



vijñāna yoga  
practicing from inside®

# Vijnana Yoga Training

Stowel Lake Farm, Salt Spring Island

Summer 2014-Fall 2016

[vijnanayogatraining@gmail.com](mailto:vijnanayogatraining@gmail.com)

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# Table of Contents

Vijnana Yoga Training Course	1
Three-Years	1
Mentorship	1
Vijñāna Yoga Teaching Diploma	1
Course Goals	2
Certification Requirements	2
Prerequisites	3
Commitment For Three Years	3
Location	3
Accommodation	4
Retreat Dates:	4
Costs	4
Tuition:	4
Meals and Accommodation:	5
Fee Calculation Summary: Yearly Payments	5
Payment Plan	5
Work-Study Scholarships	5
Teachers	6
On Teaching:	6
Cathy Valentine	6
Chris Clancy	7
Gíóia Irwin	7
The Application Process	8
Contact	8
Application Form	9

# Vijñana Yoga Training Course

Vijñana Yoga International is offering a three year Vijñana Yoga teacher-training course. This is a thorough 800 hour training illuminating sitting meditation, pranayama, asana and spiritual texts. The full-time faculty consists of Cathy Valentine and Chris Clancy with guidance and collaboration by Gioia Irwin, who will be present and teaching part of each retreat.

Upon successful completion of this program, students will receive certification with Vijñana Yoga International yet rather than a career training, this course is in essence a spiritual, psychological, intellectual, energetic and physical stillness and movement based Yoga training. We offer experience and education in Yoga as it has been traditionally taught for generations. This course offers a path for living a clear and sacred life.

## Three-Years

The training continues over three consecutive years (2014/2015/2016). Each of the three years will be taught in two intensive residential retreats (summer retreat, 12 days; fall retreat, 9 days) starting June 28, 2014, completing the fall of 2016. There will be homework in the form of reading, study, writing, creative projects, a daily yoga sadhana as well as an option to work with a mentor during the months between retreats.

## Mentorship

Participants will have the option to work with a mentor, over the course of the program. Mentors are certified Vijñana Yoga Teachers who practice and teach in the tradition and who commit to spending at least 1.5 hours per month with the program participant. The details of mentorship will be determined on a per case basis, depending on location and availability of a nearby mentor and the needs and desires of those involved. Mentorship could include in person, SKYPE or telephone meetings to discuss questions, side by side practice, observing or assisting classes, or meeting in a mentorship or apprentice group. It does not include attendance at regular classes.

## Vijñāna Yoga Teaching Diploma



With the successful completion of the training, students will receive a teaching diploma from Vijñāna Yoga International. They can then apply to be a registered Vijñāna Yoga teacher at Vijñāna International, and use the trademarked Vijñāna Yoga logo.

## Course Goals

1. Study and practice of the asanas (intermediate portion of the Vijnana Yoga Practice Manual), and of the Tensegrity Repair Series.
2. Practice of just sitting, pranayama, the vayus, and the 3 kriya (cleansing) techniques of : Uddiyana Bandha, Agni Sara and Nauli. .
3. Deepening the understanding and practice of the 7 vital principles of Vijnana Yoga: relaxing the body, quieting the mind, focusing through intent, rooting, connecting, awareness of breath and expansion.
4. Reading and study of the main yogic texts.
5. Exploration of anatomy applied to the practice and teaching of yoga.
6. Mastering basic didactic tools for teaching the techniques of yoga.

## Certification Requirements

1. Participation in all six semesters of the course, including attendance during all hours of the retreats from start to finish (a total of up to 800 academic hours: approximately 600 contact hours and 200 non-contact hours.)
2. Home practice on a daily basis.
3. Homework: projects, book reports, didactic paper etc.
4. Final Project - choosing between four categories: intellectual, creative or teaching or practice diary.
5. Teaching a series of yoga classes to a small group between retreats.
6. Teaching a yoga class (or portion of) during a retreat.
7. A final practice of sitting, pranayama and asana in which each person is witnessed and given feedback by Orit Sen-Gupta, and Chris, or Cathy.

## Prerequisites

1. Minimum of three years yoga practice.
2. Experience in Vijñāna Yoga.
3. Readiness for in-depth study that will require daily practice.

## Commitment For Three Years

The training will take place over three consecutive years starting in June 2014, on Salt Spring Island, British Columbia, Canada. As there are limited places and possibly many applicants, only those who can commit to all three years and the entirety of each retreat will be eligible to participate in the course.

