



## YOGA INTERNSHIP AND TEACHER TRAINING

**WHO WE ARE: *YOGA SCHOOL OF KAILUA, Inc.*** (a Yoga Alliance 200 and 500 hour teacher training and general public Yoga school, based in Kailua, Hawai'i), was founded and is operated by its two founders and senior teachers, Lu and Tom DiGrazia, who collectively have been practicing, teaching and living Yoga for over 70 years. **SEE: [yogakailua.com](http://yogakailua.com)**

### **WHAT: INTERNSHIP AND TEACHER TRAINING**

For centuries in the Yoga tradition, a yoga guru (teacher) would carefully select a few sadhaka (students) for Yoga instruction. Only when the teacher was satisfied that they had adopted a Yogic way of life through their adherence to Yoga philosophy (as expressed in the moral and social precepts expressed in these the two first limbs of the Tree of Yoga,) would formal study of Yoga begin. This instruction often spanned decades of learning.

Study would be conducted at the teacher's home-school or ashram (place of learning). Students lived, studied, and worked at the school in harmony with others of like mind on the Yoga path. Along with asana and pranayama practice, the teacher guided the students in meditation and taught the wisdom of the "Yoga Sutra." This progression of understanding one's true nature through Yoga discipline evolved into the cultivation of a meditative mind, the ultimate tool for opening the door to Samadhi, also known as Self-Realization, Enlightenment.

At YSK we offer a 21<sup>st</sup> Century adaptation of the above course of study. We offer an opportunity for an evolving yogi with a sense of humor, to spend two to three months studying and living with us, and experience a Yogic way of life leading to certification as a Yoga Alliance, registered 200-level, teacher.

We will share what we have learned about Yoga, for over three decades each, with an appropriate intern/student/housemate/ friend/temporary family member. If our offer calls out to you, please contact us for further information. Tom at: [digrazia001@gmail.com](mailto:digrazia001@gmail.com) or Lu at: [yogakailua@hawaii.rr.com](mailto:yogakailua@hawaii.rr.com).

### **Testimonial**

"I had such an amazing experience staying at the welcoming home of the DiGrazia's for almost 2 1/2 months. Lu & Tom are such lovely, warm, spiritual individuals, & they really did welcome me like family immediately. They are very thoughtful, considerate & kind. Their home is beautiful, their backyard is lush with several fruit trees and so inviting to relax in, & their yoga center is truly like a slice of heaven with the open air, tropical foliage right outside, Zen-like feeling & salt water pool available! I'm MOST grateful for the opportunity I had to stay with them."  
Mary McNeill (7/20/10)

**Partial scholarships are available for qualified students. Please See Below.**

### **THE COURSE**

What do we mean by “Yoga As A Way of Life?” Health, like Yoga, is a delicate balance of the physical, emotional, and spiritual. Together with you, we hope to address the following questions: What does Yoga practice as a whole—all of the Eight Limbs of the Tree of Yoga, as described by the legendary sage, **Patanjali**, offer us as a manual for conducting our present day lives? What do we need to know or be reminded of to keep our bodies well nourished, nimble and strong? Can our minds be focused and still? Can our moral compass be pointed in the right personal, planetary, and ethical direction?

## **WHAT YOU CAN EXPECT TO LEARN**

1. An overview of Yoga—yamas, niyamas, asana, pranayama, pratyahara, dharana, meditation and self-realization.
2. How to safely modify asana (physical) postures and pranayama (breathe/electric magnetic energy) exercises in an age appropriate manner; and how to teach these skills.
3. Discussion of the philosophic teachings and instructions for living a healthy and meaningful psychological and meditative life, as passed down to us in Patanjali’s ancient “Yoga Sutra” and the 20th century writings of J.Kristnamurti.
4. Your true self in relationship with others—students, teachers, friends, community.
5. Gain ideas for a well-balanced, nutritionally enriched, low carbon footprint, weight-reducing, leisurely, mostly plant-based, organic, energy enhancing, delicious and fun-filled diet. All of these factors will be demonstrated in daily meals prepared and eaten together. Our food philosophy can be summed up as follows (while quoting from **Michael Pollen's** book, **Food Rules: An Eater's Manual**): “Eat food. Not too much. Mostly plants.”
6. Refine fundamental Yoga postures to build inner strength and help take the practice to the next level of physical development. **YOGA AND STRENGTH TRAINING**—safely emphasizes the strengthening of a student's inner core, while firming the butt, arms, legs, and abdominal muscles. Yoga strength-training offers increased physical ease in all aspects of work and recreation, such as, walking, gardening, climbing stairs, swimming, running, and biking. Through a careful balance of asana poses and light weights, it also helps minimize bone density and muscle loss as we age after the age of thirty.

**SEE: <http://www.yogakailua.com/website> for full details regarding YSK's 200 HOUR TEACHER TRAINING PROGRAM. A daily class schedule will be handcrafted for the student that meets the daily scheduling needs of the student and teachers.**

**Philosophy**—We believe that Yoga (physical poses, breathing energy exercises, disciplines of meditation, and correct moral conduct) is not designed for practitioners to endure uncomfortable conditions in a robotic environment, sometimes leading to pain and injury. We believe Hatha Yoga—the physical part of Yoga—is meant to be “steady and easy”, and an enjoyable, continuing source of regeneration and creativity for everyone. Yoga is the Union of the male/female or yang/yin energies in our body/mind.

Yoga is the Path to Self-Realization, and asana, pranayama practice is a principle tool for realizing this end. Our program is principally designed for Yoga students who have already discovered the great physical benefits of Yoga practice. We seek students and kindred souls who want to go more deeply into the philosophy and *Way of Life of a 21<sup>st</sup> Century Yogi*.

The knowledge of Self and our connection to All That Is promoted by a participation in this program will help you deal effectively with the complex personal, ecological, humanitarian and political issues of the 21<sup>st</sup> century and beyond.

### **Reading Requirements:**

J. Krishnamurti, **FIRST AND LAST FREEDOM**

Barbara Stoler Miller, **YOGA: DISCIPLINE OF FREEDOM**

BKS Iyengar, **LIGHT ON YOGA, LIGHT ON LIFE** and **LIGHT ON PRANAYAMA**

**WHERE** Private studio in Lanikai, Kailua, Oahu, Hawai'i.

**WHEN** Variable Schedule-

**COST** \$3500 PLUS \$1000/month for Room and Shared Family Meals. Partial Scholarships and Work Exchanges are available.

### **INTERN SELECTION PROCESS**

Resume

Phone/Skype/ Personal Interview and 48 hour visit (if possible)

Up to 1500 Word Essay describing:

1. who you are;
2. why you want this teacher training internship;
3. what you will do with your training and new teaching skills. ( See :YSK's mottos on our website); and
4. financial need.

