



Serviced-Based Yoga School  
**Yoga Lifestyle & Teacher Trainings**  
 220 & 500 Hour Certification Programs  
 Registered Yoga Alliance School



Kristin Cooper ERYT500,  
 Katie Serino ERYT500 & Guest Presenters



Registered Yoga School



Registered Yoga School



A dedication to “Kunga”...yoga as service: Kunga trainings & service retreats are dedicated to all students past and present on the infinite journey of discovering and sharing the joy and peace of yoga. It is with deep gratitude and dedication that we honor the orphaned children that inspired all Kunga Yoga programs!

Our first experience with the Mizero Rwandan Orphans, children who lost their families in the Rwandan genocide of 1994, truly solidified for us the understanding of yoga as a life practice, yoga “off the mat”. These children continually practice yoga today, by forgiving those that killed their families-remembering that we are all truly connected. Touring with these children in 2007 inspired many whirlpools of projects, ideas, and work within our community dedicated to serving those most in need, and evolved into our Kunga Yoga school, fundraising and annual Kunga Journeys volunteer service trips to orphanages in various developing countries around the world. “Kunga” is a Kinyarwandan word meaning “to help or serve” and we chose this word so that the spirit of these kids would be carried on in all of our teacher trainings, service retreats and Kunga Yoga public classes.



It is our belief that each of us contribute in even the smallest of ways, and it is our hope that within our global yoga community we may continue to use the great abundance of resources, wealth, knowledge, and tools that we have in western culture to help support others with less.



It is our team’s deepest desire that all who take on the practices of yoga as a path of study and self-inquiry will ultimately live for the means of serving others, and create continuous small and large ripples of peace throughout their own communities and beyond. May we be bold and love without limits!

*~Kristin*

***A note about Kunga Yoga from Kristin Cooper,  
Kunga Yoga Founder & Program Director***



## About Kunga Yoga 220 & 500hr Lifestyle & Teacher Trainings

Kunga trainings teach students skills for “living yoga” both on and off the mat while working towards their 220 and/or 500-Hour Certifications. All Kunga, Wilmington Yoga Center, and Affiliate studio programs meet or exceed the standards set forth by the national Yoga Alliance.

With millions of people discovering this amazing practice in the last 30 years, and a massive growth in the US of the aging baby-boomer population in the next 20 years, the need for the healing and life-changing benefits of yoga will continue to produce a huge demand for qualified yoga teachers... in group class settings and private yoga sessions. If you've felt that tug to share the practice you love, or to move deeper into your personal understanding of yoga practices that you've only had the chance to touch on in group classes, then perhaps our lifestyle & teacher training is for you. Please check out the specifics:

### *Established curriculum*

We have consistently evolved, improved and refined each of our trainings since 2003, with hundreds of participants in our 220 & 500 hr programs. As a unique, “open-style” training program, we've committed our programs to the “Kunga” vision-offering yoga as service to our local and global communities, learning by teaching and getting our hands dirty!

### *Community*

Our community is full of students, teachers, volunteers, & administrative staff all coming together with like goals to create connections and valuable support systems for life. Kristin and Senior Kunga trainers lead and direct the trainings in a non-dogmatic, professional, and light-hearted way. Our curriculum is well-established, unique, and FUN! All bodies, ages, shapes and sizes are welcome and encouraged! We strive to create a friendly, non-intimidating, joyous community within our programs, as we feel that trust and comfort are the essential ingredients for absorption during the learning process.

### *Wilmington Location*

Nestled in an Environment dedicated to yoga, massage, holistic lifestyle & well-being, at the center of Wilmington's “Wellness Mecca” known as Tidal Creek Commons; housing Tidal Creek Cooperative Health Foods Market & Café and Blue Ginger Spa!

### *Host Locations*

Several studios on the east and west coast host Kunga Yoga Teacher Trainings & CEU Programs at the 220 & 500Hour Levels. Please check online for info on our host friends!

### *National Recognition*

Kunga Yoga Trainings are registered as 220hr & 500hr certification with the Yoga Alliance. Yoga Alliance has established widely adopted rigorous standards for education and certification, and is the only established national body of standards for yoga teachers & schools. As a Yoga Alliance registrant, you become a part of the global community of over 21,000 Registered Yoga Teachers & Schools. Registrants are recognized internationally for meeting recognized standards of training, experience & ongoing professional development.

### *Open-Style Yoga*

The emphasis within our school is on very broad Hatha yoga techniques, asana, pranayama, and philosophy, rather than one particular theory or methodology. The heart of our program is the teaching of yoga as service, and promotes openness to all “styles” of yoga with no one yoga style being better than another. We teach a broad range of approaches, so that all may gain an appreciation of different theories/models. Our 220 & 500 hour trainings provide a unique opportunity to learn both orthodox and synthesis models of teaching from different traditions within one cumulative

program that can benefit all shapes, ages, backgrounds of students-from the high powered athlete to the senior student with therapeutic needs.

### *220-Hour Yoga School*

The primary umbrella for Kunga Yoga is Hatha yoga physical practices, with an emphasis on Vinyasa and specialty classes. Instruction is provided in a “big picture” format of Hatha yoga, with a “smaller picture” introduction into the practice and theory of other styles such as Kripalu, Ashtanga, Yin/Yang, Kundalini, Prenatal, and more... Yogic lifestyle, professional ethics, vegan living, anatomy and physiology, assisting and pranayama are covered in detail, along with Restorative Therapeutic yoga. For more specialized, in-depth study of these topics, you may continue your study with our Kunga Yoga 500 Hour Certification Program.



### *Teaching Methodology*

Teaching Methodologies are covered in depth in our 220 hour programs, including opportunities to “practice teach”, to learn hands on posture assists, and opportunities to assist live classes. Unique, fun experiences of chanting, kirtan, drumming, and creative movement are also a part of the trainings, and when possible we practice outside and on the beach!

