



TriYoga®

Teacher Training Certification Handbook

Registered Yoga School • Yoga Alliance



II. Basics Internship

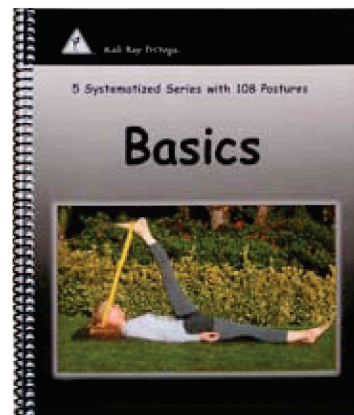
Complete your internship application. Include the copyright statement and nondisclosure agreement (appendices A, E and F). When they are submitted, you will receive the Basics Teaching Manual.

The manual includes:

- ▲ TriYoga Class Sequence: Overview of a Daily Practice
- ▲ Posture Directory: 108 Postures, 16 Turns, 5 Breathing Practices, 20 Mudras
- ▲ Basics Series 1–5: 108 Postures Systematized
- ▲ Daily 3 & Daily 5 (derived from Series 1–5): Ten Daily-3 Sequences and Three Daily-5 Sequences
- ▲ Yoga Nidra: Deep Relaxation
- ▲ Prana Vidya: Rhythmic Breathing, Concentration and Meditation
- ▲ Jnana: Knowledge on Yoga, Practice and Teaching

Offered for Interns

- ▲ Technique ([page 3](#))
- ▲ Teaching Methodology ([page 3](#))
- ▲ Practicum ([page 4](#))
- ▲ Additional courses required to meet 200- and advanced 300-hour Yoga Alliance standards and for TriYoga certification ([page 10](#) for 200-hour program)
- ▲ Online TriYoga classes can help support learning and teaching
- ▲ Question-and-answer support provided by certified teacher trainers on kriya.triyoga.com (for KRIYA members, [page 13](#)), or in person, by email, Skype or phone. This support is not intended to replace teacher training or private sessions.
- ▲ Assist in class with demonstration, prop and alignment assistance, and speaking through sequences (when near certification)
- ▲ Learn organizational aspects of teaching or managing a center



Basics Internship and KRIYA Membership

Complimentary for one year: Kali Ray International Yoga Association (KRIYA) membership (\$108 value).

Step 3: Practicum

25 hours minimum for Basics

For TriYoga interns and teachers



Develop Speaking Skills

- ▲ Begin with partners and continue with group circles and other techniques, to systematically develop skill in speaking
- ▲ Start with a short sequence
- ▲ Simply state the breath, the name of the posture and if the posture is an asana. When needed, first say right or left side of body
- ▲ To the above, add simple verbal cues for asanas and kriyas
- ▲ Give directions and alignments in order of appearance
- ▲ Use the natural speaking voice and project your voice to be heard

Refine Teaching Skills

- ▲ Use economy of words and accuracy when giving alignment cues
- ▲ Practice delivery and pacing
- ▲ Guide students, integrating speaking and alignment assistance, while maintaining the students' flow
- ▲ Progress until comfortable teaching an entire class
- ▲ Refer to the written series and teaching manual, yet practice sufficiently that the words flow easily and effortlessly.
- ▲ Give clear, concise instructions for the five breathing practices
- ▲ For guidance, refer to the certification criteria ([page 21](#))
- ▲ Under the supervision of a teacher, assist and teach in a real or simulated class setting. Apply the skills learned in Technique, Teaching Methodology and Practicum

Step 3: Practicum continued

Flow to Yoga Nidra

- ▲ Practice using the guidelines and/or guided relaxations from the Basics teaching manual.
- ▲ Use Kaliji's recorded guided relaxations.

Guide Prana Vidya Basics

Either complete with Yoga Nidra or add Prana Vidya. Practice the following:

- ▲ Rhythmic breathing: Daily 5 (Closing breathing practices)
- ▲ Concentration Kriya (Basics, variation 1 or 2) and meditation
- ▲ A short period of silence
- ▲ One to three rounds of OM (optional)



Practice Tips

- ▲ Follow the guidance given in the three preceding steps (Technique, Teaching Methodology and Practicum).
- ▲ Work in study groups with other interns.
- ▲ Practice teaching with family and friends
- ▲ Record yourself and then practice to the recording. This helps to refine teaching skills including speaking and delivery, pacing and overall awareness of the flow.
- ▲ Arrange private or semi-private sessions periodically with TriYoga teaching staff to receive personalized instruction and suggestions on teaching. This may be helpful when you complete the study of each series.

IV. Verification Of Proficiency

Application For Certification

- ▲ After learning the five series, and meeting certification criteria, complete your certification application ([appendix B](#)).
- ▲ The application requires a recommendation from Kaliji or a TriYoga teacher certified in that level. The Certification Criteria is used for the recommendation.

