



Śattvici Śāgḍe
अष्टावक्रा & योग
A personal journey to natural health

300 Hour YTT

'Traditional Yoga Teacher'

Level 2 Enhanced Yogic Studies & Certification

For Current Teachers Who Desire to Dive Deeper, Enhancing Skills & Practice

For Current CYT200 & RYT200 on the path to CYT500 & RYT500

For Anyone with Desire to Deepen Knowledge of Traditional Philosophy & Practice



TRANSFORMATION

300 Hour Certified Yoga Instructor Certification Program

Definition of Yoga by Sage Patañjali

योग: चित्त-वृत्ति निरोधः (*yogāḥ citta-vṛtti-nirodhāḥ*) - *Yoga Sutras 1.2*

Yoga is when the movements of consciousness cease to fluctuate

The meaning of Yoga is understood as 'Union'. Embracing this Union is accomplished by the practice of Nirodha (mental control). Hence, the goal of Yoga is the perfection of that process. Yoga (union) implies 'Duality', as in the joining of 2 things or principles. The result of Yoga is the 'Non-Dual' state - the union of the Lower Self and Higher Self. This non-dual state is characterized by "absence of individuality" promoting peace, pure love, Self-Realization, or Liberation.

As Yoga teachers, or those who share Yoga knowledge, we must strive to protect and share the true and traditional practice, maintaining the integrity and sacredness gifted to humanity through the elevated consciousness of the great Sages & Seers of India. We have a responsibility and duty of care when embracing this knowledge for ourselves and when sharing this gift with our community.

The Sattvic Sage Ayurveda & Yoga 300 Hour Program is for those whom wish to dive deeper - For those who have completed YTT200 and wish to deepen their understanding of traditional Yoga Principles and practical teaching skills, or for those who wish to personally explore their understanding and practice of Yoga for a healthy and balanced life.

This course allows each individual to experience the true essence and meaning of Yoga through a unique and holistic synthesis, harmonized amongst the teachings of ageless wisdom of ancient scriptures and philosophy applied in a contemporary context that students can grasp and thus begin to put into practice in their daily lives. Yoga is not something we 'Do', but something we 'Realize'. This is a path of Self-Discovery and Self-Realization.

Students will learn the integral foundations of Yoga ensure all participants can practice safely, teach safely, understand the breath and the mind and learn to connect to other human beings compassionately. This experience is a wonderful odyssey on your path to greater self-awareness and understanding. By incorporating Yoga in its totality, all will learn to teach and practice through their own experiences and deepened knowledge.

The course is designed to provide a comprehensive foundation for teaching yoga skillfully & intelligently, while realizing the connection of *Āsana* to *Nirodha* (mental Control) and *Prāṇa*. This course intends to possess more depth and breadth of the true Yoga teachings, understanding the *Shiva / Shakti Principle*, with a deep connection to heart.

Graduates of this program are considered CYT Certified, but may also become Registered Yoga Teachers (RYT500) with Yoga Alliance when they apply for registration directly with Yoga Alliance. An RYT designation is a symbol of a minimum level of knowledge, training, and experience. Possessing this designation enhances your credibility as a teacher – **but many components of this course offer higher-than-required knowledge for Yoga Alliance registration.**

The Sattvic Sage Ayurveda & Yoga program also incorporates added ability to understand Ayurvedic balance and its critical relationship to Yoga. Yoga & Ayurveda are inseparable. Ayurveda itself is a form of Yoga.

You will learn the benefits and teaching of various styles of Asana (Refinement of Hatha, Vinyasa, Meditation) – but also receive education in Yin, Restorative, Pregnancy & Chair, as well as Yoga Nidra, Pranayama, Chanting of Mantras and the use of Mudras. You will be prepared to offer your light and energy in each of these spaces, with the goal of sharing your knowledge for health & healing of yourself and your community.

TECHNIQUES, TRAINING & PRACTICE *

Traditional Yogāsana Śāstrā

Āsana

- Historical Context, Kriṣṇamaćārya Lineage
- Sukhasana to Savasana
- Anatomical & Alignment Principles & Contraindications
- Hatha, Vinyasa & Meditation Teaching Methodology Refinement
- YIN, Restorative, Chair, Pregnancy, Yoga Nidra
- Biomechanics & Joint Protection

Pranayama & Subtle Body

- Historical Context, Effects on Anatomy & Subtle Body
- Safe Pranayama Sequencing with Precautions, Alternatives & Adaptations
- Pūraka, Recaka, Antar & Bāhya Kumbhakas
- Classical Theory & Practice in Ujjayī, Nadī Śodāna, Bhāstrika, Śītkari, Śītkari, Suryabhedana & Chandrabhedana
- Understanding Kapalbhatī and contraindications
- Essential Oils, Mindfulness & Living a Holistic Life