### *Service*

Your Kunga Service Teaching Project is a valuable learning experience and a part of our outreach program providing yoga to underserved communities. Your Kunga Project may be spent working with local charities, fundraisers and community

programs for special needs, such as volunteer teaching for at-risk youth, HIV, and domestic abuse victims. You may also choose to simply offer one-on-one lessons to a family member that needs yoga!

### *Growth through Support*

The heart of our training program is the development of community within the program itself. With hundreds of participants from our 220 & 500 hr trainings, we’ve found that the highlight for most of our participants is the feeling of support and connection with others within the program. Our goal has always been to create a lighthearted community, that is non-judgmental, where no one feels “intimidated” by yoga, and where people can meet, learn, laugh, and hopefully develop friendships for life. We have taken many steps to create a curriculum and fun space where students of all walks of life, age and ability can come to study the many facets of yoga. Our graduates often share that the training and community gives them personal fulfillment, fresh perspectives, personal EVOLUTION, and ultimately the drive to serve and support in the healing process for others.

### *Program Benefits*

Perks include 15% discounts on workshops, class series, events, trainings and retail! Perks also include future internship opportunities at our center, and perks like walking downstairs to Tidal Creek Cafe for 100% organic whole foods lunches. Another perk is discounts and the chance to earn continuing education credit hours on Kunga 500hr continuing education modules and adventure retreats to Costa Rica, Greece, Thailand, India, and more... not your typical “school” curriculum, but the one we always wished for!



## Program Directors

### **Kristin Cooper, ERYT500**

Kristin Cooper ERYT500, is an experienced registered teacher with the Yoga Alliance at the 500hr level, teaching full time since 1999, and training yoga teachers since 2003. She has worked with athletes, children, seniors, and students living with cancer and HIV, and is a member of the International Association of Yoga Therapists (IAYT). Kristin has worked privately with celebrity clients Katie Holmes, Ashley Judd and Cheryl Hines and is the founder and Teaching Director of the Wilmington Yoga Center and the Kunga Yoga School. Kristin has presented and studied yoga, ayurveda, vegan living, thai massage, and shiatsu throughout several trips to Asia and has practiced for 15+ years. She travels as a teacher trainer and percussionist for world-renowned yoga teacher Shiva Rea, working as a Mentor for Shiva's Prana Vinyasa 500hr Teacher Training. Kristin has assisted the Kripalu Center for Yoga & Health Teacher Trainings, and is a guest presenter for various teacher trainings in the U.S. She has contributed to Yoga Journal, is the creator of Rhythmic Flow Yoga w/live drumming and is the founder of Kunga Journeys global service retreats.

Kristin leads trainings and international retreats around the world with her percussionist husband, Loren Gulak & the Kunga Drummers-all on a mission to help fundraise for kids around the world! Kunga Yoga is an open, service-based yoga practice that encourages students to integrate the service theme of the month off the mat, and all Kunga Yoga teachers teach free classes to needed populations and donate 5% of their proceeds from teaching to the Kunga Fund which supports underserved communities locally and globally. Kristin's personal practice has been inspired and guided by an extraordinary group of teachers to whom she is extremely grateful, including: Donna Gardner, Shiva Rea, Sharon Gannon, David Life, Bryan Kest, Jack Kornfield, Sarah Powers, Teresa Spanos, Beryll Berch, Gurumukh, Dr. Neal Barnard, and her loving family. Travel teaching schedule can be found at [www.kristinyoga.com](http://www.kristinyoga.com).



### **Katie Serino, ERYT500**

Katie Serino is an experienced registered 500hr Yoga Alliance teacher. She holds certifications in Kunga Yoga, Pilates, ACSM personal training, Silver Age Yoga and a Bachelor's Degree in Exercise Science. She began practicing yoga in 2000 and received her 220-hr certification from The Wilmington Yoga Center in 2004. While traveling and living in Southern California, she completed her 500-hr certification with trainings in Advanced Forrest Yoga(Santa Monica), Anusara(Carlsbad, CA), Iyengar(San Diego, Bali), Ashtanga Yoga(San Diego), Vinyasa Yoga(San Diego), Anatomy and Physiology(San Diego) and Therapeutic Yoga(San Diego). She has worked privately with Brittney Spears, taught yoga at Rancho La Puerta, Hawaii, Costa Rica, Bali and Australia. Her primary teaching influences include Kristin Cooper, Ana Forrest, Gerhard Gessner, Carolina Vivas, Tias Little, Gurumukh, and many many more amazing students, teachers and friends from around the world.



# Yoga Alliance National Registry

Wilmington Yoga Center & Kunga Yoga Training is a registered Yoga Alliance School, offering multi-disciplinary yoga teacher trainings at the 200 & 500 hour levels, continuing education workshops, and Kunga Journeys service based fundraising retreats. Kristin and all guest presenters are Registered Teachers at the 200 & 500hour levels, and/or experienced professionals in their field of study.

Evolving since 2003, the Kunga Yoga 220 hour YLTT meets and exceeds all of Yoga Alliance's requirements for 200 hour certification. The goal of the WYC Kunga 220hr Teacher Training Program is to provide the fundamental tools that potential teachers need to offer complete, safe, and eclectic hatha yoga classes. Students wishing to become yoga instructors or those just desiring to deepen their understanding of yoga will find this course diverse and comprehensive.



