

About Eliot

Eliot's greatest delight arises in teaching yoga to guide students to discover the beauty and magnificence of their true Self. Though her passion for the connection of all things has led her to study holistic nutrition, Reiki healing and yoga, her preferred medium is teaching yoga. She completed Anusara Teacher Training in 2010 and certified in hatha yoga. She gratefully continues the study and refinement of asana under the guidance of senior Iyengar teachers.



Not only is she committed to continuously hone her skills to practice and teach asana, but as a long-time meditator and student of non-dual Tantra, she also elegantly weaves higher teachings into her classes as a way of bringing students deeper into the subtler realms of experience.

Eliot teaches to support the increase of awareness and to empower students to align with their highest potential in their bodies, their minds and their hearts. Her wholesome classes follow the rhythms of the moon and always include aligned asana, pranayama, chanting and meditation.

Now, through this unique new program, Eliot would like extend the opportunity to mature students to deepen their practice and refine their understanding of the teachings.

For those students who then feel the yearning to teach and share, the first part of the program becomes a foundation upon which she will teach the second part on how to elegantly, appropriately and powerfully articulate both the asana and the subtler teachings to all levels of students.

Deepen your practice Refine your understanding Teach Yoga

a 553-hour program with Eliot

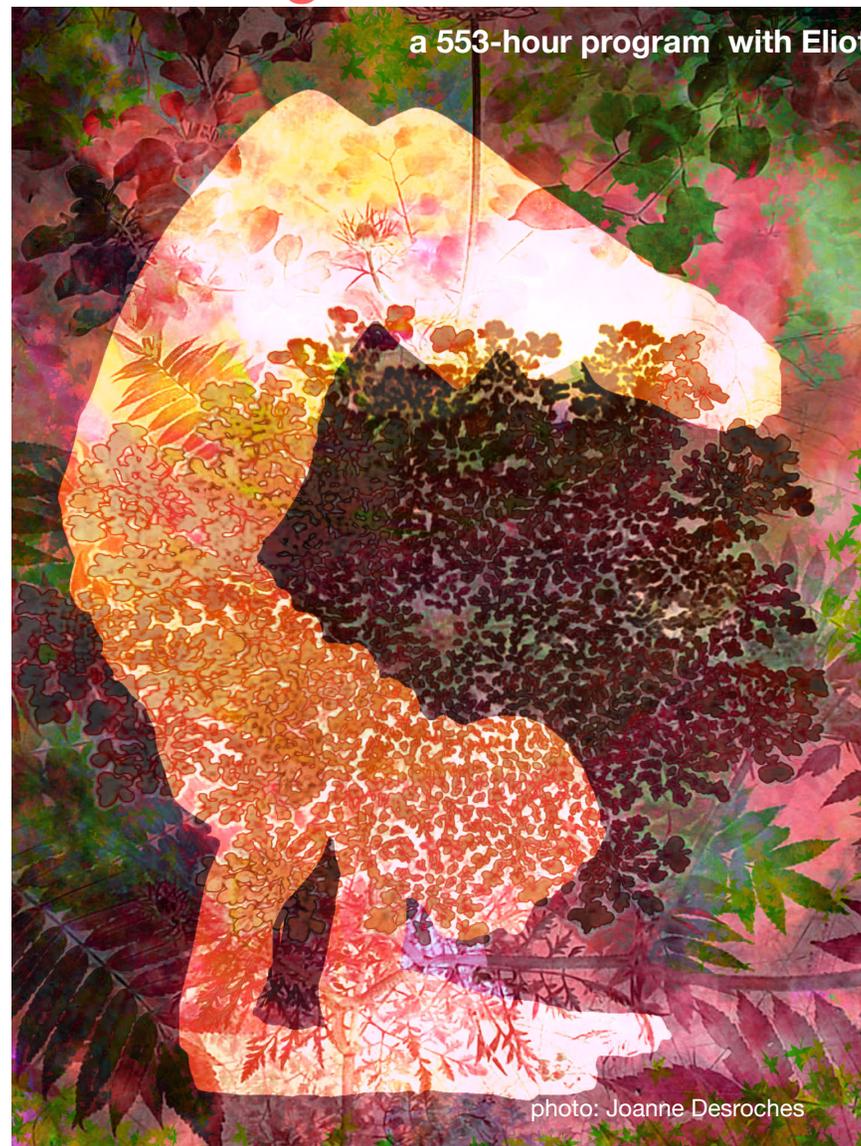
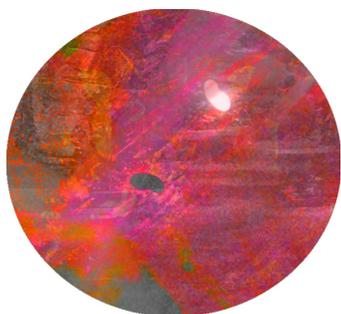


