

NATIONAL YOGA ACADEMY



2021 Yoga Teacher Training Catalog

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Section 1: Welcome & Thank you!



Dear Prospective Student,

We would like to thank you for your interest in our Yoga Teacher Training programs at National Yoga Academy (NYA) in Virginia Beach, Virginia. As awareness of the benefits of Yoga and Yoga Therapy continues to grow, now is an exciting time to consider a possible career in Yoga. We thrive in connecting and guiding those of like-mind and forward thinking and we are working to establish Yoga and Yoga Therapy as a highly effective and respected profession.

NYA seeks to serve those who serve with, and among us in the walk of life. Stewards of our country we facilitate and educate through service based leadership. National Yoga Academy leads the field with a well-rounded, solid practicum steeped in respect and dedication. Working with the civilian and military community to enhance skills to better live life to the fullest & be the change we wish to see in this world. With over 10 years of experience working with military members and their families, our goal is to bring peace, harmony & balance to their lives.

NYA is certified through SCHEV (State Council of Higher Education for Virginia).

NYA's programs and all faculty are also certified through Yoga Alliance and we are proud to offer qualified and talented local and world famous educators and CYT's (Certified Yoga Therapists) who are committed to the success of the profession and to our students. NYA's innovative programs are set up to ensure our students are able to complete all required coursework in a pace that fits demanding lifestyle, interests and weekday schedules.

If you are considering a career in Yoga Teacher or Yoga Therapy Certifications, please send an email to info@nyayoga.com or call Director Amanda Hamp 757-656-9642.

Yours in health,

Amanda Hamp

Amanda Hamp,
CEO, e-RYT 500, C-IAYT

The Yoga Studio:

National Yoga Academy has a home at the Hot Yoga Studio in Virginia Beach, Virginia.

Yoga Teacher Trainings will be held at the Hot Yoga Studio in Virginia Beach. The studio is 1200 sq. feet with a 800 sq ft Hot Yoga room, 2 bathrooms that each include a changing area and shower, and a fridge for the longer training days. The studio is equipped with yoga mats, straps, blocks, wedges, bolsters of all sizes, chairs, blankets and more. We use a projector & various audio equipment to offer music, presentations and more.



Section 2: NYA Faculty:



Amanda Hamp, C-IAYT- Certified Yoga Therapist, & e-RYT 500, is the owner of Hot Yoga Studio Va Beach & School Director of National Yoga Academy. She teaches that there must be space for the adaptation of the Yoga lifestyle, practice & nutritional needs per person. She teaches a bio-Individual approach to finding balance from the inside out. She has been practicing Yoga and BASI Pilates since 1995 and has over 2000 hours of training under numerous yoga masters & therapists. She has learned to heal her body from major complications & surgeries, balance running her own businesses since 2002, having a family of 4, loving & educating others about the healing qualities of Organic Foods & Farming, Yoga Therapy & Ayurveda. Amanda has trained to be a CYT- Certified Yoga Therapist, eRYT500- Experienced Registered Yoga Teacher, CPT-Certified Personal Trainer, CHHC-© National YCertified Holistic Health Coach, Pilates teacher, Prenatal Yoga Teacher, Kids oga Academy, LLC, All Rights Reserved ∞ 2021 Yoga Teacher, Yin Yoga Teacher & Organic Foods Chef.



Kate Burns, found yoga after a running injury in 2003 and is grateful for it! Since then she's completed two 200-hour training programs and a 500-hour program. She's also taken a multitude of workshops with teachers well-known by many in the yoga community and those content to stay quietly in the background passionately sharing their knowledge and this gift. In 2006, Kate began studying Ayurveda, literally translated "the science of life" and the sister science of yoga. Much like traditional Chinese medicine, Ayurveda is an ancient, holistic approach to health. As a consultant, Kate makes lifestyle and food recommendations. As a yoga teacher, she infuses each class with seasonal postures o achieve balance according to Ayurvedic principles; yoga therapy. Kate's mission is to help people of all backgrounds discover their best self believing it's never too late to change or improve the course you're on. Her classes both challenge and heal nudging you to find the guru within.



