

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

PROGRAM DESCRIPTION

Kim Dawes and Britney Rudolph 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, Britney Rudolph, and Prem Sadasivananda. Kim and Britney will guide you through the weekends of advanced teacher content and host the visiting instructors. Prem will walk you through the beauty of yoga philosophy, ie. Making the Right Choices honoring the Yamas and Niyamas in bi-monthly Zoom sessions.

Early October, Kim and Britney host our 3-day teachers' retreat hosted in Yellow Springs, OH. During the retreat we will 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 will share their knowledge during two of the weekend immersions. Katie Viancourt will share Ayurvedic wellness wisdoms in such a creative and unique way. . Anna Funderer will introduce you to trauma-informed yoga and teach you the nature of the addictive mind and how yoga can be helpful.

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 beyond the classroom (workshops, retreats, immersions, etc...)

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 wisdom sessions with Prem are hosted through Zoom.

TRANSFORMATIONAL CURRICULUM

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

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- Introduction to Ayurveda with Katie Viancourt
- Yoga for the Addictive Mind with Anna Furderer
- Year long journey through the Bhagavad Gita with Kim and Britney
- Practicum: Peer mentorship, growth, embodying yamas + niyamas

COURSE LAYOUT: 11 WEEKEND IMMERSIONS + 1 EXCLUSIVE 3-DAY RETREAT

Time Investment

Friday 6pm - 9pm | Saturday 11:30am - 6pm | Sunday 10am - 5pm

3-day Exclusive Retreat: Friday 12pm - Sunday 2pm Oct 4-6 (attendance required)

January 12-14 2024: Inaugural Weekend with Kim and Britney

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 2-4: Nourishing Language, Assists and Advanced Postures with Kim and Britney

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 1-3: The Addicted Mind with Anna Furderer

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 and to share in your offerings.

April 5-7: Restorative Yoga with Kim and Britney

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 3-5: Yin Yoga with Kim and Britney

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

May 31-June 2: Advanced & Integrative Sequencing with Kim and Britney

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).

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July 12-14: Teaching Mindfulness and Meditation with Kim and Britney

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. We will also learn to teach how to cultivate an open heart...self-love and care, the power of the heart, and why its important to incorporate a heart centered practice.

August 2-4: Pulling it all together with Kim and Britney

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.

September 6-8: Ayurveda with Katie Viancourt

You'll explore the basic principles of Ayurveda in a creative and relevant way. Katie will help you learn how to live your life in balance sharing her tools, knowledge and techniques related to your dosha and how to apply it everyday.

October 4-6: Weekend Retreat

This time together will provide you with a safe space to take the teachings you have learned through the year and bring them to fruition. We will practice, meditate, and connect with each other and nature, and simply share and experience yoga through the lenses of our senses and the elements.

November 1-3: Year Review with Kim and Britney

During this weekend, you will give your practicum workshops with loving advice and feedback from Kim, Britney 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 6-8: Final Weekend with Kim and Britney

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

COURSE TUITION: PERSONAL & PROFESSIONAL DEVELOPMENT

Full Course Tuition: \$3500 one time payment plus \$300 deposit (\$3800 total) or monthly payment plan \$325 a month plus \$300 deposit. Includes: Weekend gatherings and the October retreat.

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