Registered Yoga School



Registered Yoga School

## Our 220Hour Curriculum

### *TECHNIQUE*

- Principles of Classic Yoga Asanas
- Alignment Theory
- Posture - Specific Alignment & benefits
- Biomechanical Press-points
- Adapting postures to the individual
- Usage of props
- Hatha & Vinyasa Practices Overview
- Synthesis & Orthodox Practices Intro: Ashtanga, Kundalini, Kripalu, Therapeutics, Prenatal, & More..
- Krishnamacharya's Theory of Krama / Sequencing

### *EASTERN & WESTERN ANATOMY*

- Introductory Anatomy as applied to Asana
- Multi-Media Presentations of Anatomy of Postures
- The Physiology of Asana, Breath & Meditation
- Injury Prevention - "Red Flag" warnings
- Advanced Relaxation Techniques
- Prana & the Vayus
- Chakras & Nadis
- The Five Koshas
- Ayurveda Introduction, Doshas
- Mudras, chanting
- Adapting the practice to your lifestyle, needs, body

### *PHILOSOPHY, ETHICS & LIFESTYLE*

- History of Yoga – Classical & Modern; Evolution of Yoga
- Fundamentals of the Yoga Sutras & 8 Limbed Path
- Important teachers and their contributions
- Major modern schools and their approaches
- The Art of Living Yoga - off the mat
- Vegan Lifestyle & Diet with Cooking tips
- Living "Green"
- Teacher/Student Ethics
- Kunga Yoga Volunteering for Special Needs in Communities
- Bhakti Yoga –Kirtan, chanting & drumming

### *TEACHING METHODOLOGY*

- Gentle assisting & enhancements
- Effective Cueing
- Development of Verbal Skills
- Demonstrating for your class
- Reading group energy and dynamics
- Cultivating confidence
- Planning your own classes
- Practice Teach Sessions & Feedback
- Opportunities to Assist Senior Teachers

## ***BREATHING & MEDITATION PRACTICES***

- Basic Anatomy & mechanics of breath
- Pranayama/breathing methodology
- Pranayama techniques in practice
- Meditation & the subtle body
- Guided Visualization as Meditation
- Meditation and the relaxation response
- Overview of benefits of pranayama
- Overview of benefits of meditation



## ***THE BUSINESS OF YOGA***

- Gaining experience upon graduation
- Setting fees; understanding the market & your experience level
- Working with private clientele
- Building your resume consciously
- Basic marketing
- Ethics of why you teach & how to integrate into business world
- Yoga Alliance Registry & Continuing Education



I knew my experience would be an amazing journey, but I never expected the amazing life transformations that transpired. It brought about new healthy living habits, brought my yoga practice to a whole new level, and truly experienced the power of practicing yoga for deep and heartfelt intentions

-Christina Enneking  
Director Heart Happy Yoga  
Los Gatos, California

# Program Details: Flexible Formats!

**Kunga Yoga 220hr Teacher Training with Kristin Cooper, Katie Serino & Guest Teachers  
Wilmington Yoga Center, Wilmington, NC**

We offer three different schedule formats to benefit all lifestyles! Choices include our Three Weekend Format, the Six Weekend Format, and the Three Week Immersion Format. The Three Weekend Format consists of three modules (four days each) over the course of three months, with each module being held Thurs-Sun. The Six Weekend Format consists of one weekend per month over the course of five months. Our Three Week Immersion Format takes place over three consecutive weeks, Monday – Friday, with weekends off.

Program Format	Three Weekend Format	Three Week Immersion	Six Weekend Format
Schedule (with breaks through the day-long sessions)	Thursday-Sunday: 7:00am-6:00pm	Monday- Friday (Sat & Sun OFF) 7:00am – 5:00pm	Fridays: 5:30-9:30pm Saturday: 11:00am – 8:30pm Sunday: 8:00am – 6:00pm
Super Early Bird Discount (see web deadlines)	\$1650	\$1650	\$1650
Early Bird Discount (see web deadlines)	\$1800	\$1800	\$1800
Standard Tuition** (see web deadlines)	\$2000	\$2000	\$2000
Additional Application Fee due with Application***	\$200	\$200	\$200
Program Start Date	See Website for Current Dates	See Website for Current Dates	See Website for Current Dates

Full payments made after the Standard Tuition date are subject to a \$150 rush fee.

\*\* Some scholarships & payment plans may be available, please inquire through website.

\*\*\* In addition to your tuition, your deposit of \$200 is required to guarantee & hold your space & due upon applying. \$100 of this deposit is non-refundable. This program is popular and only available on a first come first serve basis.

**Attendance & Inclement Weather Policy:**

In case of inclement weather or emergency, make up sessions may be required. We will only meet on the dates listed on website unless there is severe weather or a presenter emergency that requires us to cancel.

Attendance is required at all sessions for those wishing to receive a certificate of completion. In case of emergency and with

approval from YLTT coordinator, some exceptions may be made. Please contact YLTT coordinator with questions, and review our makeup policy below.

If you are seeking financial aid, please fill out scholarship application & essay and apply as soon as possible. Scholarships & work trade positions are very competitive & fill quickly.

### *Tuition includes:*

- All Classroom Training Immersions
- 300pg Detailed Teacher Training Manual
- Observing and Assisting Live Classes at host studio

### *Other Benefits & Discounts!*

- Upon completion all graduates may apply for National Registry with the Yoga Alliance at the 200 hour level
- 15% discount on Kunga Yoga 500Hour Continuing Education modules, events, & trainings
- 15% discount on retail
- 15% discount on Mentorship program for graduates

### *Terms & Conditions*

In order to receive your certificate, all of the following must be completed and on-file:

1. Full payment for program tuition & fees
2. Completion of Kunga Yoga Project
3. Completion of All homework assignments
4. Completed program feedback form

NOTE: Each program participant may request a homework project extension of three additional months beyond the original six-month period for a fee of \$150. Beyond the initial three-month extension, an additional nine month extension will be considered for an additional \$250. All extension requests must be submitted in writing to the teacher training coordinator. Incomplete homework projects will not be reviewed and student will be charged a \$25 administrative fee if turned in incomplete.

### *Requirements for Both Programs*

#### **Complete Requirements for Certificate**

1. Full Attendance (unless other makeup arrangements have been made)
2. Outside Assisting Classes Project
3. Homework Reading Assignments
4. Documentation of Kunga Service Project - Teaching 5 Classes

### **180 total contact hrs including**

Six Weekend Sessions Friday-Sunday or Three Week Immersion Format, or Three Weekend Format, plus Assisting Project (see below).

