



TriYoga®

Teacher Training Certification Handbook

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Part 1: Basics Certification Program

I. Certification Overview

The certification process insures that you develop a strong foundation in TriYoga, as well as excellent teaching skills. The length of time needed to certify depends on your experience, ability and time dedicated to the process.

- ▲ Enroll in the Basics Internship (page 2)
- ▲ Choose the 108-, 150- or 200-hour certification program*
- ▲ Follow three steps to work toward the 108-hour yogaflow® certification or 150-hour certification (page 3).

Both 108- and 150-hour programs include 25 hours of Teaching Methodology and 25 hours of Practicum. The 108-hour certification includes one yogaflow series and 58 hours of Technique. The 150-hour certification includes 100 hours of Technique and the intern learns five Basics series from the Basics manual. With either approach, more series can be learned later. (See record of hours grid, appendix C, page 23)

- ▲ The 200-hour program includes the 150-hour program plus 20 hours of Anatomy (Physical and Subtle), and 30 hours of Yoga Philosophy/ Lifestyle
- ▲ Fulfill certification criteria (page 21)
- ▲ Apply for certification (page 19)
- ▲ Visit triyoga.com for more information on teacher training, including the international calendar.



* TriYoga 200- (and 500-hour) certification programs meet Yoga Alliance standards. For more information, you can request the *Frequently Asked Questions (FAQ) on TriYoga, Documentation of Hours and Yoga Alliance Registry*.

II. Basics Internship

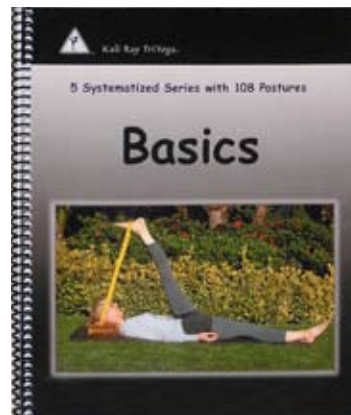
Complete your internship application. Include the copyright statement and nondisclosure agreement (appendices A, D and E). When they are submitted, you will receive the Basics Teaching Manual for either the 108- or 150-hour certification. (The 108-hour is a simpler version.)

The 150-hour manual includes:

- ▲ TriYoga Class Sequence: Overview of a Daily Practice
- ▲ Posture Directory: 108 Postures, 16 Turns, 5 Breathing Practices, 20 Mudras
- ▲ Basics Series 1–5: 108 Postures Systematized
- ▲ Daily 3 & Daily 5 (derived from Series 1–5): Ten Daily-3 Sequences and Three Daily-5 Sequences
- ▲ Yoga Nidra: Deep Relaxation
- ▲ Prana Vidya: Rhythmic Breathing, Concentration and Meditation
- ▲ Jnana: Knowledge on Yoga, Practice and Teaching

Offered for Interns

- ▲ Technique (page 3)
- ▲ Teaching Methodology (page 3)
- ▲ Practicum (page 4)
- ▲ Courses required to meet Yoga Alliance standards and recommended for TriYoga certification (page 10 for 200-hour program)
- ▲ Question-and-answer support provided by certified teacher trainers on the KRIYA site (for KRIYA teacher members, page 13), or in person, by email or telephone. This support is not intended to replace teacher training or private sessions.
- ▲ Assist in class with demonstration, prop assistance and speaking through sequences (when near certification)
- ▲ Learn organizational aspects of teaching or managing a center



III. Three Steps to Systematically Progress to Certification (108- or 150-Hour Program)

To certify in Basics, follow these three steps for the 108-hour yogaflow series. Or for the 150-hour program, follow these steps for each of the five series in the Basics manual.

Step 1: Technique

Applied Knowledge in Asana/Pranayama

58 hours minimum for Basics yogaflow series.

100 hours minimum for five Basics series.

Taught by Kaliji, certified teacher trainers,
or recommended TriYoga teacher*

- ▲ Demonstrate your personal flow for each series: alignment, breath, focus, smooth pacing and application of props
- ▲ Learn Basics Prana Vidya practices (Basics manual)
- ▲ Demonstrate all five parts of a class: TriYoga Flows series, Deep Relaxation, Daily Five Rhythmic Breathing, Concentration Kriya and Meditation
- ▲ Demonstrate an understanding of the symbols, repeats and other aspects of the written series, as well as writings in the Basics manual

Step 2: Teaching Methodology

Assisting Students

25 hours minimum for Basics

Taught by Kaliji, certified teacher trainers,
or recommended TriYoga teacher

For TriYoga interns and teachers



- ▲ Non-verbal communication: Demonstrate for students; mirror the student if needed
- ▲ Prop assistance: Select the correct props for the students' needs
- ▲ Alignment adjustments: Learn and practice hands-on adjustments
- ▲ Modifications: Give an alternative posture or sequence if needed by the student

*If distance makes it difficult to study with Kaliji or certified teacher trainers, contact TriYoga International for options.

