

# ADVANCED YOGA STUDIES

May 2013 - April 2014

Surya Chandra  
Healing Yoga

Dragonfly  
Yoga Studies

Yoga on the  
Square



## JJ Gormley • Laura Tyree For Teacher Certification or Personal Growth

This program offers an integrated curriculum that provides comprehensive workshops for students of yoga to continue their studies. These programs can prepare students to teach yoga or simply be an avenue for greater study of yoga. The focus is on quality, excellence and integrity in providing a complete education in the art, science and philosophy of yoga.

This program is 300 hours of study which when added to a current 200-RYT will give the graduate of this program 500-hours of study which complies with the Yoga Alliance.

Pre-requisite for entry is a 200-RYT or equivalent. Each month throughout the program one workshop or event will take place at Yoga on the Square (unless otherwise noted on the schedule (see page 4). Specialty teachers will be brought in to teach Sanskrit, Ayurveda, Philosophy and more.

This program covers material from these major areas of study:

- Philosophy of Yoga
- Anatomy & Physiology
- Teaching Methodology
- Training in Asana, Pranayama & Meditation
- Practicum / Electives

Outline of hours:

- 114 hours with JJ Gormley
- 117 hours with Laura Tyree
- 12 hours Sanskrit Workshop
- 12 hours Ayurveda Workshop
- 45 hours Practicum/Elective

Total: 300 hours

Applications may be submitted to Surya Chandra Healing Yoga School.

# Application Process: Fees and Payments

**Application Process** Apply to this program through Surya Chandra Healing Yoga. Application at the right. Application fee (\$30) and four references (2 personal and 2 yoga references) should accompany your application. Please also submit a copy of your application to Dragonfly Yoga.

Please answer the application questions openly and honestly using as many words as you feel necessary. We would like to get a good picture of you as a person on as many levels as possible: physical, emotional, mental, spiritual, etc. Questions you don't feel comfortable answering may be omitted. Questions on your religious background and spiritual practices are a way to get to know you better and will in no way prejudice our decision. about your suitability for this program.

## Fees

All fees are payable to Surya Chandra Healing Yoga. Acceptable forms of payment are: credit card, checks or use Paypal on the website.

Advanced Yoga Studies Program is \$4500 which can be paid in installments: \$500 April 5th, \$1100 June 12, \$990 August 1, \$955 October 1st, and \$955 December 1st, 2013. Discount if paid in full by April 5th: \$3900. If paid fully by June 12th: \$4200 (\$500 deposit due by April 5th, \$3700 by June 12, 2013.) No Refunds, please stay committed to your future.

Teaching Certificate Program has an additional fee of \$600.00 due upon completion of program (April 2014) including term paper and final exam.

## Application

Please be sure to include your name on each page of your typed responses to the questions below and give your complete name, address, phones and email. Four references (2 personal and 2 yoga references) should accompany your application along with \$50 application fee. A duplicate copy of your application should be submitted to Dragonfly or River Rock.

1. How long have you been practicing yoga?
2. What teachers (or styles of yoga) have you studied?
3. Describe your current practice (include asana, pranayama, meditation, prayer or other.)
4. For what reason(s) are you interested in this program?
5. What other certification programs have you looked into?
6. What is your work/life situation like? Are the people in your environment supportive of your yoga practice and your interest in teaching yoga?
7. What impediments to your commitment to this program do you foresee?
8. Describe your strengths and areas for improvement.
9. What effort are you making towards self-improvement?
10. Are you currently teaching yoga?
11. Why do you think you are/would be a good yoga teacher?
12. What is your occupation?
13. In what religion were you raised/reared, what is your present religious affiliation and/or do you believe in God or a divine intelligence?
14. What are your chief interests and activities?
15. What is your main ambition in life?
16. What effort are you making towards that ambition?
17. What are your present spiritual practices?
18. What books/teachers have been most helpful to you and why?

Submit Applications to:

**Surya-Chandra Healing Yoga School**  
 PO Box 2875  
 Ft Walton Beach, FL 32549

**Dragonfly Yoga Studies**  
 PO Box 2322  
 Ft Walton Beach, FL 32549



## Surya Chandra Healing Yoga School is a Yoga Alliance Registered Yoga School

JJ Gormley-Etchells, E-RYT 500) Yoga Educator and Yoga Therapist, began practicing yoga in 1979. She studied from many different traditions.

Over the decade of the 80s JJ took classes in other traditions (including: Kripalu, Sivananda, and Kundalini yoga). She received her first yoga certification from the White Lotus Yoga Center in Santa Barbara, CA under Ganga White. In 1989 she began teaching yoga and began studying yoga more seriously. She studied from the Iyengar center in Maryland (Unity Woods) under Carol Cavanaugh and John Schumacher and took many Teacher Trainings in the Iyengar tradition. She also studied a great deal from Patricia Walden and other "senior" Iyengar yoga teachers.