### **40 non-contact hrs**

Homework Readings & Kunga Service Teaching Project (see below)

### **Total Training: 220 hours**

Meets & exceeds Yoga Alliance Standards

### **Documented Classes spent Assisting**

Additional hours outside of your class hours include assisting 24 yoga classes within a period of six months from the start date of your program. These classes are required for those wishing to gain 220hr Certificate. Students are encouraged to assist in a variety of locations, and out of town students may choose to assist classes at any location with an approved registered yoga teacher.

For those participating in training for personal enrichment, these classes are not required.

For those unable to complete assisting hours, you may be able to substitute your assisting contact hours by completing private sessions, the mentoring program, or by taking a 500YA training with Kristin. This must be approved in writing by your teacher training coordinator.

### ***Kunga Service Teaching Project***

A rewarding (optional) component of the program is the Kunga Yoga Teaching Project in which you will offer free classes for underserved populations. We view this teacher training as an opportunity for us to place enthusiastic, caring teachers in environments where there is currently no exposure to yoga classes - both locally and globally, providing the classes at no cost.

Participants wishing to gain Certificate must teach a minimum of five free Kunga Yoga classes to a special group or family member/friend and turn in a final report upon completion. We will assist in placing you within the community for your Kunga classes if you choose. There also may be opportunities for you to teach free classes at our home studio for charity fund-raisers.

## Application

Admittance into our training is available on a first come first serve basis, and our programs do sell out. You are automatically registered for our program when you send in your application and payment, and we suggest early registration so that you may begin your reading assignments. We suggest that participants have a minimum of 6 months of regular yoga practice, but we do not require that you are able to put your foot behind your head ☺. All levels and abilities are encouraged for a broad range of learning. Once we have received your \$200 deposit and complete forms, you are automatically registered.

For any questions regarding your application, wellness questionnaire, experience, program content, etc, please contact:

*Kunga Yoga Teacher Training Coordinator*  
[trainings@wilmingtonyogacenter.com](mailto:trainings@wilmingtonyogacenter.com)

All applications and payment for the Wilmington location should be made out to Wilmington Yoga Center. All payments for Affiliate Studios should be sent to the host location.

Please mail your application and \$200 registration deposit to the following address:  
Wilmington Yoga Center  
Attn: YLTT Coordinator  
5329 Oleander Dr. Ste 200  
Wilmington, NC 28403  
(910) 350-0234

NOTE: Applications received without the \$200 registration deposit will not be reviewed and spot will not be held.

If you applied for a scholarship or financial aid and did not receive either, you will be refunded the full \$200 registration deposit if you do not continue on with the training program.

The application and wellness questionnaire are located at the end of this document.

# Frequently Asked Questions

## **Are books and materials included in the price of the training?**

Your student manual is included in the price of the training. Other required texts must be bought separately. We may have a limited number of copies of these books in our retail section, but we cannot guarantee this; you may need to purchase your books from an outside source. Once your tuition is paid in full you will receive 15% off your books and any other retail in the boutique.

## **When will I find out if I have been accepted into the program?**

Acceptance into the program is granted based on your application and on a first-come, first-serve basis. All applicants & participants are required to have a current email address for all correspondence. After you submit your completed Teacher Training Application and \$200 registration deposit (\$100 non-refundable), you will be contacted via email within 30 days. Your payment will be processed upon receipt.

## **How proficient in yoga do you have to be to do the program?**

To benefit the most from this program we recommend a foundation in basic and fundamental yoga postures. Therefore, we suggest that applicants have six months of practice with an experienced, certified (RYT) yoga teacher. If you are brand new to yoga, this would not be an appropriate program to participate in unless you are choosing to go through the program for personal growth. About 1/3 of our participants choose to participate for personal growth and learning as a healthy lifestyle immersion and do not participate in the practice teach sessions. This is optional based on your needs.

The 220 Hour Teacher Training program is designed for aspiring teachers, as well as people with a regular yoga practice who want to simply deepen their own personal experience. Remember: An advanced practitioner is not necessarily someone who can move deeply into advanced postures. An advanced practitioner is someone who comes to the mat with a level of maturity, a willingness to learn and an understanding of the limits of their own body.

## **What is the typical age range & class size of the participants?**

Students generally range in age from 20-70 years of age. Class sizes range from 25-35 participants depending on location. Trainings are limited to help maintain an interactive student-teacher relationship, and assistants support the program directors and the students of the training.

## **What if I miss a class?**

To receive your Certificate, you must attend 100% of the required hours to comply with Yoga Alliance requirements. However, we understand that you may not be able to foresee every conflict, or have prior family obligations, so if you miss a session you are welcome to schedule private make-up sessions or discuss other makeup options with your YLTT coordinator. Private make-up sessions and any other make up arrangement are an additional expense for the student. YLTT coordinator helps to arrange makeup opportunities for participants towards the end of your training. You will be required to makeup the same amount of hours that you miss in the training through the private sessions.

## **Do you offer scholarships or work-exchange programs?**

We offer a limited number of partial scholarships each year to prospective students. We also have a limited number of Work-Study positions available. Positions range from being an Ambassador working at the front desk to cleaning duties. To apply for a scholarship or Work-Study position, please contact the teacher training coordinator for an application. Spaces are limited and very competitive, and not available for every session, so apply soon!

## **How much time should I expect to spend on homework and outside classes?**

Expect to spend about 50 hours on your written assignments and assisting/teaching live classes. The homework is designed to support the material covered in class and help you integrate what is presented into your own practice and teaching. You will receive details regarding your projects once your training begins. You will also receive

program update emails and will be expected to check your email daily as our primary form of communication with you. If you are not planning on teaching after this course, you may choose not to complete the homework assignments and take the course for non-credit. However, if you wish to become certified in Kunga Yoga at the 220Hour level, you must attend all the sessions and complete all the homework assignments.