Jennifer Harrington, E-500 hr, C-IAYT, has been teaching hot yoga and hot vinyasa since 2008. She studied and received her 200 hr certification from Jimmy Barkan and her 500 hr vinyasa certification through Rolf Gates. Jennifer also received her yoga therapist certification through the International Association of Yoga Therapy. She has also travelled and taken workshops from many great teachers including Kathryn Budig, Shiva Rea and Briohny Smyth. Her passion for yoga extends to teaching Yoga and Pilates courses at Tidewater Community College. Jennifer's classes inspire her students to be the best person they can be both on and off the mat. She understands the importance of mastering the poses in a hot yoga class and also realizes the benefits of variation and flow in a vinyasa class. Jennifer knows that people need meditation and stillness more than ever in this busy world. Body awareness is present moment awareness. She encourages her students to listen to their bodies. As a yoga therapist, Jennifer works with her private clients to naturally heal their bodies from physical or emotional injuries. Jennifer is grateful every day to be able to guide students through their practices. "The most beautiful thing about my yoga practice, is that no matter what is going on in my life, I always feel better when I step on my mat. I always leave my mat a better person. Yoga is the best medicine."



Lydia Smith Talley began her wellness journey as a young mother, becoming increasingly interested in holistic wellness as a way to keep her family well. Yoga practice became a way for her to manage the stresses of life as well as a way to occupy time with her children. This lifestyle choice eventually led her to Institute for Integrative Nutrition where she studied Holistic Health, Bio- Individuality, Yoga and Fitness, Ayurveda, and 100's of dietary theories with lectures being taught by master teachers and world renowned healthcare practitioners including John Douillard, Ayurvedic physician, Holistic Health and Integrative Medical Dr., Andrew Weil, as well as Mind Body Connection and Spirituality expert Joan Borysenko, to name a few. While studying with integrative Nutrition Lydia's interest in Yoga grew which found her at the doorstep of National Yoga Academy where she completed both 200 and 500 hour teacher trainings. She is a group/private therapeutic yoga instructor and holistic health coach at National Yoga Academy and Wells therapeutics in Virginia Beach, Virginia.



Rosie Taylor- Advanced Iyengar Teacher, e-RYT 500

As human beings living in a body, we are Energy In Motion. Through our explorations in yoga, breathwork, meditation and tantra we practice presence, awareness, and opening our hearts in this moment. Whether in the action or stillness of a yoga posture, a focused breath, sitting in meditation, or practicing deepening connection with self and others, we explore making conscious what is not yet fully aware and alive in us. With choosing to live in the present moment more fully, we learn to relax and reclaim our natural ecstatic state of love, connection and expansion.

This exploration is my life's work. To teach and support others in their journey of self-discovery and awareness, mirrors my own. The walls of separation dissolve. The studios and retreat places where I teach are sacred and safe containers for these investigations into presence and letting go to unfold. Come join me.... It's fun to be playful, curious and in beginner's mind! We can become the peace we wish to see in the world.



Brock Martin, is a certified 200-hr. yoga teacher from Virginia Beach. He completed his training here at the National Yoga Academy and is currently studying the foundations of Yoga Therapy. His main focus is allowing you as the student to be your own best teacher, and serves only as a guide. Join Brock to find your Light within and connect with Self.



Dilip Sarkar, MD, FACS, CAP., is one of the foremost experts in Yoga Therapy who combines his 45-year experience in Conventional Medicine with his extensive knowledge of Integrative Medicine, including Ayurveda and Yoga Therapy. Dr. Sarkar has held positions that included teaching as a primary focus of his medical career. He serves on several local and national healthcare boards as: President, Board of Directors, American Heart Association, Hampton Roads, Virginia, Chairman of it's Mission Committee and My Life Check; Life Member, National Ayurvedic Medical Association (NAMA) and Member of its' Standards Yoga Subcommittee; President, Board of Directors, International Association of Yoga Therapists (IAYT); Fellow, American Association of Integrative Medicine (AAIM) and Chairman of the Board, Life in Yoga Institute. See more...