Meditation

- States of Consciousness
- Types of Meditation
- Centering, Relaxation
- Teaching Meditation Types
- Knowledge of Pratyahara, Dharana, Dhyana, Samadhi

Yoga Nidrā

- Sankalpā, Jagrat, Swapna, Suśupti, Turīya: True Purpose & Proper time of Day

ŚuddhiKriyas

- 6 Purification Kriyas (Actions) with Group Practice of Trataka

***These hours include (with substantial emphasis):**

- *Theoretical & Analytical Understanding with training in how to teach and practice techniques*
- *Guided practice of the techniques themselves*

TEACHING METHODOLOGIES

Teaching Methodology

- Sequencing: Refinement of Hatha / Vinyasa / Meditation
- Sequencing: Certification in YIN, Restorative, Chair, Pregnancy & Yoga Nidrā
- Important Factors/Changes during Menstruation
- Āsana for Special Populations / Conditions
- Pace, Environment, Music (or not) & Class Management & Atmosphere
- Class & Workshop Structure for Beginners, Intermediate & Advanced Practitioners
- Theme-Oriented Classes – What is the Message? (We offer the teaching of Yoga, not solely physical fitness)
- Cueing - Cueing - Cueing (Refine Verbal, Visual, Physical)
- Use of Appropriate Language
- Avoiding cues that may unintentionally create fear or exclusion
- Trauma-Informed Speech / Discussion awareness

PROFESSIONAL DEVELOPMENT

- Personal Yoga Sadhna & Self-Ability to Practice Meditation (Log Requirement / Teacher Signoff Required)
- Additional Attendance of additional area yoga classes for Written Observations
- Communication skills, time management & establishment of priorities and boundaries
- Yoga-Related Professional Organizations, including Yoga Alliance & IYAT
- Yoga Alliance Credentialing Process & Continuing Education if Desired
- General Professionalism, Marketing & Promotion
- Understanding Liability Insurance / Waivers / Disclaimers / Music Copyright

ANATOMY & PHYSIOLOGY

Anatomy: Structure

Skeletal System: Major Bones

Muscular System: Major Muscles involved in Āsana, Types of Muscle Contraction

Physiology: Functional Systems

Nervous System

- 'Fight/Flight' & 'Freeze' Stress Response
- Vagus Nerve

Cardiovascular/Circulatory, Endocrine, Digestive Systems as they relate to Yoga Āsana

- Expulsion of Metabolic Wastes, Catalyzing Processes

Respiratory System: Muscles that control breathing, Voluntary/Involuntary breath, Importance of Kumbhaka

Bio-Mechanics

- Types of Joints, Joint Movements, Joint Stabilization, Joint Protection
- Safe Movement as it pertains to Balancing, Stretching, Awareness, Trauma/Injury
- Contraindications, Misalignments, Adaptations, Loops & Spirals

YOGA PHILOSOPHY, LIFESTYLE & ETHICS

History & Philosophy

- Definition, Dates, Etiology & Key Terms
- Objectives of Sat Darśana; Branches of Indian Philosophy
- Relationship between Āsana, Pranayama and Meditation
- Vedas, Upanishads, Vedānta, Hatha
- Yoga Darśanā Philosophies & Classical Texts
- Sāṅkhya Philosophy, Concepts of Puruṣa & Prakṛti
- Yoga Sūtras of Patañjali (196 Sloka In-Depth)
- Bhagavad Gītā (18 Chapters In-Depth)
- Gheraṇḍa Saṁhitā, Hatha Yoga Pradīpikā
- Kṛṣṇamaçārya Lineage, Style & Methodology

Yoga Lifestyle With Deeper Understanding

- Yamas & Niyamas: Self Restraints, Conduct Observances and Being of Service to Others
- SHIVA / SHAKTI Principle
- Types of Tantras
- Saṅkalpā, Sadhana, Dharma, Karma & Seva
- ŚuddhiKriyas
- Bandhas: Jīvha Bandha, Jālandhara Bandha, Uddiyāna Bandha, Mula Bandha, Maha Bandha
- Mantra Chanting – Learning, Memorizing and Sharing
- Mudras – Learning 7 Sharing during practice
- Use of Japa Mala
- Introduction to Sanskrit
- Incorporating Oil Essences into deeper vibrations of practice

Ethics

- Awareness of Yoga Sūtras and similar yogic ethical Buddhist precepts
- Scope of Practice, Code of Conduct: Comprehension & Responsibility
- Self-reflection on how yoga ethics relate to practice and teaching; Ethics as a Teacher in the Age of Social Media

