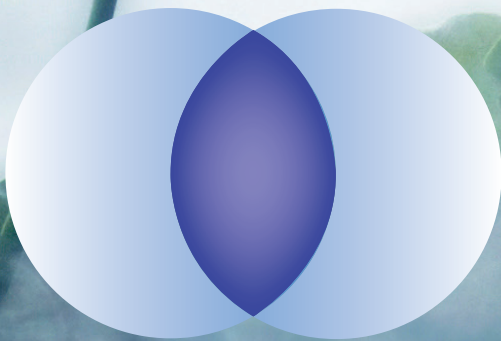


# EmbodiYoga® YOGA & SOMATICS

## 300 Hour Yoga Teacher Training

This program is designed for those who have completed a 200-hour yoga teacher training and are ready to reach new levels in their professional skills as a teacher. This program explores ways to create embodied knowledge through Yoga & Somatics - growing kinesthetic connections and body based knowledge in your self and students, moving beyond performing asanas to creating satisfying classes that grow your choices and integration.



EMBODIYoga®  
LISA CLARK

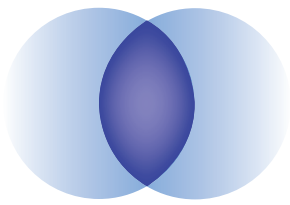
300 HR YOGA PROGRAM

January 2017 - July 2018  
Sangha Yoga Studio  
Cincinnati, Ohio

For more information, please contact:  
Program Coordinator  
Becky Morrissey/Sangha Yoga  
[maitriyoga@roadrunner.com](mailto:maitriyoga@roadrunner.com)  
[www.redlotusapsara.com](http://www.redlotusapsara.com)

[www.embodiyogalisaclark.com](http://www.embodiyogalisaclark.com)

CINCINNATI, OHIO



EMBODIYoga™

**LISA CLARK**

300 HR YOGA PROGRAM

# EmbodiYoga® YOGA & SOMATICS

*300-Hour Yoga Teacher Training*  
**January 2017-July 2018**

**This training is organized into four distinct modules spread over 18 months. Each module is composed of weekend immersions and supervised practical application of the material in the form of teaching practicums and individual guidance sessions to support your growth.**

**EmbodiYoga® offers the following areas of special focus:**

**Embody the Teachings of Yoga Through The Body Systems**

Each module in this training explores a different body system to bring profound awareness and consciousness to every tissue of the body. Each body system has its own unique psychological and emotional states, expression of movement, voice, perception of the world, and communication style. They are a valuable tool in assessing your students, and will allow you to find whole-body integration, ease and fullness in your practice and teaching .

**Understand How The Body Moves and Develops**

Through the newfound awareness of the body systems and an understanding of the origins of movement, we have the tools to read, analyze, and assess movement. We gain a greater awareness of our student's individual needs, and will learn somatic approaches to help them to open deeper layers of kinesthetic awareness through movement, touch, breath, and sequencing. You will learn how to build safe, integrated sequences and class plans that are developmentally appropriate.

## **THE CURRICULUM**

### **MODULE 1: FOUNDATIONS**

#### **The MUSCULOSKELETAL SYSTEM:**

The musculoskeletal system provides the framework and inherent structure of our bodily form. The connective tissue & ligaments provide tensile support. Together they articulate the alignment and balance of the body's weight with the force of gravity. This allows for mobility, stability and clarity of form. In Module 1 you will learn postural alignment and sequencing through the bones & joints, creating easeful and integrated movement through the limbs and core.

#### **THE DYNAMICS OF BREATHING AND ORIGINS OF MOVEMENT 1:**

In Module 1 we will develop an understanding of cellular consciousness and how movement develops in the very beginning phases of life. This will lead to an embodied understanding of Pranayama from cellular & embryonic breathing to lung breathing, and new possibilities of integrating our limbs with our core.

**Module 1, 2017 Dates:**

**January 28-29, February 24-25-26, March 10-11-12, May 12-13-14**

## **MODULE 2: INTEGRATING CONTENTS & CONTAINER**

### **THE ORGANS:**

The Organs have an important role in supporting movement and posture, giving fullness and aliveness from within to the musculoskeletal framework. In Module 2 you will learn to sense your own organs and how to initiate movement from them, alignment and sequencing through the organs, and ways to effect postural efficacy vital to eliminating strain and tension in our asana practice.

### **THE GLANDS:**

The endocrine glands offer new pathways of awareness and connection, bringing new somatic experience and meaning to your yoga. In Module 3 you will learn the location of the endocrine glands and their reflex points, alignment and sequencing through the glands, skeletal & glandular relationships and balance for any asana, and support for specific bones, joints and muscles.