## Location

Beautiful, Stowel Lake Farm Retreat Centre, on Salt Spring Island, B.C. Canada.



Please see: [www.stowellakefarm.com/](http://www.stowellakefarm.com/) to view the sacred Gatehouse yoga space, the Barn where we will share meals and relax, the variety of comfortable and unique accommodations, and the peaceful and incredible gardens.

## Accommodation

There are accommodation options of shared rooms, single rooms, or camping. The rooms are in a variety of spaces from yurts to the barn to the studio. All rooms are cozy and airy with comfortable beds and bedding. Bathrooms are found all over the farm and there is a large bathhouse near the Gatehouse with toilets and showers. Camping is an affordable and peaceful option, available in the summer and fall.

## Meals

Breakfast, lunch and dinner are lovingly prepared by extraordinary women. Ingredients are organic and fresh from the farm as much as possible. All meals are vegetarian and nutritious with a creative and delicious touch. We are gifted with dessert every evening, and fruit and tea are always available.

## Retreat Dates:

	2014	2015	2016
Summer	Sat, June 28, 3pm – Wed, July 9, 1pm	Sat, June 27, 3pm – Wed, July 8, 1pm	Fri, July 1, 3pm – Tues, July 13, 1pm
Fall	Sat., Nov. 8, 3pm – Sun., Nov. 16, 1pm	Sat., Nov. 7, 3pm – Sun., Nov. 15, 1pm	mid or late October, specific dates to be determined

## Costs

### Tuition:

\$2600\* per year includes 200+ contact hours at residential retreats, feedback on homework, and ongoing support from teachers via email, skype or telephone as required.

## Meals and Accommodation:

These residential retreats include accommodation and three delicious, healthy meals a day. Fees range from \$70-\$125\* per day for meals and camping, shared accommodation or private accommodation. The commuter rate, including daily meals and a facility fee is \$55\* per day.

\* plus taxes

## Fee Calculation Summary: Yearly Payments

Yearly Fees Summary	Tuition	Meals & lodging/ facility fee	Subtotal	5%GST	8% tax Accommodation	Total
Meals and Facility Fee: Commuter	\$2,600.00	\$1,045.00	\$3,645.00	\$182.25	0.00	\$3,827.25
Meals and Lodging: Camping	\$2,600.00	\$1,330.00	\$3,930.00	\$196.50	\$38.00	\$4,164.50
Meals and Lodging: Shared	\$2,600.00	\$1,805.00	\$4,405.00	\$220.25	\$76.00	\$4,701.25
Meals and Lodging: Private	\$2,600.00	\$2,375.00	\$4,957.00	\$248.75	\$121.60	\$5,345.35

## Payment Plan

Your \$300 (plus tax) deposit is due upon acceptance in the course. The remaining fees can be paid annually or quarterly (November 1, February 1 and June 1) Payment schedules are will be sent to you along with your acceptance into the program.

## Work-Study Scholarships

It is important to us that this training is accessible to any dedicated yogi with a vision to share the Vijnana Yoga Practice. A limited number of work-study scholarships (based on the number of participants) will be available. Please indicate on your application if you would like to be considered for a work-study scholarship.

\* applications for 2014 work-study scholarships are now closed.

# Teachers



## On Teaching:

The intention, for the three years of this training, is to create a supportive container for all to embody the practice and confidently develop the ability to respond to conditions as they arise. Teaching yoga is an art that requires self inquiry and an understanding of one's own personal process and as such this training creates a circumstance that will allow the participants to transmit their experience of yoga in a clear, safe and compassionate way.

Team teaching is a form of applied tensegrity. It allows the teachers to weave a sense of being connected with the body/mind and the open heart together with ease and grace of spirit to create a foundation for the yogic journey. The mat is a place where we practice, experience stillness and then allow it to touch our whole lives. This is the gift of the practice. All teachers embody the practice in their own unique way which in turn informs the teaching style. How we teach is the teaching.