PRACTICUM *

- Practice Teaching (does not include assisting, observing or giving feedback)
- Hosting free (Supervised) Community Yoga Classes as Karma Yoga
- Observing Others Teaching, Receiving & Giving Feedback – Incorporated in Class sessions / At Home Assignments
- Acting as Lead Teacher, displaying competencies – Incorporated into Class Sessions

***These hours include (with substantial emphasis):**

- How to address the specific needs of individuals / special populations
- Theoretical & Analytical Understanding with training in how to teach and practice techniques
- Guided practice of the techniques themselves, Minimum of 5 Contact Hours actively practice teaching as the lead instructor

ELECTIVES

Yoga Anatomy & Physiology

Anatomy: 3 Bodies:

- Sthūla Śarira, Sūkṣma Śarira, Karaṇa Śarira

Anatomy: 5 Sheaths~ Pañcakoṣa:

- Annamaya Koṣa, Prāṇamaya Koṣa, Manomaya Koṣa, Vijñānamaya Koṣa, Ānandamaya Koṣa

Physiology: Ākṛas, Nadīs & Marmāmi

Physiology: Pañca Vayus:

- 5 Subdoṣas of Vata / Directional Pranic Flow
- Prana Vayu, Udāna Vayu, Samāna Vayu, Vyāna Vayu, Apana Vayu

Āsana for Ākṛa Balancing

Ayurveda For SELF-CARE

IMPORTANT: This portion of training does not offer Certification to practice / offer Ayurveda publicly in any capacity, whatsoever. You will NOT be certified to practice with the public, as training is not intended to teach trainees how to treat or diagnose mental or physical medical conditions. Objectives for Elective Portion is to Understand Yoga & Ayurveda Relationship and how to apply Ayurvedic Concepts to Yoga.

Introduction to Ayurveda

- Origins / History / Texts
- Causes of Disease
- Sāṅkhya Philosophy & Intro to Maha Guna (Psychology)
- Pañcamābhūtās: Elemental Qualities in Nature
- Doṣas & Subdoṣas Explained
- Prakṛti vs Vikṛti
- What's Your Prakṛti?

Doṣa Cycles in Life & Nature

- Dinačārya: Doṣa Day (Ayurveda Circadian Rhythm)
- Ritučārya: Doṣa Seasons
- Doṣa Lifecycle
- Doṣa Moon Cycles
- Daily Routines for Self-Care/Hormone Balance
- Seasonal Routines & Home-based Cleansing

Ayurveda (& Yoga) Behavior: Vihara / Vichaar

- The Vedic Perspective on Emotions
- Introduction to Sāṅkhya Philosophy
- Doṣa Guna Recap: Vata, Pitta, Kapha
- Anxiety, Anger & Depression
- Pañca Koṣa: 5 Fields / 3 Bodies
- Doṣa Cycles related to the way we feel
- Prana, Tejas, Ojas Explained
- Deeper Maha Guna: Our Mental/Emotional State
- Convergence: Vata, Pitta, Kapha in Sattva, Rajas & Tamas
- Specific Practice & Steps to Take to Process & Balance
 - ~Ayurveda 5 Sense Practices
 - ~Ayurveda Foods to Support a Healthy Body, Specific Yoga, Specific Meditation

Ayurveda Anatomy, Physiology & Pathways

- Introduction to 7 Dhatus (Tissues)
- Understanding Prana (Energy) Transference
- Introduction to Srotas ('Channels' & Physiology)
- Understanding Root Causes
- Ayurveda Pathology of 'Nutrition'
- Nidana Pañcaka/ Hetu: Understanding Root Causes
- Ayurveda Saṁprāpti Lite (Stages/Pathology of Imbalances)

Ahara (Food)

- Recap of Doṣa Guna
- Ahara Rasa: Foods
- Doṣic Digestion
- The Ayurveda 6 Tastes
- Rasa Karma: Actions/Functions of Taste
- Eating for your Doṣa (Mental & Emotional Balancing)
- Ideal & Improper Food Combinations
- Ayurvedic Eating Guidelines: WHAT, but also WHEN & HOW



Ayurveda Herbalism

- Dravyaguṇākarma: Difference from Western Spices & Plants
- The 7 Energetic Expressions of Nature Wellness
- Karmic Actions of Nature Wellness

Cleansing / Pañcakarma

- Recap: Why Do We Need to Cleanse? Types of Ama
- Prana Transference / Cause of Ama Accumulation
- Deeper Discussion on Pathways / Stages of Imbalance
- Praśama: The Doṣa Overflow
- Pañcakarma for Wellness
- Energy: Intro to Ćakras