#### **Do you help organize accommodations?**

Yes! We have a number of students that come to our yoga school from NC, SC, VA, MD, IN, MA and various other locales, and we can help you to arrange accommodations and rideshares when possible. We have a database of local yoga students within our community who offer homestays to out of town guests for free, or for a small room rental fee. Please email [trainings@wilmingtonyogacenter.com](mailto:trainings@wilmingtonyogacenter.com) to request connections with your homestay. These homes are clean, safe, and offered with generosity from our wonderful students or past graduates from our programs. We also recommend Couch Surfer ([www.couchsurfer.org](http://www.couchsurfer.org)) as a great resource for finding short-term housing. Finally, many students in our past training programs have ended up hosting co-students within the program after meeting on the first day, and we are happy to announce those that need homestays within the training. In the past these situations have often developed great friendships, and shared carpooling.

#### **What is the Yoga Alliance?**

Yoga Alliance is an organization that was started in 1999 as a way to create nationally recognized standards for yoga teachers and yoga teacher trainings. More and more yoga studios across the country are requiring their teachers to register with the Yoga Alliance, either at the 200 or 500-hour level. Our Kunga Yoga School is registered at the highest 500hour level.

#### **Will I be qualified to teach yoga once I complete the 220-Hour Teacher Training Program?**

Yes! With the successful completion of all the requirements of the program, including your contact hours, and homework projects, you will receive your *Certificate* evidencing

your training at the 220-Hour Level. You may also choose to register with the Yoga Alliance ([www.yogaalliance.org](http://www.yogaalliance.org)) at the RYT-200 level (Registered Yoga Teacher 200), although this is not required. Graduates of the Kunga Yoga 220-hour program usually begin teaching in small studios, gyms, with private clientele, friends and family, etc. Experienced graduates of our program are also considered for in – studio teaching internship & mentor programs at host studio, as well as work/study positions. Upon completion, you may also gain continuing education hours to keep your 220hr certification current, and the opportunity to take Kunga Yoga 500hour teacher training modules at discounted rates.

## **Additional Information**

### *Outside Study/Books*

In addition to the in-class training that you will receive, you will be encouraged to complete approx 50 hours of outside study throughout the course of the program. This includes observing and assisting live yoga classes, homework readings and reports. You will be encouraged to read the following texts throughout the course of your training:

- Frawley, David: [Yoga & Ayurveda](#),
- Long, Ray. [The Key Muscles of Hatha Yoga](#)
- Feuerstien, Georg. [Patanjali's Yoga Sutras](#)
- Iyengar, BKS. [Light on Yoga](#)
- Gannon, Sharon. [Yoga & Vegetarianism](#)
- [Anatomy Coloring Book](#), 3<sup>rd</sup> Edition 1996
- Rosenberg, Marshall. [Non-Violent Communication](#)

These books are all supplementary to material that you will learn in your training, and will not be discussed in the training, as classroom time is predominantly for contact work, lecture, multimedia, and practice teaching. Reading and absorbing the content from these books is encouraged as part of the yogic practice of “svadyaya” or self-study. We recommend beginning your reading of these as soon as you register. Required book cost is approximately \$85.

Most books are available in the retail section of the host studios.

## *Homework*

- Three Book Responses are due on the following books:
- Living Your Yoga

Non-Violent Communication, and Yoga & Vegetarianism.

Requirements:

You May choose to write your feelings on:

1. The entire book
2. Your thoughts on one point made

\*This is an open response paper of your personal observations and feelings, this is not a standard book "report".

Response Paper Requirements:

Minimum of 1,000 words typed  
Arial Font, 12 Point  
Double Spaced  
On Plain White 8x10 paper

These reports are to be turned in along with your other homework projects. We recommend that you complete them before the start of the training if possible.

## *Other Supplemental Texts:*

- Feuerstein, Georg. The Yoga Tradition
- Kornfield, Jack. A Path with Heart, meditation
- Feuerstein, Georg. Deeper Dimension of Yoga
- Frawley, David. Yoga and Ayurveda

*These texts are not required reading, but highly recommended!*

## *Ethical Guidelines Form*

This form is a requirement of all Kunga Teacher Training Programs and the Yoga Alliance. It calls your attention to the important ethical considerations of teaching yoga and asks for your pledge to act correctly and responsibly. You will receive this form on the first day of the training.

## *Manual*

A comprehensive and detailed 300 page manual will be provided to you to support your entire training. Attendance, record of

personal practice, observations, notes, and personal journal entries are all to be documented in your binder. You are responsible for keeping track of your own attendance, homework assignments, etc.

## *Testing Methods*

Each student will be tested with "practice teach" mock classes (teaching a class to your peers). In order to obtain certification, students must pass the "practice teach" mock class. Any student that does not pass may retest up 2 times, and will be charged a re-testing fee of \$100.

## *What to Bring Every Day*

-Yoga Mat  
-Yogitoes Rug (if you sweat/slip)  
-Meditation Pillow (if you need)  
-Water Bottle  
-Sunscreen (for occasional outdoor classes if weather permits)  
-Camera (optional)

---

Required for your Home Practice:

Strap w/buckles  
Block  
Mexican Blanket

\*Props are required for your home practice. Please do not bring into the studio unless requested based on that day's activities.

## *What Not to Bring*

Open containers of food and drink are not allowed. No cell phones are allowed in the practice studios.

## *Benefits & Discounts*

Beginning the first day and throughout your training, you will receive 15% off all retail, 15% off all WYC workshops and events, 15% off of select yoga class series and 15% off all Kunga advanced trainings, Wilmington Yoga Center continuing education teacher trainings, and all trainings w/Kristin Cooper during the entirety of your 220hr teacher training program!

## Guest Faculty Presenters

Kunga Yoga School takes great pride in our esteemed senior faculty of presenters with decades of experience. The following panel represents past and present teachers that rotate throughout our trainings as guest teachers.



**Mary Barwick**  
**200 RYT, PT**

Mary's formal yoga training began at Kripalu Yoga Ashram where she briefly lived and studied Bodywork (1989).

