

Spanda® Faculty Joining Dr. Schmitt

Note: not all faculty members teach at all locations.

Mary Cardinal... directs the Himalayan Institute's Teachers Association and trains yoga teachers through the Himalayan Institute in the US and India at both the 200 and 500 hour levels. A Montessori trained educator, Mary teaches yoga to children, adults, prenatal and postnatal women, and serves as a yoga therapist for the Himalayan Institute's Center for Health and Healing.

Carrie Demers, M.D.... is Medical Director of the Center for Health and Healing and writes the Natural Healing Column for *Yoga International Magazine*. Board certified in Internal Medicine, Dr. Demers is also certified in massage, yoga and prenatal yoga.

John Frank, P.T.... directs the yoga program at Momentum Fitness where he teaches ashtanga, power and gentle yoga, and offers individual yoga instruction. He holds a Masters Degree in Physical Therapy from Washington University and works as a Physical Therapist when he is not teaching yoga.

David Keil... teaches anatomy to yogis internationally and serves as the kinesiology instructor for Miami's Educating Hands School of Massage. David studies yoga in India with his teacher, Sri K. Pattabhi Jois and teaches anatomy in John Scott's ashtanga yoga training program in England.

Chris Schmitt... teaches meditation in the tradition of the Himalayan Masters as taught by H.H. Sri Swami Rama. A former resident of the Himalayan Institute, Chris now works as a Technology Manager on Wall Street where he has myriad opportunities to apply his meditation training to everyday life.

Lauree Wise O.T.R., C.M.A.... works as an Occupational Therapist in both public and private settings. Her lifetime of experience as a dancer, educator, movement therapist, and yoga practitioner informs her teaching. She is certified in Body Mind Centering®, Infant Developmental Movement Education®, Laban Movement Analysis, and has training in Process-Oriented Psychotherapy with Aileen Crow.



Teacher Training Certification
A Sacred Link™ Affiliate of
the Himalayan Institute

464 Ewing Street
Princeton, NJ 08540

Address Correction Requested



Teacher Training Certification Program

A Sacred Link™ Affiliate of the Himalayan Institute

Jaime Stover Schmitt, Ed.D., C.M.A., I.D.M.E., R.Y.T. (500), Director



Spanda®: The Yoga of Movement

Teacher Training Certification Program

The goal of our program is to provide all the resources, teaching skills, and information necessary to teach traditional yoga and hybrid classes for diverse needs and interests. Unlike programs offering only a sequence without educating as to the why each practice or how to adapt poses, we offer the underpinnings necessary to comprehend yoga's view of health and the human experience from both eastern and western perspectives.

The unique movement aspect of our program empowers teachers in universal movement fundamentals, developmental underpinnings of yoga practice, movement re-patterning, and movement exploration for personal research.

Spanda® Yoga Teacher Training Program Includes:

- **Ashtanga Yoga**, the bedrock of our approach, includes training in classical hatha yoga postures (*asana*), breathing practices (*pranayama*), and breath coordinated movements (*vinyasa*). We give elucidation of the philosophical tenets of yoga theory (including *yamas* and *niyamas*) and survey core literature. Higher rungs of Raja or Ashtanga Yoga are explored through breath awareness concentration, and meditation.
- **Universal Movement Fundamentals** are implicit in the archetypal experience of the hatha yoga postures. An understanding of the essential components of movement provides teachers with an universal basis for insightful remedial work (*chikitsa*) and for developing lessons, courses, and programs that enhance physical skill and movement efficiency.
- **Western Anatomy** when learned experientially as well as analytically significantly deepens our experience of the practices and worldview of yoga. Among study of various body systems and yoga's point of view, our focus will be on the organization of the nervous system.
- **Spontaneous Movement Exploration** is an exceptional avenue for self-study (*swadhyaya*). True to yoga's view of individual embodied being, the physical-metaphysical body-mind connection is experienced through spontaneous movement expression of inner intentions and imagery.
- **Yogic Lifestyle Guidance** is an important element of yoga's efficacy. We emphasize "the seven treasures" of balanced health, cleansing practices (*kriyas*), nutrition, and practical Ayurveda (life science).
- **Yoga Philosophy** grounds practice in tradition and in an historical context that informs and enriches.



The multi-dimensional and in-depth nature of our program provides a broad experiential and analytical base from which to create original offerings. Teachers wishing to work privately are given a variety of therapeutic options due to our movement orientation.

Participants carry out reading, observation, student teaching, yoga practice, and other assignments between sessions. A final project, written examination, and demonstration complete the training. Teachers focus their project on specific populations they are interested in serving.

- **Teaching Methods and Practical Experience** help teachers gain confidence and develop their own personal teaching style. We heartily encourage teachers to develop a personal style that allows for continuous personal growth and great variety throughout their teaching career.
- **Yoga for Special Populations and Yoga-Based Hybrid Classes** are created out of a broad-based experience of yoga, movement, and therapeutic applications. While our program does not offer detailed instruction in the multitude of applications of yoga science, we support and guide students in developing their own specialties.

Jaime Stover Schmitt, Ed.D., C.M.A., R.Y.T. (500)
author of *EVERY WOMAN'S YOGA* (Prima) and *YOGA FOR PREGNANCY* (HI Reprint), directs **Spanda®: The Yoga of Movement**, a yoga movement therapy and educational program of 16 years. Initiated into the tradition of Himalayan Masters by H. H. Sri Swami Rama and Pandit Rajmani Tigunait, Dr. Schmitt has also studied the *vinyasa krama* yoga system from Sri Srivatsa Ramaswami (direct student of H.H. Sri Krishnamacharya.) Dr. Schmitt's expertise in movement comes from her work of 27 years in the fields of yoga, dance, fitness, martial arts, yoga movement therapy, bodywork, and movement education for adults, children and infants.

Application: Submit the enclosed application with deposit.

Questions? www.spandayoga.com
email schmitt@spandayoga.com
phone 609-921-0262

Class size is limited so please apply early! Graduates are eligible for registry in the Yoga Alliance and membership in the Himalayan Institute's Teacher Association.