Subtle Sense / Sūkṣma Ćikitsā

- Asatmyendriyārtha Samyoga: Feeding of the Senses
- Tātmātrās: 5 Subtle Elements
- Gandha Ćikitsā: Sense of Smell
- Rasa Ćikitsā: Sense of Taste
- Rupa Ćikitsā: Sense of Sight
- Sparśa Ćikitsā: Sense of Touch
- Sabda Ćikitsā: Sense of Hearing

Yoga Śāstra I: Philosophy & Beyond the Physical

- Recap - Yoga Definition, Etymology, Origins & History
- The 5 Points of Yoga, The 7 Types of Yoga
- True Meaning & Practice of Hatha
- Traditional Pranayama Sadhna
- Sankalpā (Intention)
- Sadhana (Practice of Sacredness)
- Savasana (The Aim)

Yoga Śāstra II: Yoga For Your Doṣa

- Ayurveda & Yoga Relationship
- The 3rd Limb: The Role, Importance & Practice of Āsana
- Asana per Doṣa Vikṛtī
- Suggested Sequencing to Balance Vata, Pitta & Kapha
- Vata Subdoṣas: The Pañca Prana Vayus
- Directional Flows of Prāṇic Energy
- Suggested Āsana per Prāṇa Vayu

Deeper Knowledge & Balancing Practices Per Doṣa

- The 4th Limb: Prāṇāyāma (Breath Expansion)
- Stages & 8 Types of Classical Prāṇāyāma Practice
- The 7th Limb: Dhyāna (Meditation) Per Doṣa
- Mantra (Vibrational Chant) Per Doṣa
- Mudra (The 'Seal') & Relationship to Pañcamahābhūta
- Ćakras: Additional Sūkṣma Ćikitsā
 - ~Relationship to Both Physical & Emotional States
 - ~Relationship to Prana Vayu & Balancing Doṣa

Teaching Competence and Proficiency

Students must demonstrate command of the skills necessary to safely and competently teach a Yoga class. Participation in all practice-teaching sessions is mandatory for certification. During these sessions & throughout training, you must demonstrate the ability to teach Yoga using the methodology presented in the training as noted below:

- Demonstrate knowledge, embodiment and modeling of Āsana, including modifications, intuitive and evidence-based benefits, contraindications, and alignment principles for all intended demographics
- Demonstrate understanding and use of effective, conscious communication skills
- Demonstrate ability to lead Āsana, Pranayama, Guided Meditation and Relaxation.
- Demonstrate fundamental knowledge of basic anatomy and physiology—muscles, bones, and systems
- Demonstrate knowledge of Yoga History, Philosophy and Methodology

These skills will be evaluated during session Teachbacks.

A minimum of 5 hours is required teaching as the Lead Instructor and will be incorporated into class training sessions.

You will conduct classes live as lead instructor amongst classmates and offer Community Yoga Classes.

Classmates will provide feedback to each other on each class offered.

Assessments

Students will be given a series of assessments designed to support integration of content. The assignments include Homework on studied texts, Summaries/analyzation of specific documentaries, self-reflective based journaling, lesson reviews, and practice teaching exercises. The successful completion of these assessments is required for certification. All documentation be collected/reviewed in hardcopy or via email and will be reviewed by the Lead Trainer.

At-Home Assignments

Students attending training will be given assignments to complete between segments. These assignments will account for Non-Contact Hours. These assignments will include attending personal yoga classes, Observing others teaching in a classroom setting, and developing Class Designs. Students must satisfactorily complete and submit all assignments in hardcopy or email to receive certification. These assignments will be provided by the Lead Trainer In-Person or via email. All documentation be collected/reviewed in hardcopy or via email and will be reviewed by the Lead Trainer.

~ P r o g r a m O v e r v i e w ~

2024 CLASSES

Various Weekends Each Month:

Thursday 5 pm – 9 pm Friday 5 pm – 9 pm CT Sat 10 am – 6 pm CT Sun 10 am – 6 pm CT

50 HRS Philosophy & Psychology Emersion of Bhagavad Gita / Yoga Sutras Study:

Wednesday Nights 6 pm – 8 pm CT

FULLY LIVE ONLINE FOR ALL CLASSES for FEBRUARY - JULY

HYBRID LIVE ONLINE & IN-PERSON IN CHICAGO FOR CLASSES for AUGUST & SEPTEMBER

GRADUATION ON AUTUMN EQUINOX SEPTEMBER 21 at Soderworld Wellness Center in CHICAGO

Requirements for Completion:

Completion & Attendance of All Session Hours & Any Needed Make Up Hours

All Assigned Homework / 40-Class Personal Attendance Log / Meditation Journal Sharing / Program Student Survey

Practice Teach-Backs & Feedback / 20 Class Observations / 10 Class Designs / Public Community Class Offering / Tuition Paid in Full

Pre-Requisite:

YTT200 Completion - Transcript from School OR Certification Proof Required.