In 1994 JJ moved her small household yoga studio to "real" space in Arlington, VA, and changed the name to Sun & Moon Yoga Studio and began teaching teachers.



**JJ Gormley-Etchells is an Experienced-Registered Yoga Teacher at the 500-hour Level with the Yoga Alliance**

**JJ Gormley-Etchells, E-RYT-500**

In 2002 she met Kausthub Desikachar and the teachings from "The Heart of Yoga" by TKV Desikachar the father of Kausthub. She continues her studies of yoga and knows that she will always be a student of yoga. She loves her diverse background and calls her yoga education "eclectic and well-rounded." She draws from each tradition she has studied,

seeing the good in all and uses what she loves and what resonates with her heart.

JJ has produced many yoga training manuals and handouts, yoga videos/ DVDs, and a chanting CD which can be purchased on this website. She has compiled a Study Guide for Yoga Teacher Trainees for use with the training programs.



### **Laura Tyree, E-RYT 500**

Laura is an Experienced-Registered Yoga Teacher at the 500-hour Level with the Yoga Alliance

**Laura Tyree** first trained with Jan Campbell and the Iyengar Yoga Method in 1986, while recovering from a sports related injury from college. She began teaching in 1990 after meeting teachers Erich Schiffmann and Rodney Yee. Internal awareness, breath, and compassionate purpose lead her to deepen her practice and her studies.

Co-founder of Yoga Source in Nashville TN (1996), she began to teach in earnest and found an even deeper love in the continued sharing of yoga knowledge. She continues to hone her teaching skills and explore her personal growth.

Laura opened the Florida doors of Dragonfly Yoga Studies January of 2001. She travels to facilitate yoga workshops and teacher trainings throughout the Southeast, offers massage therapy and light-therapy, and enjoys teaching public classes. Her studies in yoga as therapy were inspired by Kausthub Desikachar and JJ Gormley-Etchells.

Her personal approach to the eight-limb path, japa and meditation practice, and the study of ayurveda, anatomy, physiology, and psychology all blend beautifully with her life experience and teaching skills. Introspection and sincerity along with her warm humor encourage students to utilize the practice to deepen their awareness, and to open to their unique beauty and strengths. "Laura has a deeply engaging style that meets both beginner and experienced students at exactly the level needed. You become present with her, and the practice opens up space and deepens integration effortlessly. She introduces her gently vibrant voice with perfect timing and you are carried along to the next level like water returning to its source," says one of her students.

Laura's love of music and chanting lead to the release of "Amma Bhakti" CD in 2007. Visit [www.myspace.com/lauratyree](http://www.myspace.com/lauratyree) to hear some of the beautiful songs from this creation.



# ADVANCED YOGA STUDIES

Schedule at  
Yoga on the Square

**JJ Gormley**  
**Laura Tyree**

For Teacher Certification or Personal Growth



## *Yoga on the Square - Schedule of Trainings*

*Classes not at Yoga on the Square denoted in red*

2013

**May 3 - 8 Gray Bear Lodge**

**June 14 -16**

**July 26 - 28**

**August 9 - 11 Dragonfly Yoga Studies**

**September 27 - 29**

**October 18 - 20**

**November 15 - 17 Sanskrit @ Nashville TBD**

**December 13 - 15**

2014

**January 17 - 19**

**February 22 - 2**

**March 7 - 9**

**April 11 - 13**

### **Additionally, Students are required to complete the following:**

45 Practicum/Elective Hours may be taken at any time through the course of the training.

50 Online hours with JJ may be taken at any time through the course of the training.

Term Paper: Research paper on approved topic) 8-10 pages (due February 2014)

Exam: Comprehensive Take-home Final exam may be requested once all coursework and paper are completed.

This program offers an integrated curriculum that provides comprehensive workshops for students of yoga to continue their studies. This is a 300-hr program which when added to an existing 200-RYT (or equivalent) will give the graduate a certificate which complies with Yoga Alliance's 500-RYT.

### **Payments & Fees To Dragonfly Yoga Studies. Acceptable forms of payment are: Credit Card or Checks.**

Price for Advanced Yoga Studies Program \$4500. Discount if paid in full by April 5th \$3900.

\$4200 (deposit of \$500 due by April 5th and balance paid by June 12th.)

Installment plan: \$500 due by April 5th, \$1100 June 12th, \$990 August 1, \$955 October 1, \$955 December 1.

No Refunds, please stay committed to your future.

Teaching Certificate Program, additional \$600.00 due upon completion of program including term paper and final exam.

Applications available online or at either studio.

*Schedules are subject to Change.*

For more information: 850-244-0184 or email jj: [yoginijj@yahoo.com](mailto:yoginijj@yahoo.com) or laura: [info@dragonflyyoga.com](mailto:info@dragonflyyoga.com)