You and your recommending teacher could check off the criteria together. The recommendation verifies that you have met the requirements and are prepared for certification.

- ▲ Submit your application (with fee) to TriYoga International at least one week before the practicum/certification. Internationally, check with the organizer of your teacher training. The application can also be given to the teacher trainer.

Although minimum hours are stated for Technique, Teaching Methodology and Practicum, it is your ability to meet the certification criteria that determines certification. Some interns may require additional hours to certify.

Certification

- ▲ You will have the opportunity to teach and demonstrate your knowledge based on the three steps and certification criteria. You will receive feedback to deepen your understanding and help with teaching. Certification can also be recommended after you are observed in Practicum sessions.
- ▲ Kaliji and certified teacher trainers will make the decision on your readiness for certification. After demonstrating proficiency in teaching the series and meeting other certification requirements (review “Three Steps” section of this handbook and certification criteria in [appendix B, page 21](#)), you will be awarded certification.
- ▲ Applicants are notified within two weeks. If you are certified, you will be informed of this. You may receive the designation certification-in-progress. This means that you are close to certification but need additional knowledge in specific areas. We will give guidance on what is needed to certify. Others may need longer-term study and we will give the guidance to continue.

Yoga Alliance



- ▲ When you have met all requirements, you are eligible to become a registered yoga teacher (RYT) with Yoga Alliance (YA).

RYT 200. Upon completion of the 200-hour certification program, including the additional courses, ([page 10](#)), the trainee is eligible to apply to YA.

RYT 500. For those who are already RYT 200, upon completion of the advanced 300-hour program requirements, the trainee is eligible to apply to YA.

V. Additional Required Courses (50 hours)

The courses and hours in this section fulfill Yoga Alliance standards.

Technique, Teaching Methodology and Practicum provide 150 hours. Of the remaining 50 hours, 20 must be in Anatomy and 30 in Yoga Philosophy/Lifestyle. Of the total 200 hours at least 180 hours must be contact hours. The other 20 hours can be contact, non-contact, or a combination of both. Contact hours are hours that you are physically in the presence of the teacher trainer. Non-contact or independent study hours include such activities as readings or other homework.

Anatomy and Physiology (20 hours)

TriYoga Anatomy in the Flow

Taught by Kim Beecher, D.C. (Nandi)

12 hours (10 contact; 2 contact or non-contact)

Intensive, take-home exam

Description: This course provides knowledge of the physical body that is directly applicable to teaching TriYoga. You will better understand the postures, the flow, the effects of the practice on the body and mind, the practical anatomy of prop and alignment assistance, verbal alignment cues and the use of the breath. In addition, you will understand movement, individual differences and gain a deeper awareness of health conditions and injury prevention. The course includes an overview of anatomic terms, a focus on anatomy of the spine within the axial skeleton, and the shoulders and hips within the appendicular skeleton.



Kim has studied with Kaliji since 1986. She is assistant director of TriYoga teacher training, a certified TriYoga teacher trainer, and a practicing chiropractor in Santa Cruz, California. Dr. Beecher received her doctor of chiropractic degree in 1989 from Palmer College of Chiropractic-West where she graduated magna cum laude. She taught college-level human anatomy for 10 years. She has a bachelor of science degree with a major in biology from Simmons College in Boston, Massachusetts and a master's degree in education from Stanford University in Palo Alto, California.

Subtle Anatomy

Taught by Kaliji

8 hours (contact or non-contact)

Intensive, take-home exam

Description: This course includes knowledge of the subtle body. The focus will be on the journey of kundalini as this energy creates the chakra and nadi system. Additional topics include the three bodies and five kosas (sheaths); maha prana and the five pranas.

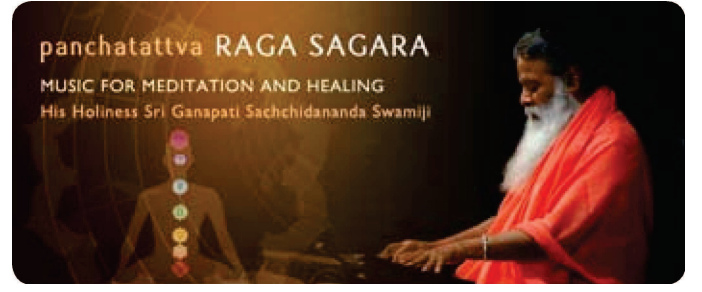


Yoga Philosophy / Lifestyle continued

Nada Upasana 1—Absorption in Sound

Contact or non-contact hours

Description: Nada Upasana, as expressed in the philosophy of nada yoga, is absorption in sacred sound. Attend Chant Club satsanga and workshops to learn call-and-response chanting, basic music theory and the philosophy of nada yoga. Learn bhajans, slokas and classic mantras.