Previous experience of attending or teaching classes, lectures, etc. or any form of self-awareness practices for at least 6 months.

Upon Completion:

When course requirements are met, a "Certificate of Completion" is issued.

You are considered a Certified Traditional Yoga Instructor: CYT500

Registration with Yoga Alliance is Optional (not mandatory):

Upon completion of this program, RYT500 Registration may be completed directly with Yoga Alliance.

This program is a YA RYS Registered School and may be included in the path to RYT500.

This process is also explained in the Professional Development portion of the program.

Academic Requirement:

YTT200 Completion - Transcript or Certification Proof Required

Applicants must possess a high school diploma or GED and must attain 18 years of age prior to start of classes

Applicants should have English language fluency, as all classes will be taught in English

Steps in the Application Process & Enrollment Registration:

1. Submission of Enrollment Form (May be completed Online at <https://www.sattvicsage.com/ytt>)
2. Phone Interview with Prospective Student by Lead Trainer
3. Confirmation of Acceptance
4. Payment for SEAT RESERVATION (Applied to Tuition) or TUITION PAYMENT IN FULL to receive discount
5. Enrolled Student signs and returns the 'Attestation & Acknowledgement' of Program Policies

Tuition Includes:

- 8 Months and 300 Hours of Curriculum
- Personal Class Attendance & Class Observations
- Class Set Up & Clean Up
- High Quality, Professional Presentations & Equipment, Set Up/Breakdown
- Full-Color Binder of Syllabus, Class Schedule, Course Handbook, Homework Summary & Due Dates
- Part 1 & 2 Printed Handouts, Personal Class Attendance Log, Class Observations Template & Class Design Templates
- Part 3 - 8 Handouts in Electronic PDF Format (Emailed Directly)
- Meditation Journal
- Numerous E-Books depending on 200 Hr / 300 Hr Course
- In Person Class Practice, Tour and Pictures at The Hindu Temple of Greater Chicago
- Attendance Tracking / Homework Tracking & Review, Grading & Feedback
- Administrative Communications & Follow Up
- Discounted Yoga Classes at Soderworld Wellness Center during training
- Entire Course Photos and Videos
- 3 Guest Teachers
- Graduation Ceremony, Class Pictures & Video

WHAT MAKES THIS TRAINING UNIQUE?

DEEP & TRADITIONAL UNDERSTANDING

Many YTT Training programs offer just a scratch of the surface of true Yoga practice by focusing only on physical postures, while missing any real focus on 7 other components of the 8-Fold Path – the most powerful pieces on the healing journey. I wish to offer and share understanding of tradition, history, integrity and cultural (and yes, the PHYSICAL) pieces of this life-altering knowledge.

Beyond Āsana: Deeper Discussion in Philosophy, Ancient Texts & Tradition

- History / Origins / Śatdarśana
- Immersion in the 8 Limbs of the Aṣṭāṅga Path
- Written contemplations of Patañjali Yoga Sūtras
- Written Contemplation on Sāṅkhya Philosophy
- Assigned Documentaries
- Hatha Pradīpikā, Bhagavad Gītā
- Study of Śuddhikriyās
- Introduction to Sanskrit

Anatomy

Heavy in both Western & Yogic/Ayurvedic understandings of Anatomy, Physiology & Injury Prevention ~ ALIGNMENTS ~

As well as the Subtle Energy body and modalities of Prāṇa, Cakras, Nāḍīs and Marmas.

Perspectives from different teachers, sincerely offering you knowledge on how to understand bones & muscles, joints and body mechanics to safely guide your students from one posture to another.

Practical & Experiential Experience

IN PERSON IN CHICAGO: Visiting the Hindu Temple of Greater Chicago in Lemont, IL ** *Experiencing Practice in its truest form*

Includes Added Ability to Teach Various Styles of Asana –

You will be educated in Yin, Restorative, Chair, Pregnancy & Yoga Nidrā. Most YTT programs only focus on Hatha & Vinyasa - but here you will be prepared to offer each style - All included in Study & Delivery~ Including Prāṇa Flow, Benefits, Sequencing & Teaching.

Ayurveda / Yoga for Your Doṣa

Ayurveda For Self Care with Deeper Understanding of Doṣas / The 6 Tastes of Ayurveda & Food & Plants

Vedic Psychology, The Yoga & Ayurveda Relationship / Yoga Asana, Prāṇayama, Dhyāna for balancing Vata, Pitta & Kapha. The 5 Prāṇa Vāyus within Āsana. Ayurveda concepts interweaved throughout ALL subject matter.