photo: Joanne Desroches



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Deepen and Refine program September 2015 to June 2016
Teach Yoga program from September 2016 to June 2017

Deepen your practice Refine your understanding

September 19, 2015 to June 25, 2016

266 hours

Through increased guided practice, reading, contemplation, journaling, and conversing with each other we will learn about history, theory, philosophy, anatomy/alignment, asana and meditation.

Saturdays from 1pm to 5pm

no class Oct 10, Nov. 7 & 14, Dec. 26, Jan 2 & 9 and two Saturdays TBD

Two 90-minute public classes a week with Eliot

From September 19, 2015 to June 25, 2016

Daily home asana and meditation practice, assigned readings, study, contemplation and journaling

Fees

\$1740 taxes included (plus books - approx. \$200)

after June 1, 2015 **\$ 1940 (taxes included)** (plus books, see above)

To register please provide \$500 non-reimbursable deposit

Prerequisites:

3 years of regular yoga practice (if you don't have this contact Eliot to see if you are eligible)

Currently practicing at least once-a-week with Eliot

fill out a questionnaire

written assignment

Teach Yoga

September 24, 2016 to June 17, 2017

287 hours

Through wildly fun but serious lecture, study, practice, observation, assisting and teaching, students will acquire the skills to articulate and teach properly aligned asanas in effective sequences, elegantly theme their classes to yoga's higher teachings and provide assistance to students of different ages, levels of practice and needs.

Saturdays from 1pm to 5pm - lecture and practice

no class Oct 8, 2 other Sat. TBD; Dec. 24, 31, Jan 7 & 14 and two Sat.TBD

One 90-minute public class a week with Eliot

Minimum of

18 hours of class observation

13.5 hours of assisting

10 assessed teaching hours

4 hours of private guidance

64 hours of home study, practice and assignments

Fees

\$1740 taxes included (plus books - approx. \$200)

after June 1, 2016 **\$ 1940 (taxes included)** (plus books, see above)

To register please provide \$500 non-reimbursable deposit

Prerequisites:

Completion of the 266 hours of Deepen your Practice and Refine your Understanding Program (or equivalent - contact Eliot)

Currently practicing at least once-a-week with Eliot

written assignment

Deepen your practice

Refine your understanding

guided by Eliot Acuña

September 19, 2015 to December 19, 2015 and January 16, 2016 to June 25, 2016

As a foundational program, deepen your practice and refine your understanding is meant to give students the necessary space, learning material and skilled guidance to bring their practice to a deeper level of experience and to fine-tune their intellectual understanding of yoga so that, as modern yoga practitioners, students find the freedom to powerfully and directly uplift and support their daily lives autonomously.



Class time (116 hours):

During our Saturday afternoons, Eliot will teach asana, guide in the knowledge of theory of practice, anatomical notions, and the history and tradition of yoga. She will lead pranayama, chants and meditation. Students will also be given opportunity for lively group conversation on the themes covered and studied from week to week.

The asana practice will focus on refined awareness within the asanas.