<http://www.dilipsarkar.com/bio/>



Stephanie Howell, offers compassionate, therapeutic yoga classes, workshops & yoga therapy sessions with particular focus on cancer survivors & caregivers. Her history of nursing & current work as a hospice volunteer & lay pastoral counselor inform her Kripalu-based teaching style. With yoga's inherent wisdom & healing potential & through expressive-art practices, she encourages students to be inspired by their own open heart. She invites students to cultivate integral qualities such as grace & intuitive awareness, fluid from mat to life. Stephanie is a 200 RYT from the Kripalu Center for Yoga & Health, 500 hr Registered Phoenix Rising Therapeutic Yoga Teacher & 800 hr Certified Phoenix Rising Yoga Therapist.



Amy Wheeler, Ph.D. is a Professor of Kinesiology at California State University, San Bernardino for 20+ years. Amy's degrees include a B.A. and M.A. in Health Promotion and a Ph.D. in Education and Psychology. Amy has travelled to India many times and was certified to teach Yoga/ Yoga Therapy in the Tradition of T. Krishnamacharya. Before that, she was certified by several other internationally recognized Yoga and Yoga Therapy Training Programs. She serves on the Board of Directors for the International Association of Yoga Therapist (IAYT). Amy also helped the National Ayurvedic Medical Association (NAMA) set standards for Ayurvedic Yoga Therapy. Amy is the Founder and Director of Optimal State of Living Programs, which provides both Yoga and Yoga Therapy Training Programs. See www.AmyWheeler.com for details.

Section 3: Standards, Days/Times for Yoga Teacher Training:

200 Hour Teacher Training: Yoga Alliance Standards

Course Name: 200 Hour Yoga Teacher Training	Hours/Units
Techniques, Training & Practice	100 hours
Yoga Philosophy/ Lifestyle & Ethics	30 hours
Teaching Methodology	25 hours
Anatomy & Physiology	20 hours
Practicum Student teaching & Observing hours	20 hours
Non-Contact Hours	20
Total Required Hours	200 hours

Days/Times:

- Saturdays 6am-2pm
- Sundays 6am-2pm

2021 Schedule & Dates:

1. **Winter-Spring Semester-** Jan 30th, 2021 Orientation
Feb 6th- April 25th (Modules 1-7 in person & Online- **live and recorded**)
February and March= every weekend,
April is biweekly: April 10th & 24th weekends only.
2. **Summer - Fall Semester:** May 29th, 2021 Orientation
June 5th-August 29th, 2021 (Modules 1-7 in person & Online- **live and recorded**)
June and July = every weekend,
August is 2 weekends: August 7th & 28th weekends only.
3. **Fall- Winter Semester** September 25th, 2021
October 5th-December 5th 2021 (Modules 1-7 in person & Online- **live and recorded**)
October= biweekly
October 9th and 23rd weekends only.
November = every weekend
December= 1st weekend only

Days/Times for Regularly Scheduled classes @ Hot Yoga Studio:

Outside of Yoga Teacher Training hours, Hot Yoga Studio Va Beach is open for regularly scheduled classes Monday-Sunday and students have access to a full membership while they are training to obtain their 200 hour certification.

Website: <https://www.hotyogavabeach.com>

Section 4: Registration Process

All prospective students will need to fill out an application, ensure all entrance requirements are met, set up payment plan with accounting & then go through the Orientation process before starting classes.

STEP 1: Phone Call & Tour

You will make your initial phone call with Amanda Hamp going over all of your questions and how the program works. Then you will come in for a tour of the studio and answer any other questions before registration.

STEP 2: Registration, Deposit & Payment Plans.

To register for classes, students will be sent a contract to sign and return. Students will also set up a deposit of \$500.00 & a payment plan.

