

# SCHEDULE

**Thursdays** | 6:00-8:30pm |  
Observing & Assisting

**Saturdays** | 12:30-5:30pm |  
Guest Faculty, Techniques & Training

**Sundays** | 12:30-5:30pm |  
Guest Faculty, Techniques & Training

## PLANNED WORKSHOPS/ MASTER CLASSES:

Guru/Disciple Relationship, Mantra & Bhakti Yoga:  
Swami Brahmavidyananda Saraswati

Subtle Body – energetic anatomy: *Ganesha*  
– *Michael Shapiro*

Postural Alignment: *Ian Darrah*

Diet & purification (colon/liver cleanse): *John Scott*

“Vero Yoga” Advanced Vinyasa Flow: *Veronica Vidal*

Anatomy, Art of Adjusting & Ashtanga: *Marisa Gallardo*

## FACULTY FOCUS

With our experienced guest faculty you will have the opportunity to learn about different areas and styles of yoga from true experts. They will also educate you on adjusting and assisting as well as anatomy, philosophy and spirituality. Their decades of combined experience will leave you with a diverse and unique understanding of yoga.

## REQUIRED BOOK/MEDIA LIST

The Lost Teachings of Yoga (Georg Feuerstein)

The Yoga Sutras of Patanjali

(Sri Swami Satchidananda)

The Bhagavad Gita (Penguin Books)

Light on Yoga (B.K.S. Iyengar)

Yoga Anatomy (Leslie Kaminoff)

Yoga Anatomy DVD (David Keil)



**MARCH 10 – MAY 17, 2012**  
**YOGA TEACHER TRAINING COURSE - LEVEL I**  
**VINYASA FLOW GREEN MONKEY SOUTH MIAMI -**  
**WITH IAN DARRAH**

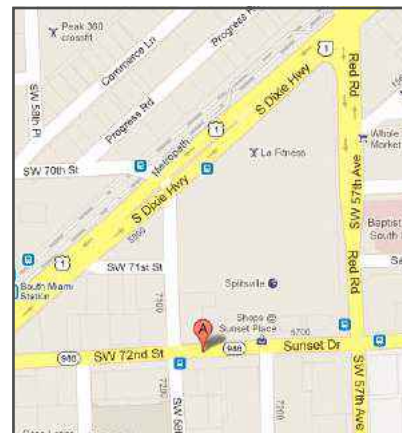
**\$2,795:** If paid in full before March 10th.  
Includes free yoga from date paid through  
May 31st, 2012.

**\$2,895:** If paid in full before April 1st.  
Includes 50% off yoga from date paid through  
May 31st, 2012.

**\$2,995:** If paid in 3 installments before  
May 15th.

For more information please call 305.669.4949

Green Monkey is a Balanced Living company offering the tools to achieve balance and lead a healthy life. The South Miami Tree House is located at 5792 Sunset Drive



**greenmonkey.net**  
**Facebook.com/greenmonkey.net**  
**Twitter.com/greenmonkeylife**  
**greenmonkey.net/trainings.html**



**greenmonkey**

**Teacher Training**

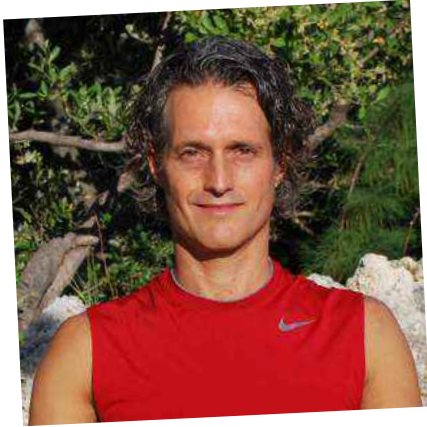
**200 HOUR | LEVEL 1**  
**PROFESSIONAL**  
**YOGA TEACHER TRAINING**  
**CERTIFICATION**

**LED BY IAN DARRAH**  
WITH GUEST FACULTY

March 10 - May 17, 2012  
SOUTH MIAMI TREE HOUSE



# MEET IAN DARRAH, E-RYT



*Dear Friends of Yoga,*

*I am so excited to lead the South Miami 200-hour Professional Yoga Teacher Training Programs at Green Monkey. Going through a teacher training program is not only a challenge and life-enhancing it can be life-changing and lot of fun!*