Next she obtained her license in Massage Therapy from the Florida School of Massage and Hydrotherapy in Gainesville Florida (1991). In 1994 she continued her studies and became a Phoenix Rising certified Yoga Therapist. She practiced massage and yoga therapy in Blowing Rock, North Carolina 1991-1995 and started the first Yoga program at Appalachian State University in Boone, NC. In 1997 Mary finished her postgraduate degree at the University of North Carolina at Chapel Hill, and became a licensed Physical Therapist. Since 1997 Mary has settled in Wilmington where she continues to teach yoga, practice massage therapy, and works full time as a physical therapist in an outpatient orthopedic setting. In the past 10 years Mary has continued her education taking and teaching courses (yoga, anatomy, injury prevention, manual therapy skills) for both the local medical and yoga communities. Her main focus recently has been integrating yoga as clinical tool to assist patients with therapy goals as well teaching yoga participants the importance of understanding basic anatomy/physiology and injury prevention.



**Stephanie Ellis**  
**200 RYT**

As an experienced instructor Stephanie has been sharing her love of yoga as a journey towards awareness since

completing her first teacher-training program at the 200-hour level in 2001. Since then she has enjoyed delving into several

different styles and levels with her teaching including Basic, Gentle, Vinyasa, Kundalini, Pre-Natal and Kids Yoga. Stephanie is also a massage therapist and brings her knowledge of anatomy and physiology to her yoga practice. She believes in the healing and energizing effects of yoga and is enthusiastic about helping others share their love of yoga as instructors through our teacher training programs.



**Nancy Hayes**  
**500 RYT**

Nancy is a certified and Yoga Alliance Registered yoga teacher at the 500 hour level (RYT) with over 25 years of

teaching experience. Since 1984, her primary focus of study has been in the Iyengar method. Nancy's study of yoga is ongoing and includes teacher training with internationally known Yoga instructors throughout the country and includes course work at The Iyengar Institute of San Francisco, The Omega Institute, Rhinebeck, NY and Unity Woods Yoga, Bethesda, MD. Nancy combines a gentle approach to Yoga with more vigorous methods of practice for physical and mental harmony. Nancy's classes are tailored to meet the needs of the individual and are suitable for men and women of all ages



**Larry Hobbs**  
**200ERYT**

Since 2001 Larry has dedicated his life to the study and teaching of yoga, giving up a career of 32 years at the local

DuPont plant to begin a full time teaching lifestyle in 2002. Larry's path has lead him to study with Shri K. Pattabhi Jois, also known as Guruji, founder of Ashtanga yoga. Larry has also studied with Pattabhi's grandson

Sharath Rangaswamy in Mysore India. To further his studies Larry makes yearly visits to Crestone, CO at Shakti Sharanam and studies with his US Ashtanga teacher Annie Pace, one of the few female Ashtanga teachers in the world certified by Guruji. Other notable and certified teachers with whom Larry has studied are Tim Miller, David Garrigues, Richard Freeman, and Kino Macgregor. There are so many more non-Ashtangi's with whom Larry has studied including Dharma Mittra, and he thanks them all for what they have given him through their knowledge and dedication of what it means to be a yogi. Larry's true love is Ashtanga Yoga. His hope is to one day be authorized by KPJAYI in Mysore India. Through yearly visits back to Mysore, Larry continues his Ashtanga training with his Guru's guidance and Sharath's.

"I believe the fruit of your practice is in the effort and you should always give 100% on that given day. And just showing up to practice is 90% because you made the effort. You will always be challenged in my classes but in a compassionate way. You may even laugh if you have the time. I wish to thank Kristin Cooper and Loren Gulak of Wilmington Yoga Center for their trust in my ability, and I am honored to have taught for them over the past years."



**Heather Till  
500 ERYT, CYT**

Heather Till brings to her teaching a life-long passion and study of movement and dance and has enjoyed sharing this

passion with her students for the past 10 years. She is a Professional Yoga Therapist with the School of Integrative Yoga Therapy where she has served as an assistant and mentor for teachers in training. She is certified in the Khalsa Way Prenatal Yoga, Prenatal Yoga with Janice Clarfield, Pilates and Reiki. Heather has also trained with Itsy Bitsy Yoga and holds a BS degree in Psychology. She is one of the original co-founders of the Wilmington Yoga Center teaching cooperative and has enjoyed being a co-facilitator of the Wilmington Yoga Center Teacher Training Program since

2004. Heather has worked with the Healing Arts Network through New Hanover Regional Medical Center offering yoga therapy for patients with cancer and ante-partum women on bed rest. She has always been drawn to a deeper understanding of the body-mind connection and stories we carry in our bodies. This interest inspires her approach to yoga as gentle and heartfelt, emphasizing mindfulness and moving with the breath to create awareness, release deeply held tensions and open to our body's natural healing resources. Heather greatly enjoys teaching students of all levels and abilities throughout southeastern North Carolina. She is registered with the Yoga Alliance (E-RYT 500) and is a member of the International Association of Yoga Therapists (IAYT).



**Laura Golden  
200ERYT**

Laura's very first Jivamukti yoga class in 1991 transformed her life by awakening the Divine Essence that rests within each

and every one of us, patiently awaiting this moment. For this and all of the subsequent joy and expansion she has experienced through the various yogic disciplines, she is eternally grateful to the teachers who opened this door for her, and countless others, through their boundless devotion and ceaseless efforts: Deva Das (David Life) and Tripura Sundari (Sharon Gannon), founders of Jivamukti Yoga.

Laura graduated the Jivamukti Teacher Training course in May 2001, the last time the year-long program was offered. She taught at the main Jivamukti center in New York City for several years, and has been a guest teacher at the centers in Munich, Germany, and Charleston, SC. Laura founded and directed Avatar Yoga Retreats, leading yoga retreats all over the world, until leaving New York in 2006.



**Donna Gardner**

Donna has been practicing yoga and Insight Meditation for over 20 years and is an experienced teacher. She holds a Masters Degree in

Dance from New York University, and is an ACE certified personal trainer. In addition, she attended the Graduate School of Social Work at Boston University and recently completed Level I certification in Thai Yoga Bodywork. Her approach to sharing yoga has been influenced by the many wonderful teachers she has had since the 1970's. In the 1980's she was fortunate to benefit from retreats at the Insight Meditation Center in Barre, Massachusetts and daily sittings at the Cambridge Insight Meditation Center. Whether you are new to practice, returning to it, or enjoying an ongoing practice, Donna's teaching allows for receiving personal attention to your specific needs and abilities.