STEP 3: Private Yoga Session

Every student will receive a Private Yoga Session to go over their personal goals, main health concerns looking through the lens of all 5 layers of the human system: Physical, Mental, Emotional, and Personality & Spiritual Layers. This session will last 1.5-2 hours and the student will be giving a personal practice that the Lead Trainer will monitor & evolve with the student over the length of their training.

STEP 5: Open House

Every semester starts with our Orientation. The Orientation is a day that we open up the studio to all students who are registered as well as students who want to register (if there are still spaces available). This is a day for practicing yoga, getting to know the space, the students, and teachers allowing time to get acquainted☺.

From here Students can begin group classes and follow all requirements to obtain Certification.

Section 5: Entrance requirements, Pre-requisites, Granting Credit for Prior Education & Certification Requirements:

Entrance requirements:

Acceptance is based on:

1. Student's confirmation to be able to attend classes & complete all certification requirements.
2. Student's ability to register, set up payments & complete orientation before classes begin.

Pre-requisites:

- There are no pre-requisites for the 200 hour Yoga Teacher Training Certification Program.

Certification requirements:

- Complete all in person Module Weekends.
- Read & watch all required books & DVD's and stay on track with all homework assignments during your program.
- Practice at least 3-6 days per week which includes weekend trainings, personal practice & practicing @ a studio or gym.
- Complete all Practicum hours & forms for observation & teaching.
- Complete all payments in full by or before graduation. Certificates will be given once payments are completed in full.

Section 6: Overview of 200 & 500 YTT Materials

200 Hour Yoga Teacher Training Materials

We ask that you bring your own props and supplies for the physical practice, (mats, blankets, blocks, bolsters, wedges, etc....).

Students will need to purchase the following materials to prepare for homework.

Required Book List Semester 1

NYA manuals: Total cost for all manuals:

- All NYA manuals are \$20 each. You can pre-pay for these or pay when you receive them it is up to you. For all except the Main picture manual, you can also choose to have them as PDF files Vs buying the printed version of them.
- Main picture manual-you will receive on Day 1.
- Prenatal Yoga Manual- you will receive during the prenatal module.
- Kids Yoga Manual you will receive during the Kids Yoga module.
- Yin Yoga Manual you will receive during the Yin & Yang of Yoga module.

1. The Heart of Yoga: Developing a Personal Practice by T. K. V. Desikachar Publisher: Inner Traditions; Revised edition (March 1, 1999)
 - \$9.29
 - https://www.amazon.com/Heart-Yoga-Developing-Personal-Practice/dp/089281764X/ref=sr_1_1?s=books&ie=UTF8&qid=1510004296&sr=1-1&keywords=The+Heart+of+Yoga
2. Teaching Yoga: Essential Foundations and Techniques by Mark Stephens North Atlantic Books; 40080th edition (May 25, 2010)
 - \$16.89
 - https://www.amazon.com/Teaching-Yoga-Essential-Foundations-Techniques/dp/1556438850/ref=sr_1_1?s=books&ie=UTF8&qid=1510007604&sr=1-1&keywords=Teaching+Yoga
3. Key Muscles of Yoga, Volume I by Ray Long Publisher: BandhaYoga; 3 edition (November 1, 2009)
 - \$21.88
 - https://www.amazon.com/Key-Muscles-Yoga-Scientific-Keys/dp/1607432382/ref=sr_1_3?s=books&ie=UTF8&qid=1510007881&sr=1-3&keywords=key+muscles+of+yoga
4. Yoga Toolbox for Teachers and Students, 3rd Edition
 - \$59.95
 - https://www.amazon.com/gp/offer-listing/0974430382/ref=olp_f_primeEligible?ie=UTF8&qid=&sr=&f_new=true&f_primeEligible=true

Required Book List Semester 2:

1. Teaching Yoga: Exploring the Teacher-Student Relationship by Donna Farhi Rodmell Press; Pap/Com edition (October 10, 2006)

- \$13.56

- https://www.amazon.com/Teaching-Yoga-Exploring-Teacher-Student-Relationship/dp/1930485174/ref=sr_1_1?s=books&ie=UTF8&qid=1510007690&sr=1-1&keywords=teaching+yoga+donna+farhi