Nada Upasana Internship

This online internship is offered for those who want to learn classic Sanskrit mantras and bhajans. The main focus is the yoga sangita (yoga music) of Sri Ganapati Sachchidananda. A master nada yogi known worldwide for his healing and meditation music, Sri Swamiji has written over 7,000 compositions. This includes Bhajana Yogum, which currently offers 411 recorded bhajans (free download) and a lyric book. These melodious, tranquil renditions by Sri Swamiji are presented in classic call-and-response style by Mani, keyboardist in Sri Swamiji's Celestial Music Troupe. He chants the first line. Then the listener can easily join the response with the harmonium melody and tabla accompaniment. Those in the internship can access mantras, music and jnana from the regularly updated Nada Upasana section on the web KRIYA site.

Introduction to Sanskrit

Taught by recommended TriYoga teachers

2 contact hours

Description: Introduction to writing and pronouncing Sanskrit. Non-contact hours can come from personal practice. Also included are Vedic mantras on CD chanted by Dr. Sarasvati Mohan.

Sanskrit Internship

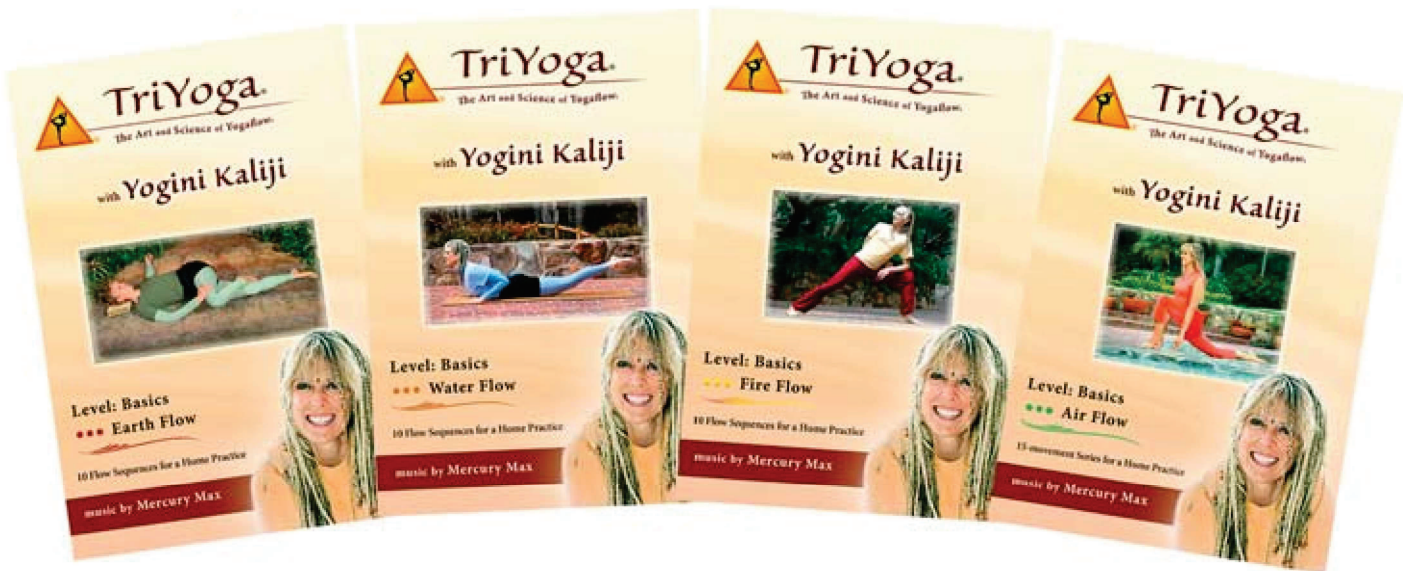
with Sarasvati Mohan, Ph.D.

Description: The Sanskrit Level 1 Yoga course offers step-by-step learning. Generally, after one to two years, the student will be able to translate and understand texts such as the Bhagavad-gita. By following the study guide, the student progresses, sending the prescribed homework to Dr. Mohan approximately once a month (twelve times or one year, whichever comes earlier). Dr. Mohan will read and return the work with corrections and comments. If the concept is not clearly understood, the student will be asked to do the homework again. Materials include the following: Sanskrit Level 1 book, study guide, audio CD, DVD and Sanskrit Tutor CD. For more information contact Dr. Mohan by email: Sanskrit_academy@yahoo.com (www.samskrtam.org/classes/classes.php)



Dr. Mohan has taught for more than three decades. Students enjoy her vast knowledge, experience, and articulate teaching methods, which blend both Eastern and Western techniques. Dr. Mohan was on the faculty of Madras University in India and Wesleyan University in the United States. Beginning at the age of six, Sarasvati studied Sanskrit under a tutor pandit using the traditional method. She received her master's and doctorate degrees in Sanskrit from Madras University, doing research on unpublished manuscripts of Sanskrit literature. Dr. Mohan has the honor of being the first woman in India to achieve a Ph.D. in Sanskrit.