Step 3: Practicum

25 hours minimum for Basics

Taught by Kaliji, certified teacher trainers,
or recommended TriYoga teacher

For TriYoga interns and teachers



Develop Speaking Skills

- ▲ Begin with partners and continue with group circles and other techniques, to systematically develop skill in speaking
- ▲ Start with a short sequence
- ▲ Simply state the breath, the name of the posture and if the posture is an asana. When needed, first say right or left side of body
- ▲ To the above, add simple verbal cues for asanas and kriyas
- ▲ Give directions and alignments in order of appearance
- ▲ Use the natural speaking voice and project your voice to be heard

Refine Teaching Skills

- ▲ Use economy of words and accuracy when giving alignment cues
- ▲ Practice delivery and pacing
- ▲ Guide students, integrating speaking and alignment assistance, while maintaining the students' flow
- ▲ Progress until comfortable teaching an entire class
- ▲ Refer to the written series and teaching manual, yet practice sufficiently that the words flow easily and effortlessly.
- ▲ Give clear, concise instructions for the five breathing practices
- ▲ For guidance, refer to the certification criteria (page 21)
- ▲ Under the supervision of a teacher, assist and teach in a real or simulated class setting. Apply the skills learned in Technique, Teaching Methodology and Practicum

Create Classroom Ambiance

- ▲ Create a calm, meditative environment through natural lighting, mild temperature with fresh air, cleanliness and simple décor, and use of recommended music or silence. Compositions by Sri Ganapati Sachchidananda Swamiji; classical Indian music, and music from Western nada yogis, including Mercury Max, are recommended. The choice of music is personal. Select wisely for the students so the music enhances a sattvic (calm, peaceful) ambiance.



Step 3: Practicum continued

Flow to Yoga Nidra

- ▲ Practice using the guidelines and/or guided relaxations from the Basics teaching manual.
- ▲ Use Kaliji's recorded guided relaxations.

Guide Prana Vidya Basics

Either complete with Yoga Nidra or add Prana Vidya. Practice the following:

- ▲ Rhythmic breathing: Daily 5 (Closing breathing practices)
- ▲ Concentration Kriya (Basics, variation 1 or 2) and meditation
- ▲ A short period of silence
- ▲ One to three rounds of OM (optional)



Practice Tips

- ▲ Follow the guidance given in the three preceding steps (Technique, Teaching Methodology and Practicum).
- ▲ Work in study groups with other interns.
- ▲ Practice teaching with family and friends
- ▲ Record yourself and then practice to the recording. This helps to refine teaching skills including speaking and delivery, pacing and overall awareness of the flow.
- ▲ Arrange private or semi-private sessions periodically with TriYoga teaching staff to receive personalized instruction and suggestions on teaching. This may be helpful when you complete the study of each series.

Additional Information

If you are near certification and want to begin teaching, follow this guideline:
First develop a strong background in steps 1 and 2, Technique and Teaching Methodology.
When you are in the process of gaining Practicum-level experience, obtain authorization to begin teaching from TriYoga International.

TriYoga is a systematic method. Basics teachers have the option to certify in Level 1, and then subsequent levels. See Part 2 of the *Certification Handbook*.

When you enroll as an intern in a new level, you receive the teaching manual for that level. If you prefer, you can certify in one yogaflow series per level. You would then have the option to continue with the manual series later.

The Level 1 and following manuals each include five primary series of TriYoga Flows and three condensed versions for each of these series.

TriYoga also has a 500-hour certification program for those who certify through Level 2. See Part 2 of the *Certification Handbook*.

For those who complete the 200- (or 500-) hour program and apply (on your own) for the Yoga Alliance registry, please list your style as “TriYoga®” with the registry.

There are also internships in Flow, TriYoga for Everyone, Prana Vidya, Nada Upasana and Sanskrit. These are to build and deepen your knowledge in these areas.

IV. Verification Of Proficiency

Application For Certification

- ▲ After learning the one Basics yogaflow series or the five Basics series, and meeting certification criteria, complete your certification application (appendix B).
- ▲ The application requires a recommendation from Kaliji or a TriYoga teacher certified in that level. The Certification Criteria is used for the recommendation.

You and your recommending teacher should check off the criteria together. The recommendation verifies that you have met the requirements and are prepared to take the practicum/ certification exam.

- ▲ Submit your application (with fee) to TriYoga International at least one week before the practicum/certification exam.

Although minimum hours are stated for Technique, Teaching Methodology and Practicum, it is your ability to meet the certification criteria that determines certification. Some interns may require additional hours to certify.

Certification Exam

- ▲ You will have the opportunity to teach and demonstrate your knowledge based on the three steps and certification criteria. You will receive feedback to deepen your understanding and help with teaching. Certification can also be recommended after you are observed in Practicum sessions.
- ▲ Kaliji and certified teacher trainers will make the decision on your readiness for certification. After demonstrating proficiency in teaching the series and meeting other certification requirements (review “Three Steps” section of this handbook and certification criteria in appendix B, page 21), you will be awarded certification in TriYoga Basics.
- ▲ Applicants are notified of the results of the exam within two weeks. If you are certified, you will be informed of this. You may receive the designation certification-in-progress. This means that you are close to certification but need additional knowledge in specific areas. We will give guidance on what is needed to certify. Others may need longer-term study and we will give the guidance to continue.
- ▲ Upon certification in Basics, you will receive all teacher benefits (page 13), including KRIYA teacher membership, complimentary for one year.



