



ALL THAT MATTERS

yoga + holistic health centers

*Inner peace leads to
world peace and that is
all that matters.*

(p) 401.782.2126

(f) 401.788.3648

info@allthatmatters.com

LOCATIONS

315 Main Street
South Kingstown, RI

63 Cedar Avenue
East Greenwich, RI

128 N. Main Street
Providence, RI

www.allthatmatters.com



RYS 300
Registration Pending

Questions?

Contact: yoga@allthatmatters.com • 401.782.2126

CURRICULUM

YOGA BEYOND ASANA 300-HOUR TEACHER TRAINING
WITH JENN THOMAS, USHA BILOTTA, AND LINDA SPARROWE

TEACHING TECHNIQUES AND METHODOLOGIES

- Strengthen your teaching skills through practice, lecture, observation and posture clinics.
- Benefit from hands on, experiential anatomy lessons.
- Develop a deeper practice and understanding of pranayama and meditation and be able to skillfully and confidently lead in classes with your authentic voice.
- Explore themes within sequencing to learn how to weave the ancient teachings into a class structure.
- Learn to observe your students in poses and understand where the pose might be stuck or missing connection—and offer alternatives.
- Approach sequencing as an art form by understanding the mechanics in shapes and how to mindfully and safely shape a class sequence.
- Expand your teaching vocabulary, become inspired by the depth of language, and find your personal voice to convey information to your students.

ANATOMY AND PHYSIOLOGY

- Deepen your connection to the subtle body.
- Incorporate koshas, gunas, nadis and meridians, chakras, and vayus skillfully into your teaching.
- Enhance your understanding of anatomy with practical and experiential classes involving tape mapping and movement.
- Appreciate and understand the human body in a miraculous way through a cadaver workshop for yoga teachers.

PHILOSOPHY

- Immerse yourself in the eight limbs (Raja Yoga) during a three-month intensive and discover how these teachings can move you from separation to connection; from self-absorption to self-awareness; and into a more joyous relationship to the Self.
- Study the sacred texts of Patanjali's Yoga Sutra, the Bhagavad Gita, the Upanishads, and the Buddha Dharma in a supportive community, dedicating one month to each text.
- Explore yoga beyond asana through devotion and connection.
- Understand Seva from its ancient roots and explore what it means to be of service in our culture.

Yoga Beyond Asana is compatible with all other styles and traditions of yoga.

THE CORE PROGRAM

FIRST QUARTER – THE EIGHT LIMBS OF YOGA: SPIRITUAL PRACTICE IN EVERYDAY LIFE

How do we bring intention and conscious awareness to our everyday actions? In this first quarter, we look to the eight limbs of yoga in Pantajali's Yoga Sutras to help us do just that. They ask us to begin with our actions in the world; implore us to take care of our bodies so that we stay healthy; show us how to quiet our minds so we don't make ourselves crazy; and encourage us to open our hearts and give up the fruits of our practice for the benefit of all beings.

- Move from the world around you to the world within you
- Create intention and awareness on and off the mat
- Learn to apply the eight limbs to your teaching, your practice and your daily life
- Develop the courage to open your heart—as a student and as a teacher
- Use practice and self-inquiry to discover what a life of service means for you

SECOND QUARTER – SACRED TEXTS: ANCIENT WISDOM FOR MODERN TIMES

What do the ancient seers have to say that can help us create a deeper relationship with ourselves, our families, and our world? Plenty, it turns out. Move deeper into the Yoga Sutras, beyond the eight limbs, and then swim in the truths so beautifully expressed in the Bhagavad Gita, the poetry of the Upanishads, and the Buddha Dharma. You'll be amazed at how relevant they are!

- Explore the Bhagavad Gita, the Yoga Sutras, the Upanishads, and the Buddha Dharma
- Look at what these ancient texts say about interconnection and responsibility
- Learn how you can embody the truths within these sacred texts—on and off the mat
- Discover how to weave these practices together in your classes, one-one sessions, and in your workshops

THIRD QUARTER – THE SUBTLE BODY: ENERGY IS LIFE

The Essence of our Being resides in the subtle body. In this quarter, we explore practices that help us gain access to the deeper wisdom at the core of our being. We investigate our relationship to all aspects of the subtle body, and discover how they can be a resource for living more consciously.

- Learn more about the koshas, gunas, nadis and meridians, and chakras
- Understand prana/chi and its importance to your health and well being
- Explore the prana shakti through the prana vayus—the five major currents of life force
- Play with the concepts of expansion and contraction
- Discover ways in which prana becomes blocked (trauma, unprocessed emotions, troubled relationships)
- Awaken the subtle body through asana, pranayama, and meditation practices

FOURTH QUARTER – DEVOTION: SHINING LOVE IN THE WORLD

From asana to pranayama, from chakra balancing to chanting, from dancing to meditation, the yoga of devotion (bhakti) takes many forms. In this Final Quarter, we focus on what allows us to be of service. How can you ensure that your work in the world—whether that means raising children or raising awareness, growing a business that serves others or growing food that feeds them—is done in the spirit of deep listening and selfless love?

- Explore devotion practices like chanting, kirtan and japa mala
- Learn how to take action without being attached to the outcome as taught in the Gita
- Learn the great stories from Hindu mythology that inspire many yoga poses
- Create a deeper, more loving relationship to Self
- Understand your place in the world and your commitment to serve

RETREAT – CONSCIOUS REFLECTION, PERSONAL INTEGRATION AND SANGHA CELEBRATION!