HOW TO START YOUR PRACTICE

I will guide you in understanding the Code of Ethics, Scope of Practice, Legal Documents necessary for State or County, Waivers & Disclaimer Language, Music Suggestions as well as Copyright adherence, and much more! I will share my playlists for music concepts. Learn your practice options available as an employee or independent practitioner, tax rules, payment gateways and the best ways to share your offerings both in-person or online.

~ Offered By ~



Karla A. Cain, CAP

*National Ayurvedic Medical Association Professional Member
NAMA Board-Certified Ayurveda Practitioner, Pančakarma Body Therapist
NCCBAM Ayurveda Clinical Supervisor
ERYT, RYS, Yoga Alliance YACEP, YTT Lead Trainer
ACE Certified Behavioral Change Specialist
Founder, Sattvic Sage Ayurveda & Yoga
Board of Directors, American Association of Ayurveda Professionals
Founding Member National Consortium of Ayurveda Medicine
Faculty, Ananda Ayurveda Academy Willowbrook, IL*



Karla led a previous lifetime career in the SEC Financial Industry, employed by the 2 largest firms on Wall Street, with 23+ years' experience in Brokerage Account Administration, Financial Planning, Investment Advisory, Investment State Law, Insurance, Staff Coaching & Training, Marketing, Business Development, Networking and Public Relations.

Her own personal experience with disconnection, anxiety, illness and imbalance led her on a journey to discover Yoga in 1998 and Ayurveda in 2010.

By 2015, after years of study & having found a true passion for Yoga & Ayurveda, she consciously left the corporate world and her 23 year career to make holistic healing her primary focus and embracing the path of Dharma.

She has studied Yoga, Ayurveda, Meditation, Ayurvedic Herbs and Panchakarma Therapies in the USA, Italy and India. She has completed countless courses, workshops and conferences in the Eastern Healing Arts as well as Western Anatomy, Nutrition and Herbology. As a Chicago native, she currently maintains her private practice and YTT Training program in the Western Suburbs of Chicago, as well as her new homebase in the Western Suburbs of Phoenix, AZ. She offers private Yoga/Meditation sessions, personal Consultations on Ayurvedic Health & Wellness, Seasonal Group Cleanse Programs & Panchakarma Body Therapies. She conducts open Classes, Courses, Workshops, Fire Ceremonies & Drum Circles on natural living, spiritual exploration, connection & healing, herbal remedies & the introduction of Ayurveda to her community. She is a Yoga Instructor for The Hindu Temple of Greater Chicago and continues to visit her yoga family there in Lemont, IL.

Outside of her private practice, she offers Yoga, Ayurveda, Meditation, Pranayama or Ritual Ceremonies at Soderworld Wellness Center & Healing Arts Academy in Willowbrook, IL ~ as well as offering education as visiting faculty for various Yoga Teacher Training courses offered to YTT students in Chicago and Phoenix and loves to assist in hosting Retreats in the warm, AZ desert!

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I am so humble and honored with the opportunity to share the deep traditions of this beautiful practice.
I can't wait for our time together!

Karla A. Cain

~ Joined By ~



Misty Soderholm

LMT, LE, ERYT, HHP, YACEP

*CO-Owner/Founder Soderworld Wellness Center in Willowbrook, IL
Faculty, Ananda Ayurveda Academy Willowbrook, IL*

Misty began her studies at the Wellness and Massage Training Institute in 1994 and graduated from the School of Healing Arts in San Diego, CA. after moving there to work at the Deepak Chopra Center for Wellbeing. After 2 years of intense studies in Ayurveda, Meditation, Hypnotherapy, Watsu, Feng Shui, Holistic Health and Yoga, she ventured back to Chicago to bring the knowledge she gained to her hometown.

She has also studied Hot Stone Therapy, Reflexology, Thai Yoga Massage, Sports Massage, Lymphatic, Esalen Style Massage, Natural Birthing, Plant & Herbal healing, Esthetics & Skin Care (facials, body wraps), and many various energy modalities. She developed her own style of bodywork called SolFlo Massage and is currently finishing up a book to be published on the Art of Bodywork. Misty is a Licensed Massage Therapist & Esthetician, as well as a certified Yoga Instructor from the Temple of Kriya Yoga and Holistic Health Practitioner with over 25 years' experience in the wellness field.

She is a Massage Therapist/Teacher, Yoga Instructor/Trainer & Director of Advanced Training at Soderworld Wellness Center in Willowbrook, but also teaches groups, private tutors and performs bodywork and yoga at various locations throughout Chicagoland and the US. She also lectures at Soderworld, many local corporations, schools, and private events on a variety of wellness and holistic health topics.