After nearly a decade of working with individuals and groups as a fitness trainer and coach and walking a determined yogic/shamanic spiritual path, my personal decision to enter Green Monkey's TTC (Teacher Training Course) was one of the best decisions I've ever made. The original intention was simply to improve my own yoga & spiritual practice. Little did I know it would lead to life transformation on many levels (mind – body – spirit), greatly enhance my professional career in fitness and launch a new one as a yoga teacher. Yoga is vast and the teachers and styles are many. Because of this, there is so much opportunity for people to find tremendous benefit from taking a comprehensive Teacher Training. Whatever your objective: teaching great classes, improving your own practice, growing spiritually, making a complete transformation into greatly enhanced wellness etc., this program will give you the tools and proper guidance to grow and develop in the way that suits you best (and in ways you never before imagined).

Namaste,  
**ian**

## Teacher Training Philosophy

Green Monkey's Teacher Training Programs offer the tools to achieve balance and become a phenomenal instructor. Through the guidance of a renowned faculty, an environment that builds confidence and a community of like-minded yogis, the training is known as the beginning of an important spiritual and physical process.

### REQUIREMENTS

**100 Hours** | Techniques Training

**25 Hours** | Teaching Methodology

**20 Hours** | Anatomy & Physiology

**30 Hours** | Yoga Philosophy

**25 Hours** | Practicum

### CERTIFICATION

Certification is not guaranteed. In order to receive the certification, all requirements must be fulfilled in a satisfactory manner, you must pass the final exam, and you must demonstrate that you can effectively teach a class. The scheduled group meeting times and the workshops are considered mandatory and if you miss them you need to make them up. There are options for gaining the experience/knowledge from a missed workshop or TTC session. Inquire with me and I will guide you on how to do it. It may take longer than the 10 weeks to complete the requirements.

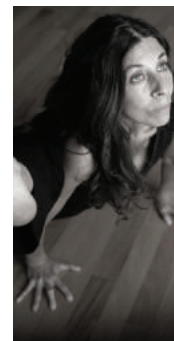
### MEET THE FACULTY



**SWAMI BRAHMAVIDYANANDA SARASWATI** of Munger, Bihar, India is a disciple of Swami Satyananda Paramahansa. For 40 years Swamiji has served as a guide to thousands of spiritual aspirants, health professionals and people from every walk of life who believe that life can be lived joyously, healthily and peacefully.



**VERONICA VIDAL** is recognized by the Yoga Alliance as ERYT 500 (Experienced Registered Yoga Teacher). She holds several Yoga degrees and certifications as well as a degree in Chemistry from FIU with minors in Psychology, Nutrition and Education. Following the path of a true Yogi, she continues studying and training to deepen her practice.



**MARISA GALLARDO** studied Ashtanga Yoga in Mysore, India with founder and teacher Sri K Pattabhi Jois and his grandson Sharath. She also studied with reknown Ashtanga yoga teachers Lino Miele, Dena Kingsberg, and David Swenson, she has explored the Iyengar tradition with Manuso Manos, Dharma Mittra and Aadil Palkhivala. Marisa is recognized by the Yoga Alliance as ERYT 500. Her teaching style involves a broad understanding of what and how the body communicates due to her knowledge of the human anatomy.



**GANESHA MICHAEL SHAPIRO** is a Certified Kundalini Yoga Instructor since 2004 and a full-time energy healing practitioner. Ganesha graduated from the Barbara Brennan School of Healing in 2008 and completed Harmonyum Healing Training with Gurunam in 2009.



**SUSAN HALLY** is a 500 RYT certified yoga teacher and holds a PHD in Self Empowerment with a concentration in Trauma Treatment and Rain Drop Therapy technique. She is also experienced in Reiki (Level 3) and Body Talk therapies. Susan's holistic approach is integrative and her teaching reflects both therapeutic expertise along with insights gleaned from her own spiritual practice.



**JOAN VARINI** is one of Green Monkey's treasured and extremely popular teachers known for her Masterful Vinyasa Flow classes and Guided Visualization and Regression workshops. Joan's class flow comes from a foundation of anatomical knowledge, a love of fluid movement, and an awareness of the many subtle channels and systems at work within the body.