### **THE DYNAMICS OF BREATHING AND ORIGINS OF MOVEMENT 2:**

In Module 2 we will continue our embodiment of Pranayama and breath with the diaphragms. We will increase our understanding of movement development in utero with the Shushumna Nadi and the 3 layers of the body - front, middle, back. This module offers an embodied understanding of the nadis, mudras & bandhas, and new possibilities of integrating our central axis with the limbs.

#### **Module 2, 2017 dates:**

**September 15-16-17, October 13-14-15, November 3-4-5, December 1-2-3.**

## **MODULE 3: EMBODYING OPTIMAL MOVEMENT**

### **THE DEVELOPMENTAL PATTERNS AND NEUROLOGICAL INTEGRATION:**

In Module 3 you will learn tools to build safe, integrated sequencing and class planning from a developmental perspective and the body systems. We will explore the inherent movement possibilities found in the asana families - vertical axis, upper body/lower body, lateral, cross body, rotation, and spirals - finding new options for whole body-mind-perceptual cohesiveness in yoga.

### **THE SENSES & PERCEPTIONS:**

This module offers an embodied understanding of Pratyahara, meditation and restorative yoga practices.

#### **Module 3, 2018 dates:**

**February 3-4-5, March 2-3-4, April 6-7-8, May 4-5-6**

## **MODULE 4: INTEGRATION**

### **THE NERVOUS SYSTEM & MOVEMENT RE-PATTERNING**

In Module 4 you will learn new ways to integrate and bring balance to the nervous system through yoga, creating harmonious pathways of being, doing, organizing, and action.

We will explore ways to create embodied knowledge - growing kinesthetic connections and body based knowledge in your students, through touch and movement, language & cueing, and asana choices.

Moving beyond performing asanas to creating classes that re-pattern and grow your students choices and integration.

#### **Module 4, 2018 dates:**

**June 1-2-3 July 13-14-15**

**FOR MORE INFORMATION** please contact Program Coordinator Becky Morrissey / Sangha Yoga Studio at [maitriyoga@roadrunner.com](mailto:maitriyoga@roadrunner.com) or Program Director Lisa Clark at [lisa@embodiyogalisalark.com](mailto:lisa@embodiyogalisalark.com).

## **HOW TO REGISTER FOR THE PROGRAM**

### **APPLICATION:**

- 1.** The first step is to fill out the application for the Program at the end of document. The application can also be completed & submitted with deposit, on line at [www.embodiyogalisaclark.com](http://www.embodiyogalisaclark.com).
- 2.** You will be asked to submit a \$500.00 deposit with the application to hold your place. If accepted into the program, this deposit will be applied to your tuition. Otherwise it will be refunded in full. Deposits are non-refundable after your acceptance in the course has been confirmed.
- 3.** You will be contacted to schedule a phone interview with the Program Director, Lisa Clark, where all aspects of the program will be addressed.
- 4.** Upon acceptance you will be sent an information packet including the syllabus, assignments and required reading for the program.
- 5. Mailed applications are sent with deposit to :**  
**Becky Morrissey/ EmbodiYoga® 300 Hr Yoga Program**  
**Sangha Yoga Studio**  
**112 N. Second St.**  
**Loveland, Ohio. 45140**  
*\*deposit checks are written to Lisa Clark*

### **PAYMENT:**

**The cost of the EmbodiYoga® 300-hour Teacher Trainings is \$4500.**

**Paid in full: \$4500 paid in full by January 1, 2017**

**Payment plan option: \$4500 : \$2500 due January 1, 2017: \$2000 due May 1, 2017.**

**Payment can be made with a credit card on line: [www.embodiyogalisaclark.com](http://www.embodiyogalisaclark.com)**

**Or by check:**

**Mail to Lisa Clark/ EmbodiYoga®**

**Yoga On The Square**

**1112 S. Braddock Ave, Suite 201**

**Pittsburgh, PA 15218**

**\*All checks are written to Lisa Clark**

Please contact Lisa Clark at [lisa@embodiyogalisaclark.com](mailto:lisa@embodiyogalisaclark.com) for any questions you may have, or to arrange alternative payment options if needed.

### **LOCATION:**

**Classes will be held at**

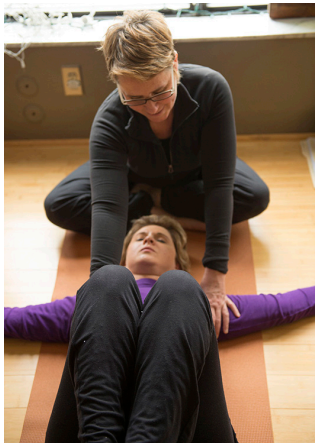
**ECONsciously**

**4138 Hamilton Ave.**

**Cincinnati, Ohio 45223**

## OUR FACULTY

### ABOUT LISA CLARK



LISA CLARK, Founder and Director of EmbodiYoga® , brings 37 years of study, personal practice, teaching and living yoga to her workshops and teacher trainings.