Continuing Education

The aim of continuing education is to insure a high quality of teaching.

- ▲ If you have certified in additional levels, a new certificate will be sent to you.
- ▲ At least 10 hours of continuing TriYoga education or equivalent are recommended over a three-year period.
- ▲ Certified teacher trainers (listed on website) must take 10 hours with Kaliji annually. Those who have been approved by TriYoga International to teach Technique to interns or teachers must have 10 hours per year with Kaliji or certified teacher trainers.
- ▲ For those teachers who are registered with Yoga Alliance, they require (in each three-year period) that one teach a minimum of 45 classroom hours of yoga and accumulate 30 CEUs (continuing education units), at least 10 of which must be contact CEUs. (See their website for more information.)

Kali Ray International Yoga Association (KRIYA) Teacher Membership

- ▲ To maintain a strong connection and deepen your knowledge of TriYoga, teachers (and interns) can join KRIYA.
- ▲ For benefits of membership see professional support for teachers. (page 13)

V. Courses For Basics 200-Hour Certification

The courses and hours in this section fulfill Yoga Alliance standards.

Technique, Teaching Methodology and Practicum provide 150 hours. Of the remaining 50 hours, 20 must be in Anatomy and 30 in Yoga Philosophy/Lifestyle. Of the total 200 hours at least 180 hours must be contact hours. The other 20 hours can be contact, non-contact, or a combination of both. Contact hours are hours that you are physically in the presence of the teacher trainer. Non-contact or independent study hours include such activities as readings or other homework.

Anatomy and Physiology (20 hours)

TriYoga Anatomy in the Flow

Taught by Kim Beecher, D.C. (Nandi)

15 hours

Intensive, take-home exam: 15 contact hours

Description: This course provides knowledge of the physical body that is directly applicable to teaching TriYoga. You will better understand the postures, the flow, the effects of the practice on the body and mind, the practical anatomy of prop and alignment assistance, verbal alignment cues and the use of the breath. In addition, you will understand movement, individual differences and gain a deeper awareness of health conditions and injury prevention. The course includes an overview of anatomic terms, a focus on anatomy of the spine within the axial skeleton, and the shoulders and hips within the appendicular skeleton.



Kim has studied with Kaliji since 1986. She is assistant director of TriYoga teacher training, a certified TriYoga teacher trainer, and a practicing chiropractor in Santa Cruz, California. Dr. Beecher received her doctor of chiropractic degree in 1989 from Palmer College of Chiropractic-West where she graduated magna cum laude. She taught college-level human anatomy for 10 years. She has a bachelor of science degree with a major in biology from Simmons College in Boston, Massachusetts and a master's degree in education from Stanford University in Palo Alto, California.

Subtle Anatomy

Taught by Kaliji

5 hours

Intensive, take-home exam: 5 contact hours

Description: This course includes knowledge of the subtle body. The focus will be on the journey of kundalini as this energy creates the chakra and nadi system. Additional topics include the three bodies and five kosas (sheaths); maha prana and the five pranas.



Yoga Philosophy / Lifestyle (30 hours)

20 contact hours and 10 hours contact or non-contact

Choose topics from the courses listed below. The hours can come from one or more topics in any combination. Yoga Alliance requires two contact hours in ethics.

Jnana (Yoga Philosophy)

Taught by Kaliji

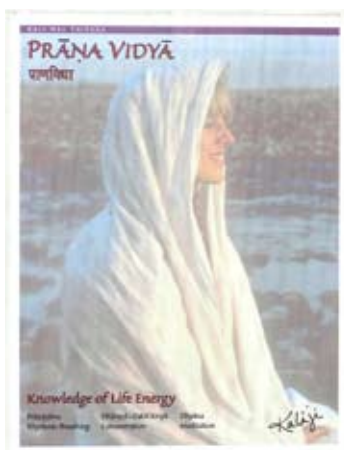
Kaliji teaches the abstract truths of yoga philosophy in a clear and understandable manner. Includes an introduction to Vedanta, Samkhya, Bhagavad Gita and the Yoga Sutras. Also includes the yamas and niyamas (ethics).



Prana Vidya • Beginning (Basics–Level 2)

Taught by Kaliji or certified teacher trainers

Description: Prana Vidya includes the trinity of systematic breathing sequences, concentration practices and meditation.



Prana Vidya Internship

This internship can be studied independently or can be complementary to the internship in the TriYoga Flows.

The 108-page Prana Vidya manual, written by Kaliji, includes both philosophy and technique. The manual and accompanying trainings guide the student systematically from Basics to Level 7. Within each level there are seven parts. The first five parts are breathing practices, part six is a concentration technique and part seven is meditation. Students progress at their own pace.

