



Supernova

2023 Supernova Yoga “Satsanga”

200-Hour Yoga Teacher Training & Practitioner’s Immersion Program

Program

Supernova Yoga (RYS) is pleased to be inviting applications for our “Satsanga” 200-Hour Teacher Training and Practitioner’s Immersion Program. The program provides in-depth study of yoga and mentorship for experienced practitioners pursuing Yoga Alliance® 200-Hour Certification and excellence in teaching. It is also open to anyone interested in deepening practice and study of yoga (svatyaya). Teacher Training students will participate in all classes and will complete all requirements for the Yoga Alliance® 200-Hour Certification. Practitioner Immersion students will have access to all classes and will forego all teacher certification requirements such as assessments, student teaching, etc.

As part of the program, all students will have unlimited access to all Supernova yoga classes for the duration of the program at no additional charge.

Ethos

Our program is inspired by the notion of “Satsanga,” a Sanskrit term meaning, in the company (sanga) of purity or truth (sat). Oriented by this ethos, we foster a rich learning environment and supportive community based on thoughtful and open inquiry, mutual respect, and focused study. We share dedication to the pursuit of truth and expanded awareness through the path of yoga and its wisdom tradition.

Basis for Study

The Eight Limbs of Yoga is our basis for study. This foundation is not only fundamental to practice and teaching. It is also definitive of yoga itself. We draw from Ashtanga Vinyasa and Kundalini Yoga lineages. By creating linkages between these traditions, we offer a distinctive approach, one relating classical forms to modern conditions. We combine *The Four Pillars*-- posture (asana), dedicated breathwork (pranayama), chanting (mantra), and meditation (dyana)-- into daily practice and teaching methods. Instruction in postural practice draws from the intelligent design of Ashtanga Vinyasa’s therapy yoga (yoga chakitsa) and nerve cleansing (nadi shodana). Honoring yoga in the tradition of Krishnamacharya, we pay mind to self-practice, modifications, and accessibility. We approach yoga as a practice and lifestyle available to everyone. We also deepen understanding of yogic lifestyles (Ayurveda). We aim to meet students and ourselves exactly where we are with progressive, systematic, and individuated postural awareness and sequencing. Our work means to integrate yoga in daily life.

Teaching & Schedule

Christina Hermann (Ph. D., RYT-500, YACEP, Owner, Lead Trainer) and Jill Kalcich (M.D., RYT-500, Trainer) lead this *in-person* training. Coursework is roughly organized into a 16-week model. The in-depth and integrative nature of our program instills confidence and competence in teaching with diverse groups of students. This transformative program is an opportunity for personal development, greater self-awareness, and for engagement through the study of yoga for aspiring teachers and practitioners, alike.

Teacher Bios

Christina Hermann (Ph.D, RYT-500, YACEP, Owner, Lead Trainer) holds a B.A in History and Anthropology, an M.A. in American History, and a Ph.D in Atlantic History from Michigan State University. She has in-depth training in Ashtanga Vinyasa Yoga and over a decade of devoted daily practice and study. Yoga has not only been fundamental to her own recovery from a debilitating injury. It has also been a source for personal transformation. She is dedicated to sharing the gifts of yoga and its liberatory potential. She sees this ancient practice as never before more relevant as we confront the vexing realities of mass extinction, climate change, and the existential and material crises related to our modern condition. The path of yoga, for her, holds revolutionary potential. This potential calls on us to act in service to each other and the natural world, the world upon which physical existence as we know it depends.

Jill Kalcich (M.D., RYT-500, Trainer) has studied and practiced yoga for over twenty years. It was essential to her ability to manage stress during medical school and her residency. In 2014, she took her first Kundalini Yoga class and found a way to deeply connect to the energetic and therapeutic aspects of the practice. She is passionate about sharing yoga with others. She completed her first formal training in Hawaii and has been teaching yoga since then. She has continued study with Kia Miller. When Jill is not doing yoga or practicing medicine, you can find her hiking with her family, gardening, or enjoying a good book.

Pricing*: Yoga Alliance® 200-Hour Certification Teacher Training: \$3,000
Yoga Immersion Program: \$2,000

Start: June 4th, 2023

Location: Classes will be held in-person at the Supernova Yoga studio located in downtown Calumet at **220 5th Street Calumet, Michigan 49913**

Apply: Please apply by **May 13**. Applications are on a rolling basis. Applications are available at dosupernovayoga.com, by emailing dosupernovayoga@gmail.com, or by calling (810) 908-3370.

Questions? Have questions? Feel free to call or email us!
dosupernovayoga@gmail.com (810) 908-3370

** Prices include unlimited access to all Supernova yoga classes for the duration of the program.*



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200-Hour Yoga Teacher Training & Practitioner’s Immersion Program

2023 Application

Thank you for your interest in Supernova Yoga’s 2023 Yoga Alliance® 200-Hour Teacher Training and/or our Practitioner’s Immersion Program. We are now accepting applications to the programs. Supernova Yoga is a Yoga Alliance® Registered Yoga School (RYS). Our programs exceed all minimum standards set by the credentialing organization.

Personal Information

Name:

Address:

Phone:

Email:

Age:

Occupation/Work Responsibilities:

How long have you practiced yoga?

What first interested you in yoga and why have you continued to practice?

Which tradition(s) or style(s) of yoga have you pursued and what tradition(s) or style(s) of yoga do you presently practice? Why?

Do you regularly practice meditation?

Please describe your past yoga practice.

Please describe your present yoga practice.

Have you participated in previous yoga workshops, retreats, or trainings? If so, please specify.

If applicable, please note particular yoga teacher(s) who have influenced your practice and discuss how their teaching has been significant to you.

Please describe your interest in Supernova's training program. Why you are interested and what do you hope to accomplish?

Please indicate which of the following apply.

- I wish to pursue full teaching certification
- While I want to participate in the Training Program to deepen my practice, I am not interested in full certification for teaching purposes at this time.
- While I wish to participate in the Training Program, I have not yet decided whether I will be doing so to achieve full certification for teaching purposes.

For students pursuing full certification, why are you interested in teaching yoga? What is your vision and what motivates you to want to teach yoga?

How did you hear about our program?

Applications are on a rolling basis.
Please apply by **May 13**.

To apply, print this application, complete it, and submit it to Supernova:
dosupernovayoga@gmail.com
220 5th Street Calumet, Michigan 29913
(810) 908-3370

You can also apply online using our online form: <https://forms.gle/zWyVeNPR6xTEG3Vn6>

Questions? Feel free to call or email us!