2. Dr Sarkar's book: Yoga Therapy, Ayurveda & Western Medicine

- \$49.99

- https://www.amazon.com/Teaching-Yoga-Exploring-Teacher-Student-Relationship/dp/1930485174/ref=sr_1_1?s=books&ie=UTF8&qid=1510007690&sr=1-1&keywords=teaching+yoga+donna+farhi

Optional course for 2nd semester:

This one not required for graduation but I would HIGHLY recommend it- We get a 50% discount for being NYA students. Usually cost is \$150.00.

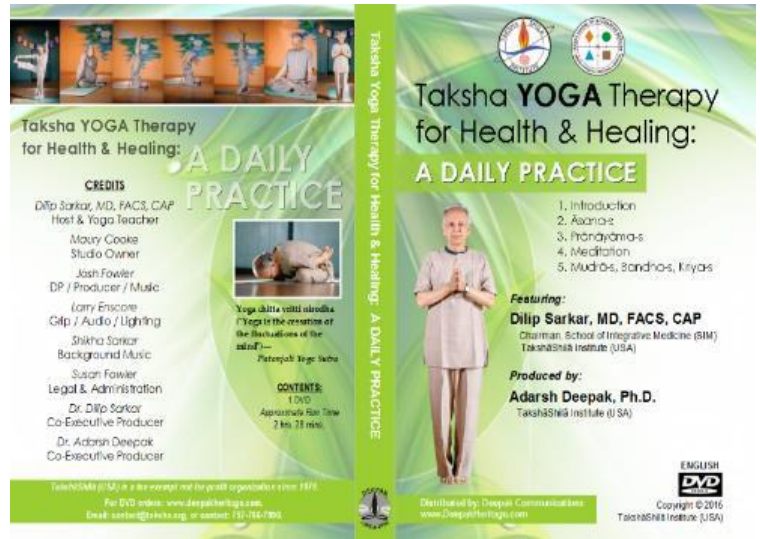
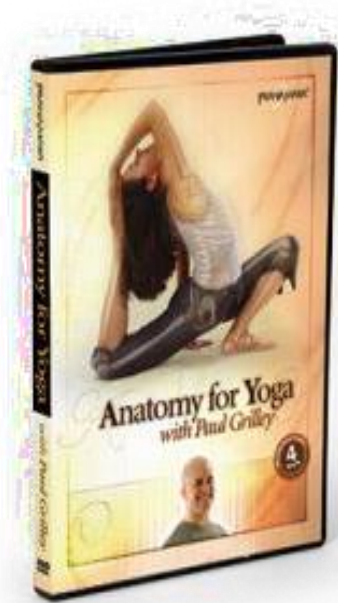
- 50 hour online Yoga Sutras Chapters 1 & 2 with Amy Wheeler <https://amywheeler.com/>.

- \$75.00 Yoga Sutras CH 1 & 2 These two courses must be purchased in the second semester but you get a \$141 discount for studying with NYA so the total will be \$75 for these two courses (see attached book and course list).

- <https://amywheeler.com/yoga-sutra-chapter-1-health-healing>

- <https://amywheeler.com/yoga-sutra-chapter-2-health-healing>

DVDS REQUIRED:



DVD's Listed with Prices & Purchase Links:

- Anatomy for Yoga with Paul Grilley by Paul Grilley DVD
 - \$31.56
 - https://www.amazon.com/Anatomy-Yoga-Paul-Grilley/dp/B000A1GEUE/ref=sr_1_1?s=movies-tv&ie=UTF8&qid=1510008347&sr=1-1&keywords=anatomy+for+yoga+dvd
- Taksha Yoga Therapy for Health and Healing: A Daily Practice
 - \$49.00
 - https://www.amazon.com/Taksha-Yoga-Therapy-Heath-Healing/dp/B01DX0NCE4/ref=sr_1_13?s=movies-tv&ie=UTF8&qid=1510008557&sr=1-13&keywords=YOGA+THERAPY+DVD

Section 8: Attendance, Absences, Leave & Make-Up Work

Attendance:

We require 100% attendance to graduate and receive a certificate of completion from our program. Class attendance will be taken throughout the training. This can be done wither in person or with our Online classes.