Vegan (plant-based) Diet

Taught by recommended TriYoga staff*

Description: Includes the ahimsa trinity of animal rights, human health and ecology. Gives an overview of the vegan lifestyle, with a focus on learning vegan recipes and basic nutrition. Inspired by her love for animals, Kaliji has been vegan for over 30 years.



*If you attend other programs on the vegan diet, check with TYI regarding hours.

Yoga Philosophy / Lifestyle continued

Nada Upasana 1—Absorption in Sound

Contact or non-contact hours

Description: Nada Upasana, as expressed in the philosophy of nada yoga, is absorption in sacred sound. Attend Chant Club satsanga and workshops to learn call-and-response chanting, basic music theory and the philosophy of nada yoga. Learn bhajans, slokas and classic mantras.



Nada Upasana Internship

This online internship is offered for those who want to learn classic Sanskrit mantras and bhajans. The main focus is the yoga sangita (yoga music) of Sri Ganapati Sachchidananda. A master nada yogi known worldwide for his healing and meditation music, Sri Swamiji has written over 7,000 compositions. This includes Bhajana Yogum, which currently offers 411 recorded bhajans (free download) and a lyric book. These melodious, tranquil renditions by Sri Swamiji are presented in classic call-and-response style by Mani, keyboardist in Sri Swamiji's Celestial Music Troupe. He chants the first line. Then the listener can easily join the response with the harmonium melody and tabla accompaniment. Those in the internship can access mantras, music and jnana from the regularly updated Nada Upasana section on the web KRIYA site.

Introduction to Sanskrit

Taught by recommended TriYoga teachers

2 contact hours

Description: Introduction to writing and pronouncing Sanskrit. Non-contact hours can come from personal practice. Also included are Vedic mantras on CD chanted by Dr. Sarasvati Mohan.

Sanskrit Internship

with Sarasvati Mohan, Ph.D.

Description: The Sanskrit Level 1 Yoga course offers step-by-step learning. Generally, after one to two years, the student will be able to translate and understand texts such as the Bhagavad-gita. By following the study guide, the student progresses, sending the prescribed homework to Dr. Mohan approximately once a month (twelve times or one year, whichever comes earlier). Dr. Mohan will read and return the work with corrections and comments. If the concept is not clearly understood, the student will be asked to do the homework again. Materials include the following: Sanskrit Level 1 book, study guide, audio CD, DVD and Sanskrit Tutor CD. For more information contact Dr. Mohan by email: Sanskrit_academy@yahoo.com (www.sanskrtam.org/classes/classes.php)



Dr. Mohan has taught for more than three decades. Students enjoy her vast knowledge, experience, and articulate teaching methods, which blend both Eastern and Western techniques. Dr. Mohan was on the faculty of Madras University in India and Wesleyan University in the United States. Beginning at the age of six, Sarasvati studied Sanskrit under a tutor pandit using the traditional method. She received her master's and doctorate degrees in Sanskrit from Madras University, doing research on unpublished manuscripts of Sanskrit literature. Dr. Mohan has the honor of being the first woman in India to achieve a Ph.D. in Sanskrit.

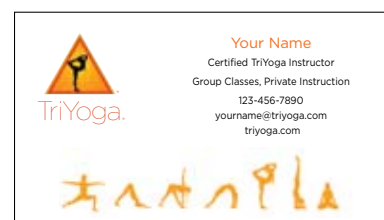
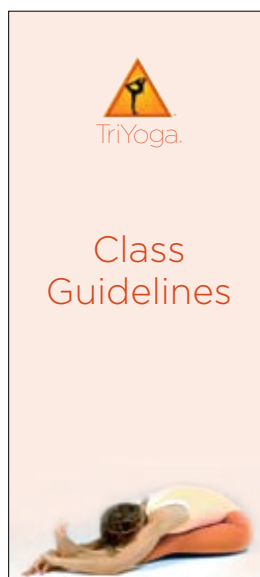
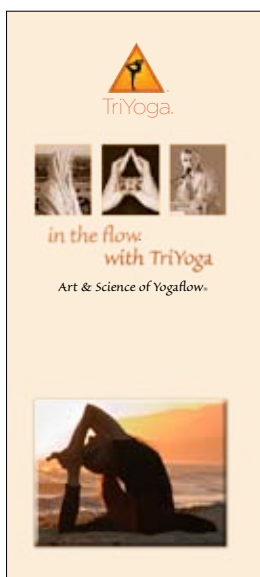
VI. Professional And Business Support For TriYoga Teachers