Misty is also on the faculty for Ananda Ayurveda Academy & Universal Spa Training Academy as a Massage and Panchakarma Instructor. She has been featured in the Chicago Tribune, WGN TV news segments, radio shows, and local newspapers for her family's success with Soderworld and her artwork. She focuses more on the spiritual side of healing in her treatments and teachings.

Although Misty did some art at an early age, she just recently rediscovered her passion for the arts and writing again about 5 years ago. She has been in many art shows, leads paint parties & classes, and has had her writings published.

Misty is an Artist & Art Instructor for the Flower of Life Art Gallery in Lockport and Board Secretary for TAGOL (The Artists Guild of Lockport). She is a long-standing member of (ABMP) Associated Bodywork and Massage Professionals and Yoga Alliance, as well as an approved continuing education provider through NCBTMB for Massage Therapists.

www.solfloarts.com www.soderworldwellness.com
www.anandaayurvedaacademy.com www.spatrainingacademy.edu

Program Offering:

~ The 3 "A"s ~

Anatomy, Alignment & Adjustments
Structure & Movement
'Looping' and 'Focal Points' in Āsana

~ Joined By ~



Shannon Chada

*ERYT200, Earth Mama/Doula, Reiki Master & Teacher
Massage Therapist, Ordained Spiritual Minister*

With a joyful heart, Shannon walks a path of integrating nature, culture and community to help others and empower self-healing of mind, body and spirit. Shannon offers a variety of local educational and spiritual opportunities which inspire and honor each individual's own personal wellness and spiritual journey. "Let us come together to spread our wings, connect to earth's natural healings, travel deep inside ourselves, meet our awareness, embrace our growth, be in our power, and flourish with blessings of love and light."

Connect with Shannon through the rainbow of holistic practices she offers as an Earth Medicine Spiritual Practitioner, Reiki Master Teacher, Certified Yoga Instructor, Sacred Circle and Ceremony Facilitator, Legally Ordained Minister, Young Living Educator and Distributor, Massage Therapist, Doula/Natural Childbirth Educator and Earth Mama.

Shannon is a Certified Reiki Master & Teacher since 2000 and 8th decedent in lineage from Dr. Mikao Usui.

Shannon offers Usui Reiki levels I, II, III (Advanced), Reiki Master, Reiki Master Teacher certified classes throughout the Chicagoland and Rockford area.

Along with Reiki Master Apprenticeship and Reiki Master Teacher Apprenticeship programs and Certifications. Available CEU's Continuing Education through NCBTMB. In addition, Shannon is a Certified Yoga Instructor and is registered with Yoga Alliance.

She is dedicated to working with women, mothers, babies, and children. Shannon's classes are uniquely taught to meet the individual needs of all who attend. No prior yoga experience is necessary for any of her classes. Shannon graduated from the Lakulish Institute of Yoga, Kripalu, Gujarat, India 2006 by Guru Acharya Yogendradev.

Shannon is a legally Ordained Spiritual Holistic Minister Practitioner, certified to perform religious services.

An Ordained Minister Practitioner is privileged to experience the spiritual benefit of the time-honored tradition of helping the body, mind and spirit.

"It is with a Joyful heart, that I walk this path of practicing ancient traditions which honor you or your special loved ones with Blessings of Love and Light."

www.fullcircleharmony.com

fullcircleharmony@comcast.net

Program Offering:

Essential Oils & Yoga, Frequency & Čakra Harmony, Safety
Mindfulness, The 5 Petals of Holistic Living, The Mindfulness of Emotions
Mindful Movements (Joint-Freeing Series)
Meditations & Proper Guiding out of Savasana

~ Joined By ~



Treya Jaholkowska

*Event Coordinator and Instructor at SoderWorld Wellness Center, Willowbrook, IL
Sound Healing Practitioner, the Dreamweavers Collective
CYT200 Yoga Instructor (Sattvic Sage Ayurveda & Yoga, Buckeye, AZ)
Vision Quest Guide (the School of Lost Borders & the Rites of Passage Journeys)
Bachelor of Fine Arts, Northern Illinois University, Dekalb, IL*

As long as she can remember, Treya has had a yearning to find a deeper meaning of life. The pull towards spirituality continued through her teenage years and then adult life. Her curiosity and appreciation for ancient wisdom traditions compelled her to study various spiritual paths: Buddhism, Hinduism, Sufism, and to sit in Satsang and take up sadhanas with teachers and gurus of those traditions.