Though every student will be encouraged to go to their threshold, it is understood that each student's threshold will be very different. And we will be learning about the beauty and freedom that arises from the process of listening to the body and responding with deep respect and loving care.

The pranayama practice will include step by step safe instructions to prepare the body and practice various breathing techniques safely.

The mantras. According to Georg Feuerstein, *mantra can be explained as a potentized sound by which specific effects in consciousness can be produced.* Eliot will be teaching a variety of mantras in sanskrit that students can learn and use to support their path to higher levels of consciousness.



The meditation. Eliot will give simple instructions for meditation. Practitioners will be encouraged to cultivate and establish a regular meditation practice in their daily lives.

The readings

Every week, there will be assigned readings accompanied by a short list of questions to reflect on to help the understanding process. The lively group conversations during the Saturday class times are meant to help clarify student's understanding and bring what seems complex up into the light of simplicity.

Book list

- 1) Autobiography of a Yogi, by Yogananda Paramahansa
- 2) The Deeper Dimension of Yoga - theory and practice, by Georg Feuerstein
- 3) Hatha Yoga Pradipika, Swami Muktibodhananda (Bihar school version)
- 4) The Bhagavad-Gita, a new translation, by Georg Feuerstein
- 5) The Bhagavad-Gita, Easwaran
- 6) Yoga Sutras of Patanjali, by Edwin F. Bryant
- 7) The Yoga-Sutra of Patanjali, by Georg Feuerstein
- 8) Yoga, Immortality and Freedom, by Mircea Eliade
- 9) Light on Yoga, by BKS Iyengar
- 10) 30 Essential Yoga Poses, by Judith Lasater
- 11) Yoga Anatomy (second edition), by Leslie Kaminoff and Amy Matthews

Two weekly practices with Eliot (90 hours)

This program includes two weekly public asana practices with Eliot at Centre Yoga, according to your schedule and level of asana practice.

Home practice and study

Students will be guided and supported to establish a regular home practice that will harmoniously fit into individual students' lifestyles. One of the key goals of the program is for students to have the necessary tools to be able to direct their own practice, in other words, to be autonomous. Most home practices will include asana, pranayama, mantra, meditation and journalling.

In addition to home practice, students will be provided a weekly study guide to enhance students ability to interpret and understand what they read and embody the teachings.

Hours, tuition and payment options

Why the hour count?

Since Deepen and Refine is a foundational program and preparation for the Teach Yoga program, it requires a particular count of required hours of class time and practice with the teacher. If you are planning on teaching yoga, then you want to make sure that you do gather the necessary hours for certification. This means that if you are absent on occasion you will make up your hours with the teacher through a future class or workshop.

However, if you have no plans to teach and are signing up solely to deepen your own personal practice, then you won't need to be concerned about the hour count.

The Deepen and Refine program offers you the opportunity to complete 206 hours of teacher/student time and additional hours (at least 60) of personal study and home practice time, for a total of 266 hours.

Calendar

From Saturday, September 19 to Saturday December 19, 2015 from 1pm to 5pm.
No classes on Oct. 10; Nov. 7 & 14; nor from Dec. 26, 2015 to January 15, 2016.

From Saturday, January 16 to June 25, 2016
No classes on Jan. 30; Feb. 6 & 13; nor March 28

Tuition

(please let me know if you need special payment arrangements)

Full tuition for Deepen and Refine before June 1, 2015 is \$ 1740, taxes included.

Tuition does not include books. Books should add up to approximately \$200.

after June 1, 2015 **tuition increases to \$ 1940 (taxes included)**

To register please provide \$500 non-reimbursable deposit

Remaining amount must be paid according the following plan, unless otherwise arranged with Eliot.

\$620 by December 26, 2015 (or 720 if registering after June 1st, 2015)

\$620 by June 25, 2016 (or \$720 if registering after June 1st, 2015)

Full amount must be paid completely by June 25, 2016. Once registered you are responsible to pay for the full amount unless your space can be filled by a new participant.