- ▲ The right to use the registered trademark TriYoga and the TriYoga copyrighted method. Through using the name TriYoga®, one receives the benefit of TriYoga's guidance and knowledge, as well as its reputation to attract students. When using the name TriYoga, Yogaflow, in the flow, or the TriYoga logo, the registered symbol ® must be included.
- ▲ Kali Ray International Yoga Association (KRIYA) membership offers ways to stay connected with the TriYoga community worldwide. KRIYA members receive discounts on various TriYoga programs and have free access to the KRIYA website (visit triyoga.com, then click on KRIYA). The regularly updated site includes videos, a large music section, podcasts of Kaliji's talks, interviews with TriYoga teachers and friends, and the monthly archives of TriYoga newsletters. The Teachers' Category has asana alignments, notes from TriYoga teacher trainings, questions and answers, and a discussion board where teachers can ask flow-related questions. It also provides downloads for teacher use such as music, waivers, logos and sample marketing materials including workshop flyers and business cards. (Teacher membership fee is \$108 and general membership is \$54, annually.)
- ▲ Triyoga.com has thousands of visitors monthly. Teachers can update their teacher listings on triyoga.com by going to TriYoga Teacher Training > Teacher Services.
- ▲ Email addresses (yourname@triyoga.com) are available to teachers through TriYoga International upon request. With the TriYoga address, emails received can be forwarded directly to your other email accounts.

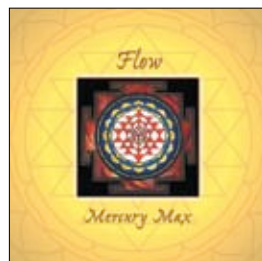
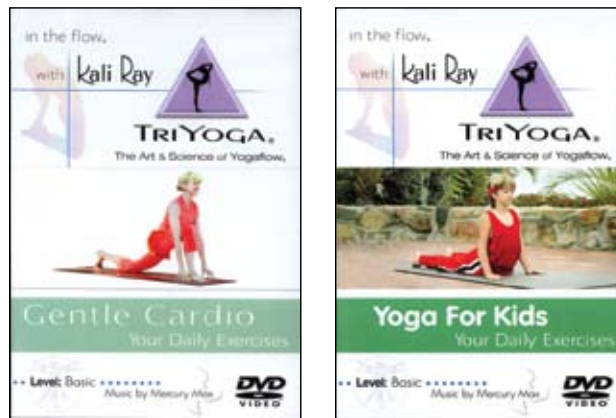
TriYoga, a registered trademark of Kali Ray, dba TriYoga International, is entitled to its exclusive use in all forms including web and email addresses which must be written in this format: yourname@triyoga.com for email; yourname.triyoga.com for web addresses. TriYoga International must approve and authorize in writing its use.

- ▲ Teachers can purchase TriYoga brochures (including Class Guidelines and In the Flow), business cards and stationery, as well as other business and teacher training materials. The materials are of a high quality, represent the teachings with integrity and are reasonably priced.

continued



- ▲ A teacher can use a class schedule format similar to the standard TriYoga International schedule. The class and program information can be given to the graphic artist who for a fee will create the schedule.
- ▲ TriYoga offers products that assist in the practice. Props (available with quantity discounts) include mats, small pillows, ties, lightweight bolsters, blocks, bars and sandbags. DVDs, CDs, music and other products may be purchased at wholesale prices if one has a sales tax number. Students can order directly from triyoga.com or can use TriYoga order forms. Contact TriYoga International for a quantity price list.
- ▲ TriYoga waivers can be downloaded from the KRIYA site by teacher members or can be sent via email or mail upon request. By signing a waiver, the student acknowledges full responsibility for personal health and safety.



VII. Tuition

Teacher Training Weekends and Longer Intensives

To attend a weekend intensive taught by Kaliji or teacher training staff, the tuition is in the range of \$135 to \$210. Individual sessions are less. The intensive fee may vary depending on location, programs offered, teacher or length of intensive.

Internship Program (Including Teaching Manual*)

The internship program is available for Basics through Level 3 and Prana Vidya. One may enter the Basics internship program with a tuition of \$108. One may also enroll in more than one level at a time; for example, if one enrolls in both Basics and Level 1, the internship fee is \$216.*

- ▲ Internship classes are approximately \$10 per hour. These teaching methodology and practicum classes emphasize teaching skills.
- ▲ Private and semi-private classes with teacher training staff, or teachers certified in the given level of study, are recommended. The individual teacher decides on the fee.
- ▲ Application for certification is \$108 per level. Observation of or taking part in a certification exam is \$54. (Prior approval is needed from TriYoga International.)
- ▲ In the U.S., total tuition is approximately \$1080 for 108 hours, \$1,500 for 150 hours and \$2,000 for the 200-hour course. Tuition can vary depending on how much training an individual intern may need to certify, and with classes and workshops selected.
- ▲ Internationally, check with individual teacher-trainer coordinators for fees.
- ▲ Additional internships include TriYoga for Everyone, Flow, and Nada Upasana for \$108 each.
- ▲ The Sanskrit internship is \$300 and includes audio, visual and written materials, as well as Dr. Sarasvati Mohan's guidance for a period of one year. (See page 12 for more information.)

Basics Certification and KRIYA Teacher Membership

Upon certification in Basics, the teacher receives all benefits of certification, including KRIYA teacher membership, complimentary for one year.