## Cathy Valentine

Cathy Valentine had the honour of apprenticing as a yoga teacher with Gioia Irwin and continues to study with her. Cathy has been teaching Vijnana Yoga and philosophy since 1999 and is a Certified Vijnana International teacher. Cathy is registered with the Yoga Alliance as an Experienced Registered Yoga Teacher (E-RYT 500) at the advanced level which recognizes that she has significant hours of advanced study in Yoga and thousands of hours of teaching experience. Besides regular teaching Cathy shares her knowledge by mentoring advanced yoga students in her Registered Yoga School "Traditional Yoga Apprenticeship" on Salt Spring Island. With respect and gratitude, Cathy acknowledges her teachers – Gioia Irwin, Orit Sen-Gupta, Dona Holleman, Baba Hari Das and James Swartz. Om shanti shanti shanti

Cathy lives a surrendered life dedicated to living in gratitude with an open heart. Through clear confident instruction and heart-felt sensitivity Cathy's teaching offers her students the opportunity to dive inward and discover their own true nature.

[www.valentineyoga.ca](http://www.valentineyoga.ca)

## Chris Clancy

Chris Clancy has 25 years of yoga experience including assisting & teaching at the Three Year Vijnana Yoga Training in Canada, running the of Transformation Yoga Mentorship Program, & six years teaching as primary faculty with SOYA. She holds certification with Vijnana Yoga International, International Yoga Teachers Association, SOYA and is registered with the Yoga Alliance (E-RYT500). Chris is grateful to the many teachers who have guided and inspired her over the years including: Orit Sen Gupta; Marion McConnell; Hirdaya; and most especially, her teacher and mentor Gioia Irwin.

Dedicated to yoga as a way of life, Chris serves with love, humility and non-judgement. She creates safe and supportive communities and opens a space of trust in which you can explore, connect and act from your truth. She gives you the tools to take yoga off the mat and into your life to realize your highest truth and share your light with the world.

[www.chrisclancy.ca](http://www.chrisclancy.ca)

## Gioia Irwin

Gioia Irwin, has been practicing yoga for over 30 years and teaching for 27 years. She brings an unparalleled depth of study and practice to her teaching as she shares her passionate explorations of bio-tensegrity and the inner reality. Gioia is a living example of a life purified by and dedicated to yoga.

We consider Gioia the grandmother of Vijnana Yoga in Canada. She has been studying closely with Orit Sen-Gupta for many years, and has been sharing the Vijnana Yoga lineage with Canadian yogis for 14 years. Gioia has been leading the first 3 year Vijnana Yoga Training in North America since the summer of 2011.

## The Application Process

1. Please email us immediately with your intent to participate in this training.
2. Please complete the form below clearly and with all the relevant information and details. This will help us to know you better and understand your readiness for this training.
3. Please email the completed form and any relevant documents (including a photo) to :  
[vijnanayogatraining@gmail.com](mailto:vijnanayogatraining@gmail.com)
4. If you haven't studied with Sylvain, Cathy, Chris or Gioia before, we would like to interview you in person or via Skype, and we would like to speak or email with your yoga teacher.
5. Please allow us up to one month to process your application. Upon acceptance we will send you a registration form, payment details and policies. You will be given 2 weeks to submit this registration form, a \$300 non-refundable deposit, and post-dated cheques. This will act as confirmation of your commitment to the course.
6. Those people who would like to take the training and have not yet experienced the Vijnana Yoga practice are encouraged to study with a certified Vijnana Yoga teacher and become familiar with the practice by attending weekly classes, workshops, retreats, or taking mentorship or apprenticeship course before you start the training. You can find contact information for various Vijnana teachers at these websites

<http://www.chrisclancy.ca/workshops/vijnana-yoga-teachers>

<http://www.vijnanayoga.org/Canada.html>

## Contact

For all questions about this Vijnana International Teacher Training please contact Cathy and Chris at : [vijnanayogatraining@gmail.com](mailto:vijnanayogatraining@gmail.com) , [cathy@valentineyoga.ca](mailto:cathy@valentineyoga.ca) or [chris@chrisclancy.ca](mailto:chris@chrisclancy.ca) . We will get back to you as soon as possible.

# Application Form

Please provide the following information and email to [vijnanayogatraining@gmail.com](mailto:vijnanayogatraining@gmail.com)

Name:

Email:

Telephone (cell):

Telephone (home):

Mailing Address:

Date of Birth:

Please include a recent photo.

Application letter: Please write a biography of your yoga history, including :

- How long have you been practicing yoga? In what lineage of yoga ? Which teachers you have studied with?
- Do you have a regular yoga practice? Please outline and describe it (including regularly attended classes and/or personal practice).
- Do you teach yoga? Please tell us about it.
- Why do you want to take this training?