**Heather Lilly  
YLTT Coordinator  
500RYT**

Heather Lilly (goes by "Lilly") received her 500hr ISHTA Yoga certification in 2003. After teaching

over a 1000hrs of group classes, private sessions, and yoga festivals in NYC, Pennsylvania, and Raleigh she joined the Wilmington Yoga Center family in December of 2009. Lilly comes with a background in dance, movement, and theatre that all inform her teaching.

Lilly was drawn to yoga after September 11. Her journey began in the aftermath of a tragic event as an act of service to self; however the path has taken her to a place of peace, joy, and desire to serve others. Her intention is to spread this spirit of yoga as service to help inspire healing throughout the world.

She is incredibly grateful to the many wonderful teachers with whom she has had the privilege to study and is honored to be a part of the WYC teacher training program.

**Still have Questions?**

Please feel free to email us at:

[Trainings@wilmingtonyogacenter.com](mailto:Trainings@wilmingtonyogacenter.com)

We look forward to meeting you!



## Program Catalog Appendix

1. Kunga Yoga Lifestyle & Teacher Training Application
2. Wellness Questionnaire
3. Scholarship Application

**Wilmington Yoga Center**  
**Kunga Yoga Lifestyle & Teacher Training Application**

The directors of the program will review applications, and admission will be based on experience, enthusiasm, and willingness to teach yoga in a safe and selfless way. Please feel free to attach any additional pages to your application.

**In order to be considered for the program, please submit the following to the Teacher Training Coordinator:**

1. **Completed application**
2. **\$200 registration deposit** (\$100 non-refundable)
3. **2 Letters of Recommendation**
4. **A photo of yourself (headshot) attached to the application**
5. **Professional Resume**

Application Date \_\_\_\_\_ Program:  200 hr Start Date: \_\_\_\_\_

Name \_\_\_\_\_

Organization \_\_\_\_\_

Address \_\_\_\_\_

City, state zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Referred By \_\_\_\_\_

1. How did you learn about the Kunga Yoga program? *(please check all that apply)*

Class Announcements by this Teacher: \_\_\_\_\_

Internet Search       E-Newsletter

WYC Website       Online Directory

Flyer *(please list location)* \_\_\_\_\_

Referred by My Yoga Teacher: *(first & last name please)* \_\_\_\_\_

Advertisement *(please list source)* \_\_\_\_\_

Friend *(first & last name please)* \_\_\_\_\_



8. Are you currently teaching? If so, where, and how long have you taught? What style?

9. Why do you wish to participate in our program?

10. What does yoga mean to you?

11. Do you need financial aid? If yes, please explain and fill out scholarship application:

12. Would you be willing to host a homestay yoga buddy for this training if accepted? Y/N

13. If you are from out of town, would you like to be hosted by a fellow participant? Y/N

I have read, understand, and agree to all information and guidelines in the Yoga Lifestyle & Teacher Training catalog.

Signed \_\_\_\_\_

Print Name \_\_\_\_\_

**Wilmington Yoga Center**

**Kunga Yoga Lifestyle & Teacher Training Wellness Questionnaire**

Your Full Name \_\_\_\_\_

Email \_\_\_\_\_

Street Address \_\_\_\_\_ - \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Other Phone \_\_\_\_\_

---

What would you like to gain from this program of yoga?

---

What is your experience with yoga, stress management, or meditation?

---

Describe your overall health.

---

If your body could talk, what would it say about its state of being?

---

Describe your diet.

---

How is your digestion?

---

Where do you have muscle pain or tension?

---

Describe your posture.

---

What kind of work do you do?

---

How does your body feel while you are working?

---

What kind of exercise do you do?

---

What do you do to relax and release stress?

---

Describe any major illness you have had.

---

Describe any chronic conditions you have.

---

Describe any accidents you have had.

---

Describe current health challenges.

---

What health care providers do you see?

---

List any prescription or nonprescription drugs you are taking and what you are taking them for.

---

Is your schedule regular or does it change a lot?

---

Do you ever notice difficulties with breathing?

---

Does your breathing change when you become upset or agitated?

---

Have you ever been a smoker?

---

Is your energy low, medium, or high?

---

Is your energy stable or quite variable?

---

Describe your sleeping patterns.

---

Do you wake up feeling refreshed?

---

When do you feel a dip of energy during the day?

---

What triggers stress in your life?

---

What do you find most effective for releasing stress?

---

How often do you feel upset or irritated?

---

Do you experience depression?

---

Do you experience anxiety?

---

What emotions do you have difficulty with?

---

Are personal relationships nurturing and supportive?

---

Is your career nurturing and supportive?

---

What are the main life issues you are dealing with right now?

---

What losses have you suffered in your life?

---

Do you have close friends or others you can confide in?

---

Are there patterns that keep repeating themselves in your life? What are they?

---

What habits would you like to change?

---

What three specific goals do you have for your life?

---

How would you describe the spiritual dimension of your life?

---

What do you consider ultimately important in life?

---

Do you feel you have a mission or vocation in this life?

---

If so, how are you fulfilling it?

---

Please add any additional comments

Signature \_\_\_\_\_ Date \_\_\_\_\_

Instructor/Therapist \_\_\_\_\_ Date \_\_\_\_\_

## **Wilmington Yoga Center Scholarship Application**

Thank you for your interest in Wilmington Yoga Center and our scholarship program. Enclosed is the application for scholarships. This letter contains important information about scholarship eligibility, amounts, and application deadlines, so be sure to read it thoroughly.

The intention of the scholarship/ financial aid fund is to make Wilmington Yoga Center programming available to individuals seeking to enhance their human potential and spiritual awareness, regardless of financial situation. To that end we have scholarships based on income, work-study scholarships, and financial aid for people who do not qualify under the income guidelines but have other mitigating factors. All scholarships are partial and our funds are limited. Submitting an application for a scholarship does not guarantee that you will receive one.

