argentina, 2017.

Graduate of Haifa University, B.A. in Psychology and Art, 2009-2011. Graduate of the Magid Institute group instructors' program, Hebrew University, 2010.

Gali Siman Floris – Technical Executive. Teaches instructional didactics.

Believes change comes from conscious movement, flexibility of thought, natural creativity and internal exploration – this is how I teach and learn.



Practicing yoga since 1988. 2016-2018 – teacher of Ashtanga Yoga, graduate of the Eyal Chehanowski bi-annual course at EllaYoga, Tel Aviv.

Founder, owner and technical executive at Floris Pilates since 2013.

Trained as a certified mat and machine Pilates instructor by the PMA and PMI since 2003. Graduated a 4-year course for training circular breathing instructors by Carol Lampman, founder and developer of Interaction Concept.

2010 – certified mat and machine Garuda teacher. Studied directly from the developers of the method, James D'Silva and Reut Brandes.

Certified to teach Contrology by the Boaz Nachaissi School, since 2015, and graduate of the Aerial Yoga course by Lily Merchav, both at the Floris Pilates studio in Haifa.