

White Lotus Home with Kim Dawes • 300hr Advanced Yoga Teacher Training

PROGRAM DESCRIPTION

Kim Dawes and Lila Lolling have joined hearts, hands, and minds to co-facilitate *White Lotus Home's 300hr Yoga Teacher Training*. We are welcoming twelve, 200hr yoga teachers on a journey of renewal and rejuvenation, both personally and professionally.

Over the course of a year, you will embark on a journey from head to heart. You'll be asked to deepen in your role as a yoga practitioner and teacher. By doing this and going within your own heart space, you gain wisdoms to share with your students in a way that helps them grow and evolve.

This journey reveals advanced teaching methodologies, yoga psychology and philosophy, the nuances of trauma, and wellness in the modern world. More than ever, people are in need of the various ancient healing modalities of yoga, and this curriculum makes sure you graduate feeling confident in your gifts and abilities.

THE CURRICULUM JOURNEY + TEACHING STAFF

Throughout the year, you will have intimate sessions with lead teachers Kim Dawes and Lila Lolling. Kim will guide you through five weekends of advanced teacher content and host the visiting instructors. Lila will walk you through the beauty of yoga philosophy in bi-monthly Zoom sessions with guest visits from [Prem Sadasivananda](#).

Mid-July, Kim and Lila host our 4-day teachers' retreat hosted at Hope Springs Institute in Peebles Ohio. During the retreat we focus on embodying ancient yoga wisdoms in your daily life, connecting with nature, and uncovering your higher duty as a yoga teacher. As we learn to hold ourselves to a higher standard of teaching, we steward yoga forward in a way that is reverent and intentional.

Our [team of visiting instructors](#) shares their knowledge during three of the weekend immersions. Jill Conyers shares Ayurvedic wellness wisdoms. Jen Wright-Scheenman introduces you to trauma-informed yoga. Anna Furderer teaches you the nature of the addictive mind and how to use yoga as a will-power aid.

Our faculty are incredibly experienced in holding space for others while providing you with ample tools to add to your yoga teacher toolbox. By year end, you will feel confident in addressing your student's physical, mental, emotional and spiritual needs.

Although this is a hybrid training program (virtual & in-person) it is highly encouraged you attend in-person as often as possible to gain the most from your experience and investment. The virtual Yoga wisdoms sessions with Lila are hosted through Zoom. Attendance is required for January, July, and December. [See trainings full details](#).

TRANSFORMATIONAL CURRICULUM

- Advanced Sequencing + Theming with Kim Dawes
- Nourishing Assists + Intentional Language with Kim Dawes
- Yoga Philosophy, bi-monthly study group with Lila Lolling & Prem Sadasivananda
- 8 Limbs of Raja Yoga teachings with Kim Dawes
- Yin Yoga Certification with Kim Dawes
- Restorative Yoga Certification with Kim Dawes

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- Trauma-Informed Yoga & Teaching Strategies with Jennifer Wright-Scheenman
- Introduction to Ayurveda with Jill Conyers
- Yoga for the Addictive Mind with Anna Furderer
- Practicum: Peer mentorship, growth, embodying yamas + niyamas

COURSE LAYOUT: 11 WEEKEND IMMERSIONS + 1 EXCLUSIVE 4-DAY RETREAT

Time Investment

Friday 6pm - 9pm (3) | Saturday 9am - 5pm | Sunday 9am - 4pm

4-day Exclusive Retreat: Thurs 4pm - Sunday 12pm July 14-17, 2022 (attendance required)

January 21-23, 2022: Inaugural Weekend with Kim

Reflection and discovery work to establish our "why", to align our purpose and intention for the journey ahead on a personal and professional level. Foundations of living and teaching yoga. Discussion and application of embodying the Yamas and Niyamas in life and in our teaching experiences utilizing the 2 pillars of yoga: practice and detachment according to the Sutras. Creating inspirational themes for teaching classes and workshops that will empower students to continue to learn, grow and transform physically and spiritually. We will work on creative ideas to theme our classes and how to weave the teachings into our offerings in subtle and direct ways.

February 18-20, 2022 Advanced Sequencing with Kim

Alignment is presence, returning to center...we will spend time on integrative and aligned sequencing with a study of breath, intention, energetics, the prana vayus, and principles of movement (feeling rather than doing).