* shipping and handling extra

APPENDIX A

INTERNSHIP PROGRAM APPLICATION (page 1 of 2)

Name _____ Date _____

Address _____

City _____ State _____ Country _____ Postal code _____

Tel _____

Email _____

What is the best way to contact you? Email Tel Mail

I have read the *Certification Handbook* and would like to enroll in the internship program for the following:

- Yogaflow Flow
- Basics TriYoga for Everyone
- One Prāṇa Vidyā
- Two Nada Upasana
- Three Sanskrit (\$300)

Check each box to indicate the following are enclosed:

- TriYoga® copyright statement (Appendix D)
- Nondisclosure Agreement (Appendix E)
- Enrollment tuition (includes manual) of \$ _____ (\$108 per internship)
- \$15 shipping & handling UPS delivery. Add \$2 for each additional manual. If mailing address is P.O. Box, also list street address for UPS delivery. (Outside U.S., additional charges will apply.)

Circle one: Visa, MasterCard, American Express, ATM, check (payable to TriYoga) or cash. Total enclosed \$ _____

Name on Credit Card _____

Card No. _____ Exp. Date _____

1. What is your background in TriYoga? _____

2. Have you attended TriYoga teacher trainings in the past? _____ If yes, which one(s)? _____

3. What attracts you to TriYoga teacher training? _____

4. Have you practiced other styles of yoga? _____

continued

5. Do you presently or have you ever taught yoga? If so, please elaborate.

6. How has yoga influenced your life?

7. Please help us get to know you by sharing something about yourself. Include anything you prefer, such as goals, occupation, interests, age, background, what you love. Please include a photo of yourself, as it will help us recognize you.

CERTIFICATION EXAM APPLICATION (page 1 of 3)
includes Certification Criteria

Name _____ Date _____

Address _____

City _____ State _____ Country _____ Postal code _____

Tel _____

Email _____

What is the best way to contact you? Email Tel Mail

I am applying to certify in Level _____ Date of Certification Exam _____

I have reviewed the Certification Handbook

I have reviewed the Copyright & Nondisclosure Statements.

Enclose both with application unless you have already submitted them.

Recommendation:

The signatures below verify that the criteria for certification have been met. The applicant is prepared to teach the one yogaflow series (or the five series) of the stated level and can demonstrate the other criteria.

Applicant _____

Verified by Kaliji or recommending teacher _____

The recommending teacher must be certified in the given level.

- The application has three pages. Please fill it out completely.
- Fax or mail a copy of the application to TriYoga International. Bring the original application to the certification exam. The Certification application fee is enclosed or can be presented before the exam.
- Submit application at least one week before the exam.
- Teaching manual(s), including the Basics manual, is required at the certification exam

I have enclosed the certification application fee of \$ _____ (\$108 per level)

If currency is not in U.S. dollars, enclose the equivalent of \$115 U.S. (currency exchange fees)

On the line below, please write your name as you would like it to appear on your certificate.

Circle one: Visa, MasterCard, American Express, ATM, check (payable to TriYoga) or cash. Total enclosed \$ _____

Name on Credit Card _____

Card No. _____ Exp. Date _____

(Applicant: please do not write below this line.)

Certified in Level _____ Date _____

Recommended for further study in Level _____ Date _____

Kaliji or Teacher Training Staff _____

If you are including the Teacher Training Record of Hours grid (Appendix C) with your application, then give only new information below.

Give an overview of the ways in which you have prepared for certification in this level. Include methods that you used both to learn the series and how to teach them. Refer to the certification criteria.

Teacher Training(s) _____

Classes _____

Private Sessions _____

Personal Study (be specific) _____

Name _____ Date _____ Date of Certification Exam _____

CERTIFICATION CRITERIA

Applicant and recommending teacher: Place a check mark next to each part below to indicate that the applicant is ready for the certification exam.

Certification exam is based on one yogaflow series (or five series) within the level. It includes the five parts of a TriYoga class.

Certification exam includes any of the following:	ready for certification	practice needed	comments
1. Set classroom ambiance			
2. Understand the written aspects in the series, such as seasons, breaths, repeats and symbols			
3. Understand the class sequence and teaching materials in the Basics manual			
4. Demonstrate the series			
alignments			
breath			
focus			
pace			
5. Use props			
personal			
assisting students			
6. Assist with alignment			
verbal cues			
mirroring			
hands-on			
7. Teach the flow			
say (side) breath, pose, if āsana			
give clear alignment cues			
economy of words			
voice and delivery			
pacing			
give an alternative posture or sequence			
include the five breathing practices			
8. Guide Yoga Nidrā			
9. Guide Prāṇa Vidyā: Daily Five, concentration and meditation			
10. Lead close of class			

APPENDIX C

TEACHER TRAINING RECORD OF HOURS
200-Hour Program: TriYoga Basics

Required for Yoga Alliance; Recommended for TriYoga Certification

Name _____ Date _____

Address _____

City _____ State _____ Country _____ Postal code _____

Tel _____

Email _____

What is the best way to contact you? Email Tel Mail

Total hours needed for the 200-hour program: 180 contact hours; 20 non-contact hours (see *Certification Handbook*) Since TriYoga is systematized, the 200-hour program is for certification in TriYoga Basics.