In the case of any emergency absences, please notify the program director immediately. If a student has planned absences that conflict with attendance in the program, please contact the program director to discuss options.

Each student is responsible for scheduling make-up time with the program director. Students must pay an additional cost for private make-up sessions with a teacher.

Each student is expected to be at each session 15 minutes before the start time in order to set up and so that the training may start on time. If the student is late more than 4 times, this will result in a deduction of 1 hour from their total contact hours.

Absences:

Students must attend 100% of all in person sessions to receive certification. Is something is missed; the student can extend out graduation and make it up in a following semester.

Leave of Absence:

A leave of absence from the program will be granted due to medical disability or other extraordinary circumstances at the discretion of the program director. In this case our refund policy will apply to unused tuition and the student must reapply for the next available session and pay the difference, if any, of any remaining tuition and/or any related administrative fees. If tuition is increased for the next available session, the student must pay the higher rate.

Make-up Work:

If a student misses a whole or part of a weekend training, they will need to make it up by first contacting the program director about any homework they need to complete and to schedule a make up in a following semester.

Section 9: Anti-Harassment Policy, Teacher Student Relationship, Integrity, Confidential Information & Interpersonal Relationships

Anti-Harassment Policy

We do not permit managers, employees, teachers, independent contractors, students, or others in the workplace to harass any other person because of age, gender (including pregnancy), race, ethnicity, culture, national origin, religion, sexual orientation, disability, socioeconomic status, genetic information, or any other basis proscribed by law.

Harassment is unwelcome verbal or non-verbal conduct, based upon a person's protected characteristic, that (i) denigrates or shows hostility or aversion toward the person because of the characteristic and which affects their employment opportunities or benefits; (ii) has the purpose or effect of unreasonably interfering with their work performance; (iii) enduring the offensive conduct becomes a condition of continued employment; or (iv) has the purpose or effect of creating a work environment that a reasonable person would consider intimidating, hostile, or abusive.

Harassment includes epithets, slurs, name calling, negative stereotyping, insults, intimidation, ridicule, threatening, intimidating or hostile acts, denigrating jokes, and display in the workplace of written or graphic material that denigrates or shows hostility or aversion toward an individual or group based on their protected characteristic. Petty slights, annoyances, and isolated minor incidents may not rise to the level of harassment.

Teacher Student Relationship

Teachers shall demonstrate high regard for the moral, social, and religious standards of their students. Teachers shall avoid imposing their personal beliefs on their students, although they may express them when appropriate in the class and in a sensitive and careful manner.

Teachers recognize the trust placed in them by students and the unique power of the student-teacher relationship. Teachers shall avoid exploiting the trust and dependency of students. Teachers shall avoid dual relationships with students (e.g. business, close personal or sexual relationships) that may impair their judgment, compromise the integrity of the teachings and/or use the relationship for their personal gain.

Teachers shall not engage in harassment, abusive words or actions, or exploit students. Teachers recognize that the teacher-student relationship involves a power imbalance and shall exercise caution if the teacher chooses to get into a personal relationship with a student.

Integrity

Teachers are committed to maintaining impeccable standards of professional competence and integrity. Teachers are committed to promoting the physical, emotional, mental, and spiritual wellbeing of their students. Teachers are committed to practicing yoga as a way of life, which includes adopting the fundamental moral principles of yoga and making their lifestyle environmentally sustainable.

Confidential Information

Teachers shall keep all personal information disclosed by their students strictly confidential

Interpersonal Relationships

Teachers are part of a network of health care and well-being professionals and shall seek to develop interdisciplinary relationships. Teachers shall conduct themselves in an honorable manner in their relations with their colleagues and other wellness practitioners. Teachers shall not openly criticize practices followed by other yoga schools or teachers.