Intentional and nourishing language to support our students whether they are on the mat in a classroom or at home taking a virtual class. Maintaining our authentic voice as yoga teachers while encouraging and inspiring students to embody the experience of yoga in a graceful and nourishing way. Smart, safe and nurturing assists in person and virtually.

March 18-20, 2022: Ayurveda with Jill Conyers

You'll explore the basic principles of Ayurveda as a source of healing the body, mind, and reconnect you with the natural world and elements.

April 8-10, 2022: Restorative Yoga with Kim

Learn how to effectively teach restorative yoga classes, workshops and trainings with all of the many props. Discover the physical and emotional benefits of each posture, how to sequence for different conditions to calm and bring balance to the nervous system, assists, language, music and more.

May 13-15, 2022: Yin Yoga with Kim

Learn the fundamentals of teaching Yin Yoga including anatomy, meridians, breath, postures, sequencing.

June 10-12, 2022: Trauma-informed Yoga with Jyoti Jen Wright-Scheenman

We'll fine-tune our understanding of yoga, yoga therapy and therapeutic yoga and fine-tune our understanding of trauma-informed yoga and trauma-sensitive yoga with the majority of focus centered on Trauma Sensitive Yoga - both a specialized training process as well as a style of yoga session. Everything is considered in a trauma sensitive yoga class - from the invitational language used to the supportive room setup, as well as the yoga practices themselves are uniquely sequenced through a lens

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of trauma-informed care. One yoga protocol, Mindful Yoga Therapy, will be highlighted. MYT is an evidence-based, clinically tested program comprised of five, main interventions that offer support, resilience and coping skills for daily application. MYT protocol is a structured and progressive mindfulness-based program focusing on breath and sensation and the concepts of (1) Support Proceeds Action, (2) Safety, Predictability and Control and (3) Mindfulness and Acceptance. The guiding principles are foundational to build self-awareness, self-compassion and personal empowerment. Groups will discuss practicable application of therapeutic yoga for self-care and review how to work with others. Research outcomes from veterans, health professionals and at-risk youth will be presented to spark excitement around the validation of yoga in western medicine. Be part of the wave of change!

July 14-17, 2022 - Hope Springs 4-day Retreat with Kim and Lila

This 4-day retreat provides you with a safe space to take the teachings you have learned through the first half of the year and bring them to

August 12-14, 2022: Teaching Mindfulness and Meditation with Kim

The importance of stress-management in our culture with the never-ending and evolving changes and uncertainty calls for steady breath awareness, presence and mindfulness. Learn to write short mindfulness scripts and meditations to include in your classes as well as full classes and workshops to de-stress, calm the nervous system, soften and release anxiety for more peace of mind and ultimately to move closer to Truth/Self.

September 16-18, 2022: The Addicted Mind Anna Furdere

This weekend is all about yoga and the mind. In her studies of addiction & yoga--'the addicted mind versus the seeker's mind'--she has written her own program to share with you during this immersion. We are ALL recovering from SOMETHING...this will be an impactful weekend to learn how to rise above fear by using your higher, discerning mind to tackle old patterns and beliefs about yourself and your life circumstances.

October 14-16, 2022: Pulling it all together with Kim

This weekend focuses on creating workshops, series, and trainings. Take what you've learned on this journey and make it your own. Empowering, Inspiring, Creating, Promoting and Marketing, Pricing, Applying and beyond.

November 4-6, 2022: Year Review with Kim

During this weekend, six of you will give your practicum workshops with loving advice and feedback from Kim and your peers. This is a beautiful supportive part of the journey where you present something you are planning to bring forward and out into the world.

December 2-4, 2022: Final Weekend with Kim

This weekend includes your final test and graduation ceremony. The remaining six yoga teachers will present their practice workshops. This is a special time for gathering and celebration.

COURSE TUITION: PERSONAL & PROFESSIONAL DEVELOPMENT

Full Course Tuition: \$3400 one time payment plus \$300 deposit or monthly payment plan \$300 a month plus \$300 deposit. Includes: Weekend gatherings and the July Hope Springs retreat.

Mail deposit or full payment to Kim Dawes 6681-A Boxwood Lane, Liberty Township, Ohio 45044