Hours are distributed as follows: Technique–100 hours; Teaching Methodology–25 hours; Practicum–25 hours; Anatomy & Physiology–20 hours; Philosophy/Lifestyle–30 hours (20 contact)

Use the grid to document your training into hours using Yoga Alliance’s five categories.

1. Record the date, then under programs list all teacher training workshops that you attend.
2. Include the contact hours (time spent with a teacher of those hours listed across).
3. In the last column, the teachers’ initials verify contact hours (or keep initialed workshop passes).
4. Give a grand total below each column when your listing is complete.

Date	Programs	Technique	Tch Method	Practicum	Anat/Phys	P, E & L	Contact Hrs	Tchr

200-hour program: Additional page for documentation of hours

Date	Programs	Technique	Tch Method	Practicum	Anat/Phys	P, E & L	Contact Hrs	Tchr
Total hours required		100	25	25	20	30	200	
Total hours completed								

Grid is for your personal use. (To apply for national registry, visit yogaalliance.org)

APPENDIX D

COPYRIGHT AND TRADEMARK STATEMENT
Intellectual Property Requirements

TriYoga and its logo are federally registered service and trademarks protected by trademark law. TriYoga includes, but is not limited to, the TriYoga Flows, Prāṇa Vidyā and Mudrā, all of which are subject to and enjoy worldwide copyright protection.

- If one is teaching the TriYoga method and materials in full or in part, the integrity of the system must be honored by making it clear in oral and written statements that one is teaching TriYoga.
- Permission to teach the TriYoga method is granted to certified TriYoga teachers. Kali Ray or her authorized personnel must give written permission to TriYoga interns and all others.
- Permission to use the TriYoga name and logo is granted to certified TriYoga teachers. Kali Ray or her authorized personnel must give written permission to TriYoga interns and all others for use of the name and logo. The name TriYoga must be accompanied by the registered mark ® or the phrase, “TriYoga is a registered service mark of Kali Ray dba TriYoga International.” Also, when using Yogaflow, in the flow, or the TriYoga logo, the registered symbol ® must be included. These marks must appear at least once on all printed matter, correspondence, and websites.
- Because the TriYoga logo is trademarked, it must be used as is without alterations. The name “TriYoga” must be used without modifiers except with written authorization.
- No TriYoga materials may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording or by any information storage and retrieval system, without written permission.
- If permission is granted for usage of copyrighted material, it must be accompanied by the copyright symbol © followed by the year, Kali Ray TriYoga. For example:
©1980–2009, Kali Ray TriYoga. Also acceptable is: copr. (the year), Kali Ray TriYoga. The copyright year should be referenced with the same year as the original document.

Sign and return this statement. A reference copy is included in the *Certification Handbook*.

I agree to honor the TriYoga copyright and trademarks by accepting the above.

signature

date

print name

APPENDIX E
NONDISCLOSURE AGREEMENT

Statement

TriYoga® is an original method of hatha yoga created and developed by Kali Ray. To ensure the integrity and quality of this unique method, and to protect the interests of TriYoga and its certified teachers, unauthorized use is prohibited. Unauthorized use—by one who is not certified in TriYoga—includes but is not limited to any public performance, demonstration or teaching. Furthermore, recording on any media or transmission device, with or without compensation, is prohibited for anyone, certified or uncertified, without authorization. TriYoga and its methodology enjoy protection by United States and international copyright laws with all rights reserved. TriYoga and its logo are United States and internationally registered trademarks.

Agreement

I, the undersigned, fully understand and agree to abide by the above statement and its requirements.

signature

date

print name

Part 2

I. Overview of Level 1 and Successive Levels Certification Program

- ▲ Contact TriYoga to enroll in the next level of internship and to receive your teaching manual.
- ▲ For each level follow the three steps toward certification (page 3).
- ▲ Per level (after Basics) for the yogaflow one-series certification, 54 hours minimum are required: 15 hours each of Teaching Methodology and Practicum, and 24 hours of Technique.
- ▲ Per level (after Basics) for the five-series manual certification, 105 hours minimum are required: 15 hours each of Teaching Methodology and Practicum, and 75 hours of Technique.

II. Requirements For 500-Hour TriYoga Certification Program

- ▲ Level 2 certification
- ▲ A minimum of 100 hours of classroom-teaching experience required by Yoga Alliance for the 500-hour registry
- ▲ To meet the 500 hours: The 200 hours from Basics certification apply toward the 500-hour program. Technique, Teaching Methodology and Practicum for Levels 1 and 2 provide a minimum total of 210 more hours. Also, required are 15 hours of Anatomy (Physical and Subtle) and 30 hours of Yoga Philosophy/Lifestyle. (These are in addition to the Anatomy and Philosophy required for the Basics 200-hour program.)
- ▲ Of the 500 hours at least 450 hours must be contact hours. Additional required hours (45) to reach 500 hours can be applied to any of the categories.