- ▲ TriYoga offers products that assist in the practice. Props (available with quantity discounts) include mats, small pillows, ties, lightweight bolsters, blocks, bars and sandbags. DVDs, CDs, music and other products may be purchased at wholesale prices if one has a sales tax number. Students can order directly from triyoga.com or can use TriYoga order forms. Contact TriYoga International for a quantity price list.
- ▲ TriYoga waivers can be downloaded from the KRIYA site by teacher members or can be sent via email or mail upon request. By signing a waiver, the student acknowledges full responsibility for personal health and safety.



Name _____

5. Do you presently or have you ever taught yoga? If so, please elaborate.

6. How has yoga influenced your life?

7. Please help us get to know you by sharing something about yourself. Include anything you prefer, such as goals, occupation, interests, age, background, what you love. Please include a photo of yourself, as it will help us recognize you.

Name _____

Give an overview of the ways in which you have prepared for certification in this level. Include methods that you used both to learn the series and how to teach them. Refer to the certification criteria.

Teacher Training(s) _____

Classes _____

Private Sessions _____

Personal Study (be specific) _____

Name _____

1. Give an overview of TriYoga Prana Vidya teacher trainings, workshops or classes you have attended.

2. Describe your personal Prana Vidya practice.

3. Have you shared or taught Prana Vidya? What Level? Describe:

200-hour program: Additional page for documentation of hours

Date	Programs	Technique	Tch Method	Practicum	Anat/Phys	P, E & L	Hours	Teacher
Total hours required		100	25	25	20	30	200	
Total contact hours completed (180)								
Total non-contact hours completed								

APPENDIX F
NONDISCLOSURE AGREEMENT

Statement

TriYoga® is an original method of haṭha yoga created and developed by Kali Ray. To ensure the integrity and quality of this unique method, and to protect the interests of TriYoga and its certified teachers, unauthorized use is prohibited. Unauthorized use—by one who is not certified in TriYoga—includes but is not limited to any public performance, demonstration or teaching. Furthermore, recording on any media or transmission device, with or without compensation, is prohibited for anyone, certified or uncertified, without authorization. TriYoga and its methodology enjoy protection by United States and international copyright laws with all rights reserved. TriYoga and its logo are United States and internationally registered trademarks.

Agreement

I, the undersigned, fully understand and agree to abide by the above statement and its requirements.

signature

date

print name

Subtle Anatomy 2

Taught by Kaliji

5 hours (contact or non-contact)

Intensive, take-home exam

Description: This course will present Samkhya Yoga; antahkarana (mental facilities); samprajñata samadhi (subtle states of awareness); and asamprajñata samadhi (nonduality).

Philosophy and Lifestyle (30 hours)

25 contact hours and 5 hours contact or non-contact

Choose topics from the courses listed below. The hours can come from one or more topics in any combination. For descriptions of the following topics, see [pages 11](#) and [12](#). Continue to broaden and deepen knowledge and understanding within these topics.

- ▲ Jnana (Yoga Philosophy)
- ▲ Prana Vidya—Intermediate (Levels 3–4) and Advanced (Levels 5–7)
- ▲ Vegan (plant-based) Diet
- ▲ Nada Upasana—Absorption in sound

Sanskrit, Levels 2-7

Taught by Sarasvati Mohan, Ph.D.

Dr. Mohan offers seven levels in Sanskrit.

Levels 1 (Internship), 2, 3 and 4 are also available as correspondence courses.

Sanskrit Level 2

This gives fundamental knowledge of major concepts of the Sanskrit language, such as verb, noun, pronoun, adjective, case and gender. The student will be able to construct at least 800 simple sentences in Sanskrit.

Sanskrit Level 3

Readings include interesting stories and memorable Slokas. Slokas are metrical compositions. The emphasis is on Sandhi, euphonic combination. With fifteen exercises in Sandhi, the student receives a solid foundation in the so-called problematic aspect of the language. Sandhi exercises are selected from the Bhagavad Gita.

Sanskrit Level 4

Lessons include stories and Slokas. Students apply their knowledge of Sandhi to decipher the lessons. Exercises concentrate on Sandhi and various aspects of the verb and its use.

300-Hour Advanced program: Additional page for documentation of hours

Date	Programs	Technique	Tch Method	Practicum	Anat/Phys	P, E & L	Hours	Teacher
Total hours required		150	30	30	15	30	300	
Total contact hours completed (270+)								
Total non-contact hours completed								

Note: 300 Hours Total (270 contact). Additional 45 hours can be in any category.