### **Eligibility**

One of the bases for determining financial need is your annual household income. The table below shows the base income levels that would qualify for a scholarship. If your annual household income exceeds the levels listed below, please give additional information on your application as to why you are asking for an exception to these income levels.

<u># of people in household</u>	<u>maximum gross household income</u>
1	\$20,500
2	\$25,500
3	\$31,500
4	\$37,500
5	\$43,500

### **Scholarship amounts**

Scholarships for programs typically cover 10-40% percent of tuition. Occasional exceptions may apply.

### **Wilmington Yoga Community Scholarship for Teacher Training**

The Wilmington Yoga Community Scholarship was created to encourage inclusiveness and access for individuals in a wide variety of unique situations, including those from under-served populations. If you wish to be considered for a Community Scholarship, be sure to complete the Community Scholarship information section on the application. Community Scholarships are geared towards individuals who seek to give back to the community through free yoga programs and educational programs for underserved populations and those in need.

### **Work-study Scholarship**

Work-study scholarships between 20 to 40% percent (depending on the program) are available for Wilmington Yoga Center Workshops and Trainings. If you wish to be considered for a Work-study Scholarship, be sure to complete the Work-study Scholarship information section on the application. Work-study consists of cleaning, laundry, health fair participation, or front desk staffing depending on acceptance, interview, qualifications and availability. These positions are highly competitive, on a first come, first serve basis and only issued upon availability.

### **Program Acceptance**

All Professional training programs have a separate application process for acceptance into the program. In order to be awarded a scholarship, you must already be approved for the program. Your scholarship application will not be considered unless a full application has been received as well.

**Application Deadlines**

*Programs:* Your application must be received at least three weeks prior to the program start date; however scholarships are given on a first come first serve basis. It is better to apply as early as possible as most work/trade scholarships need to be at least 75% completed before the start date of the training.

All application deadlines are final. We are unable to consider applications received after the deadline. Our website will provide accurate application deadlines for each training.

If you have any questions regarding the application process, please contact us by e-mail at [info@wilmingtonyogacenter.com](mailto:info@wilmingtonyogacenter.com) or call the Wilmington Yoga Center (910) 350-0234.

Please note: Submitting an application for a scholarship does not register you for the program.

**Wilmington Yoga Stories**

In order to spread the word about scholarships and inspire others, we would love to hear about your experience at Wilmington Yoga Center. We will contact you by email after the program or training for which you receive a scholarship, and we hope you'll be open and willing to discuss your story.

*We greatly appreciate your interest in our program offerings, and we will carefully consider your request. You will be notified by email about the status of your application.*

Please complete fully and attach all required documentation.  
Return application to: Wilmington Yoga Center, Scholarships  
5329 Oleander Dr. Ste. 200  
Wilmington, NC 28403

**Personal Information**

First Name \_\_\_\_\_ Last Name \_\_\_\_\_  
Address \_\_\_\_\_ DOB \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_  
E-mail \_\_\_\_\_ Work Phone \_\_\_\_\_  
Current Occupation \_\_\_\_\_  
Emergency Contact \_\_\_\_\_ Phone Number \_\_\_\_\_

**Program Information**

Program you wish to take \_\_\_\_\_ Dates you wish to attend \_\_\_\_\_  
Have you applied for a scholarship to this program before? \_\_\_yes \_\_\_no  
If yes, when? \_\_\_\_\_

Which scholarship are you interested in? Please check all that apply and fill in the appropriate information.

**Community Scholarship**

What special population, group or community can you see yourself working with through this program? \_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Work-study(all applicants will be considered for this scholarship option)**

Please attach a current resume and also complete the "Work-study Availability Form" included.

**Special Needs**

Do you have any special needs that we need to be aware of? \_\_\_yes \_\_\_no  
If yes, please explain: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Previous Wilmington Yoga Center Experience**

Have you been to Wilmington Yoga Center before?     \_\_\_yes            \_\_\_no

If yes, please list the name and year of the most recent Wilmington Yoga programs you have taken.

Program title \_\_\_\_\_ Year \_\_\_\_\_

Program title \_\_\_\_\_ Year \_\_\_\_\_

Program title \_\_\_\_\_ Year \_\_\_\_\_

**Annual Household Income**

Total Gross Annual Household Income as reported on your most recent tax form(s)\_\_\_\_\_

**Note:** If you are married and filing separately, please be sure to list your total combined income.

Total number of people in your household \_\_\_\_\_

**Other Financial Considerations**

If you have any extraordinary expenses, large debts, or other circumstances that you would like the Scholarship Committee to take in to consideration, please summarize them below. If you need more space, continue on a separate piece of paper.

---

---

---

**Essay Questions**

To award scholarships, we take into account a variety of factors in addition to financial need. Please take a moment to describe why you wish to participate in Kunga Yoga Lifestyle and Teacher Training, and why you would like for us to consider you for a scholarship. Please include your answers on a separate piece of paper and attach to your application.

1. How will you benefit from being at Wilmington Yoga Center and participating in the Kunga Yoga Lifestyle and Teacher Training?
2. How do you plan to share your new skills with others in the community?
3. What abilities and experience do you already possess that will enable you to effectively share these skills with others?
4. How have you expressed your commitment to spiritual and personal growth in the past?
5. What are your detailed goals in life? Please use [www.lululemon.com/goalsetter](http://www.lululemon.com/goalsetter) website and include your printout.

**Work-study AVAILABILITY**

Today's Date: \_\_\_\_\_

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

**Please indicate the specific times you ARE available to work at WYC**

Times	Mon	Tue	Wed	Thur	Fri	Sat	Sun
Morning							
Afternoon							
Evening							

I have read, understand, and agree to all information in this scholarship application and Yoga Lifestyle & Teacher Training catalog.

Signed \_\_\_\_\_

Print Name \_\_\_\_\_