

# Blue Sun Yoga

## FALL 2009 TEACHER TRAINING AND PRACTICE INTENSIVE

*"Happiness is when what you think,  
what you say and  
what you do are in harmony."  
—Mahatma Gandhi*

*Get happy by finding balance and  
union in your life, connecting with  
yourself, feeling your gifts, and learning  
how to grace the world with your offerings!*

**Program Description:** The BSY Teaching Training Program is aligned with the original teachings of yoga where the practice transcends the mat by viewing our daily life as a laboratory in which to embody and affirm the 8-limbed path. The training will begin with an in-depth study of the history and philosophies of yoga. You will immediately be inspired and supported to develop a yogic lifestyle represented in every pose of your life. You will begin sharing, offering and teaching from the first step. Through this program you will build the courage to ask the questions of your heart, develop the receptivity to listen, grow the strength to speak your truth and feel well versed in complimenting a variety of teaching methodologies with your authentic offering of vinyasa flow yoga.

**A deeper commitment to the study of your self and to the path of yoga will be cultivated through the exploration of:**

- |                           |                          |   |
|---------------------------|--------------------------|---|
| ● Asana                   | ● Anatomy and Physiology | ● Accommodating ALL populations         |
| ● Pranayama               | ● Assisting              | ● Lifestyle choices                     |
| ● Vinyasa Flow Sequencing | ● Ethics                 | ● The Universal Principles of Alignment |
| ● Meditation              | ● Philosophy             |   |
| ● Adjusting               | ● Sanskrit               |   |

The program will include comprehensive mentorship and support by Wendy and other instructors to assist you in your personal journey. This training will encourage you to discover, remember, and celebrate your personal blessings and all that you have to offer. It is appropriate for yoga teachers, those preparing to teach yoga and those wanting to make a deeper commitment to self-exploration and discovery. Blue Sun Yoga is a Registered Yoga School with the Yoga Alliance and is consistent with the standards of the Yoga Alliance, RYT 200 hour level certificate. We all have something to offer, allow the BSY Teacher Training Program to support you in remembering and sharing your gifts!

**Dates:** AUGUST 30TH - DECEMBER 13TH  
**EVERY THURSDAY:** September 3rd - December 10th (except Thanksgiving), 12:30 pm - 6:30 pm.  
**EVERY OTHER SUNDAY:** August 30, September 20, October 4 and 18, November 1 and 15, December 6 and 13, 9:30 pm - 5:30 pm.

**Location:** GENERATIONS YOGA CENTER, LLC.  
 1231 Green Bay Road, Wilmette, Illinois. [www.genyoga.com](http://www.genyoga.com).

**Cost:** \$2400 if paid in full by August 1st (\$2600 after 8/1).  
 A non-refundable \$300 deposit will secure your place!  
 This cost includes all materials with the exception of the required readings.

**Required Reading:**

REFINING THE BREATH - THE YOGIC PRACTICE OF PRANAYAMA, *Doug Keller*  
 THE HEART OF YOGA, *TKV Desikachar*  
 MOOLA BANDHA, THE MASTER KEY, *Swami Buddhananda*  
 HATHA YOGA ILLUSTRATED, *Martin Kirk, Brooke Boon, Daniel DiTuro*  
 LIGHT ON YOGA, *BKS Iyengar*  
 YOGA ANATOMY, *Leslie Kaminoff*  
 THE ANATOMY COLORING BOOK, *Wynn Kapit/Lawrence M. Elson*  
 YOGA SUTRAS OF PATANJALI, *Satchidananda*  
 THE SECRET POWER OF YOGA, *Nischala Joy Devi*  
 A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE, *Eckhart Tolle*  
 WAKING: A MEMOIR OF TRAUMA AND TRANSCENDENCE, *Matthew W. Sanford*  
 HOW YOGA WORKS, *Geshe Michael Roach*

**Books to compliment your specific area of interest (not required):**

WHEREVER YOU GO THERE YOU ARE, *Jon Kabat-Zinn*  
 RELAX AND RENEW, *Judith Lasater*  
 ASHTANGA YOGA "THE PRACTICE MANUAL", *David Swenson*  
 THE COMPLETE BOOK OF VINYASA YOGA, *Srivatsa Ramaswami*  
 THE SPIRIT AND PRACTICE OF MOVING INTO STILLNESS, *Erich Schiffmann*  
 ANUSARA YOGA - HATHA YOGA IN THE ANUSARA STYLE, *Doug Keller*  
 THE KEY MUSCLES OF HATHA YOGA, *Ray Long*  
 ANATOMY OF MOVEMENT, *Blandine Calais-Germain*  
 ANATOMY OF HATHA YOGA, *Coulter*  
 THE BHAGAVAD GITA  
 TAO TE CHING

*The highest art is the art of living  
an ordinary life in an extraordinary way.  
—Tibetan saying*

**What makes this training unique?**

The BSY Teacher Training Program is all about you. We will travel down this path together, not to mold you into something you are not, but to support you in becoming more fully yourself. We are whole-heartedly committed to assisting you on your journey of self-exploration and discovery, as well as guiding you in becoming an authentic teacher who speaks from your heart.

**About the Instructor:**

Wendy is not only an Experienced Yoga Teacher (ERYT), but is also a certified teacher (grades 6–12) in the final stages of completing her Masters in Education. She has been trained to modify and differentiate instruction to accommodate a variety of learning styles. The training will offer you multiple hands-on opportunities to practice and affirm the 8-limbed path. All of us at BSY are committed to training the most authentic, heart orientated, skillful and knowledgeable instructors in the world!!!

*"I owe much of who I am as a teacher today to Wendy Atteberry—who is not only a gifted yogini, but also a wonderful teacher. She truly modeled for me how to live life on the mat and off; and, how to bring that knowledge to others. I learned the physical techniques as well as how to take students to a deeper level of self exploration and peace." —Wendy C.*

*"Wendy brings fun and encouragement to her teacher training along with an amazing knowledge and understanding of yoga poses and philosophy. She is a wonderful role model in how to teach a yoga class. She makes sure that by the end of her trainings her trainees are able to create and teach unique and inspiring yoga classes." —Bette P.*

*"Wendy lives her yoga. I learned as much from observing her interactions with others as I learned in the classroom." —Michael K.*

*"Wendy's knowledge of yoga and passion for life makes her Teacher Training very inspirational. I feel truly blessed to have taken this journey with such an insightful woman with high values and ethics. Through her enthusiasm I feel I can teach and inspire my students with love and compassion." —Nancy M.*

*All graduates are graciously open to sharing their training experience with potential trainees so that you can get a better idea of our beautiful community and practices. Please contact [wendy@bluesunyoga.com](mailto:wendy@bluesunyoga.com) for their contact information.*

**For more information**

Please contact Wendy at 847.971.9835, [wendy@bluesunyoga.com](mailto:wendy@bluesunyoga.com), or visit her website [www.bluesunyoga.com](http://www.bluesunyoga.com).