Treya has interwoven both Eastern and Indigenous approaches to personal and spiritual development in the last three decades of her journey. She has been interested in the subject of the Rites of Passage since her own Vision Quest in Sedona, AZ in 2003. After quitting her corporate profession as a Graphic Designer, she trained, worked and volunteered as a mentor and a teacher with organizations devoted to holistic education and personal development for children and teenagers, like the Waldorf School in Chicago, the School of Lost Borders in New Mexico, the Rites of Passage Journeys in Washington State and the Amala Foundation in Austin, TX and Hawaii. Treya also continues to volunteer New Pathways For Youth in Phoenix, AZ.

Her incessant desire to know the ultimate truth and understand why we suffer, prompted her to move to Kerala, India in 2007 to delve deeper into the teachings of Sanatana Dharma at the feet of her beloved guru Sri Mata Amritanandamayi Devi. Amma (Mother) as she is adoringly called, is the living scripture, the full embodiment of what Dharmic life is about. Treya devoted her time at the ashram to spiritual practices and took on a 3 year project of translating a book of Amma's teachings into Polish, her native language.

In 2013 after a long sabbatical in India and spiritual travels across Europe, Treya landed back in Chicago, into what would begin a challenging period of integrating back into the fast moving and materialistic western world. The practices and teachings became her saving grace as she could more starkly observe and understand human suffering, like a fish taken out of the water. After all those years of life-changing and transformational experiences, she knew that her own personal path and pursuit would become her duty to share with others. She continues to study and deepen her understanding of the yogic path and how it enhances our day to day life.

She currently offers meditation, yoga and chanting classes, women's circles, retreats, ceremonies and other mindfulness experiences at SoderWorld Wellness Center. For the past 4 years she's been facilitating group and private Sound Healing Journeys with her partner (the Dreamweavers Collective), incorporating a variety of eclectic instruments and mantra chanting. She is a certified Yoga Instructor as well as an aspiring artist and musician.

dreamcourageously@gmail.com

IG: dreamweavers333

Program Offering:

The Secret of Mantra Chanting: A Tool To Free The Mind

The Significance of Mantra Chanting

Actual Chanting Instruction

Practice of the Various Primary Mantras

Discussion on the Healing of Sound Therapy

~TUITION~

Tuition: \$3800

Option 1: PAY IN FULL Offers a \$300 Discount

Payment of \$3500 in Full Any Time Prior To Registration Deadline of FEBRUARY 10

\$250 & Electronic Processing Fee of this payment is Non-Refundable

Payment Amount Includes 4% Electronic Processing Fee

Total Payment \$3640

Option 2: PAYMENT PLAN (8-Month Program):

Payment of \$1000 as Seat Reservation Any Time Prior to Registration Deadline of FEBRUARY 10

\$250 & Electronic Processing Fee of this payment is Non-Refundable

This Entire Deposit is Applied to your Tuition

Credit / Debit Electronic Payment Amount Includes 4% Electronic Processing Fee & 2% Interest

SEAT RESERVATION: \$1060

Remaining \$2800 is paid Monthly

Payment Plan is available via set up of Auto Pay

1st Installment	Mar 15	\$424
2nd Installment	Apr 15	\$424
3rd Installment	May 15	\$424
4th Installment	Jun 15	\$424
5th Installment	Jul 15	\$424
6th Installment	Aug 15	\$424
7th Installment	Sept 15	\$424

Monthly Electronic Payments Include 4% Electronic Processing Fee & 2% Interest

Total Payments \$4028

If \$ is the only determining factor keeping you away from training – I am open to discussing options!

Tuition Includes:

- * 8 months & 300 Hours of Curriculum
- * Refinement of Hatha, Vinyasa, Meditation
- * Certifications: YIN, Restorative, Chair, Pregnancy, Yoga Nidra, Mantra
- * Personal Class Sadhna / Class Observations
- * In Person & Remote Class Set / Break down
- * High Quality, Professional Presentations & AV Equipment
Full Set Up/Breakdown
- * Full-Color Binder of Syllabus, Class Schedule, Course Handbook
- * Homework Summary & Due Dates
- * Part 1 & 2 Printed Handouts
[Part 3 - 8 Handouts in Electronic PDF Emails]
- * Personal Class Attendance Log
- * Class Observations Template & All Class Design Templates
- * Meditation Journal
- * Numerous E-Books of Traditional Yoga & Ayurveda
- * Excursion / Class Practice / Tour & Pictures at Hindu Temple
- * Attendance Tracking
- * Homework Tracking & Review, Grading & Feedback
- * Administrative Communications & Follow Up
- * 20% Discounted Yoga Classes at Soderworld Wellness Center
- * 3 Guest Teachers
- * Practicum Supervision, Grading & Feedback
- * Course Photos & Videos
- * Community Yoga Day Photo & Video
- * Graduation Ceremony, Class Pictures & Commemorative Video

Graduation Ceremony is on Autumn Equinox Sept 21 in Chicago

Registration Deadline is Feb 10