A teacher's teacher, she approaches asana mindfully, gently, and deeply - helping students to move beyond a formulaic approach to performing yoga to embody yoga in a fully creative, authentic, and life nurturing way. She has spent a lifetime merging enigmatic yogas with current up-to-date somatic experience and exploring how the body-mind expresses itself.

Lisa, 500ERYT with Yoga Alliance and a registered International Somatic Movement Educator and Therapist, is a certified Teacher/Practitioner of Body-Mind Centering®.

She is one of the leading innovators of the integration of Yoga and Body-Mind Centering® and has been actively engaged in the training, teaching and development of this form over 30 years. She is Program Director of the BMC & Yoga Immersion Series: Foundations In Embodied Anatomy at The Dallas Yoga Center, and Program Coordinator and Developer with Bonnie Bainbridge Cohen for BMC Yoga Programs in Amherst, MA from 1999-2004. She has led workshops and advanced training programs internationally at studios throughout the United States, Europe, China and South America.

Yoga has been Lisa's passionate love for over 36 years, and she brings a rich lifetime perspective and broad professional understanding of the changing field of yoga. Her driving force is in discovering increased levels of consciousness through lived embodiment and the belief that we experience our lives through the felt sense of the body. Lisa Clark lives in Pittsburgh, PA, and is the studio co-owner of Yoga On The Square. She has a private Yoga therapy practice, and offers specialized classes, workshops and professional trainings at Yoga On The Square.



### ABOUT BECKY MORRISSEY

Becky Morrissey, 500ERYT, has a passion for the study of yoga's intersectionality with embodiment, relationship, and consciousness. She has been inspired by yoga for 25 years, and brings yoga modalities to her work as a mental health clinician and counselor educator. Becky is an avid student of Lisa's, having completed the EmbodiYoga® 230hr program and continuing to study with Lisa for the current EmbodiYoga® 300hr program.

Yoga's mosaic of embodied guidance, meditation, and play are at the heart of Becky's teaching practice. She lives in Cincinnati, Ohio and is the co-steward of Sangha Yoga Loveland, where she offers EmbodiYoga® classes, individual yoga therapy, and specialized workshops and teacher trainings through Ohio and the Tri-State area.

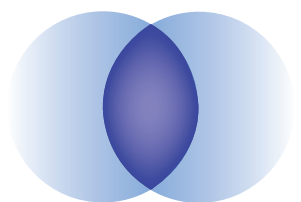


**EmbodiYoga® Lisa Clark**

[lisa@embodiyogalisaclark.com](mailto:lisa@embodiyogalisaclark.com)

919.423.1265

[www.EmbodiYogaLisaClark.com](http://www.EmbodiYogaLisaClark.com)



EMBODIYoga™

**LISA CLARK**

300 HR YOGA PROGRAM

# EmbodiYoga® YOGA & SOMATICS

*300-Hour Yoga Teacher Training*  
**January 2017-July 2018**

**NAME**

**ADDRESS**

**CELL PHONE**

**EMAIL**

**BIRTHDATE**

Please take the time to reflect on and answer the following questions.  
This information helps us to learn more about you. Answers can be brief.

**Questions:**

1. How long have you been doing yoga?  
Are you attending weekly yoga classes currently? Where?  
What "style" of yoga?
2. In addition to weekly classes do you attend yoga workshops or trainings.  
Please describe.
3. Do you have a personal yoga practice? Please describe it.  
How do you currently integrate yoga into your everyday life?  
How would you like to integrate yoga into your life?
4. Your reasons for wanting to participate in the EmbodiYoga® 300-hour YTT Program.
5. Why do you wish to participate in the EmbodiYoga™ 200-hour Teacher Training Program? What attracted you to the program?
6. Please share your professional background and profession currently.

**Please mail your application to the following mailing address with your deposit.  
Checks are written to Lisa Clark.**

**Becky Morrissey / EmbodiYoga® 300 Hr Yoga Program  
Sangha Yoga Studio**

**112 N. Second St. Loveland, Ohio. 45140**

**Questions, please contact Program Coordinator Becky Morrissey / Sangha Yoga Studio**

**at maitriyoga@roadrunner.com or Program Director Lisa Clark at lisa@embodiyogalisalark.com**