

## HIGHLIGHTS OF THE AMERICAN VINIYOGA INSTITUTE

### VINIYOGA/TEACHER TRAINING PROGRAM



The AVI Viniyoga/Teacher Training is taught in four two-week sessions approximately six months apart at Mount Madonna Center in Watsonville, California. The first session of the next program begins on Sunday, November 1, 2009. For a program overview, all logistical details dates and costs, and a link to registration go to [http://viniyoga.com/?cn=what\\_training\\_teacher](http://viniyoga.com/?cn=what_training_teacher). Please review the following training highlights for answers to many of the questions we have had from interested prospects.

#### **AVI Has Experienced 'Trainers of Teachers' and a Time-Tested Curriculum**

*Gary Kraftsow* has been an experienced trainer of teachers and therapists in the US for 30 years. The AVI curriculum is true to the authentic teachings in this lineage, and is regularly evaluated and updated to optimize student learning. *Gary is directly involved in every aspect of the 500 hour training. Students at the AVI training benefit from his presence and the many years of experience he has had in this teaching lineage.*

*Mirka Scalco Kraftsow* has been a Yoga teacher in the Viniyoga methodology for 25 years and has a unique ability to mentor and support students in their personal and professional growth throughout the training program.

Our curriculum is time-tested and structured to maximize adult learning. In our program, students have the option to practice or observe classes (approximately 120 - 140 hours) taught by Gary and Mirka that demonstrate techniques and teaching methodology. In addition, students' practice teaching core principles of Viniyoga to each other and refine observation and language skills for teaching individuals or groups. Student teaching is supervised by small group leaders and Gary and Mirka while at training.

Individual assistance to students is provided by Mirka and through small group leaders, AVI-trained teachers carefully selected by Gary because of their skill and expertise.

The Student Manual includes worksheets and reference materials to assist with key elements of the training. Many of our graduates comment on how they continually go back to the Student Manual to uncover deeper levels of understanding. Independent study assignments are carefully structured to progressively integrate the previous session's curriculum and prepare you for the next session.

Students who struggle with the studies can work with Mirka one-on-one for additional mentoring help (fee-based service). *AVI is flexible to the fact that students have varying needs and levels of experience.*

## **The Choice of a Retreat Setting**

Our program is structured for availability and accessibility to students from all over the country in a residential retreat format. Most of our students want the time at the program with Gary and his lectures and practices and Mirka's early morning practices that integrate the previous day's teachings. The 2 week residential format encourages an "unplugging" from your day-to-day activities to immerse in the teachings, create the space for your own personal transformation and enjoy the beautiful mountain retreat setting.

It gives you time to connect at meals and in the evening with the faculty and the program assistants as well as to network with the other incredible students that have a lot to share about their teaching and practice.

## **Training Schedule**

Each program session begins with an evening orientation followed by fourteen training days. Each training day is full and includes 7 to 8 hours of lectures, practice, and small group experiences. A typical day begins with an early morning practice followed by breakfast, a three hour morning session, a lunch break and a three hour afternoon/early evening session. We have two scheduled days off in each fourteen day program session. Students use the days off to rest, study and complete training assignments.

## **AVI Training Credentials**

AVI has the following hours for each of these components per our Yoga Alliance documentation of hours:

- 419 contact hours on techniques, teaching methodology, philosophy, anatomy/physiology and practicum with Gary and Mirka, both are E-RYT (500) teachers who have a long history with this teaching lineage, and 32 contact hours with teaching assistants/group leaders who are experienced teachers in the Viniyoga tradition.
- A total of 450.5 contact hours with students and 171 non-contact hours (independent study).
- There are 25 contact hours and 26 non-contact hours for practicum.

## **Contact:**

For more information please contact AVI Student Advisor Mary Lou Mellinger, [maryloum@viniyoga.com](mailto:maryloum@viniyoga.com) or 808-205-1860.

**Viniyoga: appropriate application of  
asana, pranayama, chanting and meditation respecting the individual.**