At the end of our year-long teacher training, we gather together for a four-day Bhavana retreat at High Meadow Farm (<http://www.highmeadowfarm.org/>), where we continue to immerse ourselves in the teachings and the practice. There will be time for conscious reflection and for your yogic roots to take hold in an even deeper way. The sangha we've created throughout the year provides a loving and safe container for you to demonstrate—through teaching, final projects, and presentations—the ways in which you have integrated all you have learned. This retreat allows you to intertwine the varied threads of yoga into one strand, which can be woven into your own life, enabling you to share your wisdom on the path.



REQUIRED READING & RECOMMENDED READING

FIRST QUARTER

Required Reading

- *The Ten Challenges: Spiritual Lessons from the Ten Commandments*, by Leonard Felder
- *Eight Mindful Steps to Happiness: Walking the Buddha's Path*, by Bhante Gunaratana

Recommended Reading

- *Siddhartha*, by Herman Hesse
- *Quest for the True Self*, by Stephen Cope
- *Coming Home*, by Norman Fischer
- *The Heroine's Journey*, by Maureen Murdock

SECOND QUARTER

Required Reading

- *The Yoga Sutras of Patanjali*, by Chip Hartranft
- *Bhagavad Gita: A New Translation*, by Stephen Mitchell
- *The Upanishads*, by Eknath Easwaran

THIRD QUARTER

Required Reading

- *Anatomy of the Spirit*, by Carolyn Myss
- *Eastern Body, Western Mind: Psychology and the Chakra System*, by Anodea Judith

FOURTH QUARTER

Required Reading

- *Light on Life*, by BKS Iyengar
- *The Little Book of Hindu Dieties*, by Sanjay Patel
- Various excerpts and translations from the *Bhagavad Gita*
- *The Book of Awakening*, by Mark Nepo
- *The Journey Home: Autobiography of an American Swami*, by Radhanath Swami

Recommended Reading

- *365 Dalai Lama: Daily Advice from the Heart*, by His Holiness the Dalai Lama
- *The Buddha's Still Talking*, by Jack Kornfield

Please note most of these books are available at The Store at All That Matters.



THE FACULTY

JENN THOMAS E-RYT 500

Jenn Thomas has long had a passion for unearthing what lies beneath the surface and uncanny ability to get to the heart of the matter. Whether you take her dynamic yang or her more reflective yin classes, her clear and tender-hearted encouragement will help you explore the patterns and habits of your own life with more insight.

USHA BILOTTA E-RYT 500

Usha has been using asana and the sacred teachings as a life-map for 20 years. As a teacher, she's most interested in helping students cultivate a practice that is authentic and powerful while challenging them to find the lessons that asana presents. She uses thoughtful language to blend these principles into class, encouraging growth and presence in the physical body and beyond.

LINDA SPARROWE E-RYT 500

Called "a defining voice for yoga in America," Linda has been teaching and talking about yoga for more than 20 years. She brings the ancient teachings to bear on every part of our crazy, busy, messy lives through her talks, books, workshops, and retreats. She believes yoga wakes us up and shows us how to be fully alive, truly present, and deeply connected.

SCHEDULE

TRAINING SCHEDULE

This 13-month training runs from September 15, 2018 through October 14, 2019, and consists of 12 required weekend intensives and 1 required four-day weekend Bhavana retreat in Oct 2019. Complete attendance is required at all weekend modules and retreat weekend. All requirements must be fulfilled for certification.

TRAINING DATES AND HOURS

2018 Dates: Sept 15-16, Nov 3-4, Nov 30–Dec 3

2019 Dates: Jan 26–27, Feb 23–24, Mar 22–25, Apr 27–28, May 18–19, Jun 21–24, Jul 13–14, Aug 10–11, Sept 20–23, Oct 10-14 (retreat weekend)

Hours:

Two-day Weekends: Saturdays and Sundays 11am–6pm

Four-day Weekends (Nov 2018; Mar, Jun, Sept 2019): Friday 6–9pm; Sat–Mon 8:30am–5:30pm

Residential Retreat at High Meadow Farm in Freedom, NH: Oct 10–14, 2019

All training weekend sessions, except for the retreat, are held at our South Kingstown location.



TUITION AND BENEFITS

TUITION OF \$3,900 INCLUDES

- 12 weekend intensives with Usha, Linda and Jenn
- Teacher Training manual and supplemental materials
- 12 small-group mentoring hours
- One-on-one mentoring
- 4, 1-hour online sessions
- Discounts at The Store at All That Matters and on All That Matters workshops and services
- Special anatomy weekend
- Rooms at All That Matters South Kingstown for practice teaching and study groups

TUITION DOES NOT INCLUDE

- Required books or DVDs
- Required retreat at High Meadow Farm

Payment plans are available. For details, see "Payment Options" section of the application.

RETREAT OF \$500 INCLUDES

- Five-day, four-night stay at High Meadow Farm in Freedom, NH during peak foliage season.
Visit the website: <http://www.highmeadowfarm.org/> (*Participants can arrive Thursday, Oct 10th, mid-afternoon; Retreat program begins Thursday at dinner and runs through Monday, Oct 14th*)
- Meals and Lodging
- Payments made directly to High Meadow Farm (<http://www.highmeadowfarm.org/>) **Payment due by August 1, 2019**
- Financial support may be available for those in need. For details contact Jenn Thomas (jennfocus@gmail.com).