III. Courses For 500-Hour Certification Program

The courses in this section are required by Yoga Alliance for the 500-hour registry. (Register with Yoga Alliance on your own.)

Anatomy and Physiology (15 hours)

TriYoga Anatomy 2

Taught by Kim Beecher, D.C.

10 hours

Intensive, take-home exam: 10 contact hours

Description: Focus on practical anatomy within the flow of Level 1 and 2 postures. This will be based on the anatomy of the spine, hips and shoulders presented in TriYoga Anatomy 1. In addition, there will be a focus on other areas of the body, such as the thorax, wrist and knee. Injury prevention and individual differences will be emphasized.

Subtle Anatomy 2

Taught by Kaliji

5 hours

Intensive, take-home exam: 5 contact hours

Description: This course will present Samkhya Yoga; antahkarana (mental facilities); samprajñata samadhi (subtle states of awareness); and asamprajñata samadhi (nonduality).

Philosophy and Lifestyle (30 hours)

25 contact hours and 5 hours contact or non-contact

Choose topics from the courses listed below. The hours can come from one or more topics in any combination. For descriptions of the following topics, see pages 11 and 12. For the 500-hour requirement, one can continue to broaden and deepen their knowledge and understanding within these topics.

- ▲ Jnana (Yoga Philosophy)
- ▲ Prana Vidya—Intermediate (Levels 3–4) and Advanced (Levels 5–7)
- ▲ Vegan (plant-based) Diet
- ▲ Nada Upasana—Absorption in sound

Sanskrit, Levels 2-7

Taught by Sarasvati Mohan, Ph.D.

Dr. Mohan offers seven levels in Sanskrit.

Levels 1 (Internship), 2, 3 and 4 are also available as correspondence courses.

Sanskrit Level 2

This gives fundamental knowledge of major concepts of the Sanskrit language, such as verb, noun, pronoun, adjective, case and gender. The student will be able to construct at least 800 simple sentences in Sanskrit.

Sanskrit Level 3

Readings include interesting stories and memorable Slokas. Slokas are metrical compositions. The emphasis is on Sandhi, euphonic combination. With fifteen exercises in Sandhi, the student receives a solid foundation in the so-called problematic aspect of the language. Sandhi exercises are selected from the Bhagavad Gita.

Sanskrit Level 4

Lessons include stories and Slokas. Students apply their knowledge of Sandhi to decipher the lessons. Exercises concentrate on Sandhi and various aspects of the verb and its use.

Sanskrit Level 5

Readings include selected text from the original Ramayana. Students get a deeper feel for the language with exercises from a broad selection of Sanskrit literature. They also gain strength in translating authentic texts.

Sanskrit Level 6

Readings include selections from challenging Sanskrit prose works. The grammatical emphasis is on analyzing and understanding compounds, a most difficult and intricate part of the Sanskrit language. In this course, they are clearly explained.

Sanskrit Level 7

Readings include memorable Slokas from literature and anthologies (Subhasitas). Here the main focus is on meter (Chandas): how to scan the meter and feel the force of the Slokas. This course helps interested students to begin writing simple Slokas on their own.



PART 2: APPENDIX

TEACHER TRAINING RECORD OF HOURS
500-Hour Program: TriYoga Levels 1 & 2

Required for Yoga Alliance; Recommended for TriYoga Certification

Name _____ Date _____

Address _____

City _____ State _____ Country _____ Postal code _____

Tel _____

Email _____

What is the best way to contact you? Email Tel Mail

The 500-hour advanced certification program is for TriYoga teachers that are already certified in the 200-hour program in Basics, have at least 100 hours of classroom teaching experience, and are certified through Level 2.

In addition to the 200-hour grid from the Basics certification, one needs to complete the following 300-hour grid: Technique–150 hours (75 each for Levels 1 & 2); Teaching Methodology–30 hours (15 each for Levels 1 & 2); Practicum–30 hours (15 each for Levels 1 & 2); Anatomy & Physiology–15 hours; Philosophy/Lifestyle–30 hours. The additional 45 hours (to equal 300) can be in any of the categories listed. At least 270 of the total (300) hours must be contact hours.

Use the grid to document your training into hours using Yoga Alliance’s five categories.

1. Record the date, then under programs list all teacher training workshops that you attend.
2. Include the contact hours (time spent with a teacher of those hours listed across).
3. In the last column, the teachers’ initials verify contact hours (or keep initialed workshop passes).
4. Give a grand total below each column when your listing is complete.

Date	Programs	Technique	Tch Method	Practicum	Anat/Phys	P, E & L	Contact Hrs	Tchr

For additional page and totals, see next page.

500-hour program: Additional page for documentation of hours

Date	Programs	Technique	Tch Method	Practicum	Anat/Phys	P, E & L	Contact Hrs	Tchr
Total hours required		150	30	30	15	30	270	
Total hours completed								

Note: 300 Hours Total (270 contact). Additional 45 hours can be in any category.
 Grid is for your personal use. (To apply for national registry, visit yogaalliance.org)