



GUDMESTAD
YOGA TRADITION

Paxson Yoga Center

2021-2022 Yoga Teacher Training Program Details

Paxson Yoga Center/Gudmestad Yoga Tradition (PYC) is an alignment-based yoga studio, heavily influenced by the physical therapy and anatomy background of the instructors. Our method emphasizes proper form and alignment, balancing strength and flexibility, building endurance, and developing self-awareness through precise movement, posture, and breath. With this as the foundation for practice, we believe students are primed to experience yogic philosophy; safe, accessible practice allows for integration of new sensations and clears pathways for new ideas.

In developing a program to train teachers, we start with these long-held beliefs. We will impart a solid anatomical knowledge base to inform trainees' ability to craft intelligent sequences. Our approach to Technique, Training, and Practice is to demonstrate that knowledge, strength, and consistency are key to a lifelong practice of yoga. For Professional Essentials, trainees will be steeped in our methodology of precision and repetition, so that they have the skills and confidence to lead a safe practice.

Finally, it is our intent to weave the threads of yogic philosophy throughout the program, using the experience of the physical practice as analogy for the deeper yogic journey. Our approach to Yoga Humanities will be to explore foundational concepts presented in the yoga sutras, and allow the practice to reinforce the ancient wisdom.

Our program has been over 30 years in the making. We are excited and honored to further the teachings of yoga in our community.

Certification

This program exceeds Yoga Alliance's Elevated RYS-200 Standards. Students who complete the program will receive a 200-hour Registered Yoga Teacher certification from Paxson Yoga Center, a registered yoga school. Graduates of our program will feel confident in their knowledge and their ability to share it with others.

Our Teachers

The PYC team of lead teachers has worked together for decades, sharing knowledge and experience in yoga and other healing arts. We believe our team is uniquely qualified to deliver a complete program of anatomy, methodology, professionalism, and philosophy.

Beth Paxson, LMT, E-RYT 500 is the owner of PYC. Beth is a licensed massage therapist with a focus in Western structure and Eastern movement arts. A committed athlete, Beth has studied Iyengar yoga with Julie Gudmestad since the late 1990s, learning how to integrate yoga into her athletic training program. Her massage training and a love of anatomy shine through in her teaching. Beth blends her athletic and artistic backgrounds with her knowledge of anatomy, kinesiology and bodywork, helping her students to develop and integrate keen body awareness into their daily lives and activities.

Julie Gudmestad, PT, E-RYT 500, IAYT Certified Yoga Therapist has devoted her career of 40+ years to helping people ease pain and live their best lives through the integration of physical therapy and yoga. She founded and directed Gudmestad Yoga, making yoga classes and individual therapy sessions available to people of all ages and abilities. It is Julie's belief that the ability to slow down and stay present is an important aspect of healing, and that yoga encourages a mindful state that can heal people emotionally and spiritually, as well as physically.

Hope Fyfield, PT, E-RYT 500 took her first yoga class ever from Julie in 1979, and was immediately inspired and intrigued. She began working toward a physical therapy degree not long after, and worked at a skilled nursing facility for years. This has made her good with fragile, aging populations. Hope has been teaching yoga since 1988, with Julie's gentle but firm encouragement. Other teachers that have inspired and instructed Hope include John Schumacher and Judith Lasater. Hope especially enjoys and appreciates the way yoga balances apparent opposites, simultaneously providing playful seriousness, radiant grounding and a calm joy.

Laila Deardorff, MSPT, E-RYT 500, CIYT believes that Iyengar yoga, with its roots in alignment, coupled with yoga's emphasis on breath work and relaxation, truly allows the body, mind, and soul to transform. Her Physical Therapy training becomes evident in her teaching, and as a bonus, students learn more about their anatomy. Laila has been teaching yoga since 2002. Wanting to learn more, she became a Certified Iyengar Instructor in 2014. With a teaching style that is relaxed and supportive, Laila merges her knowledge of anatomy, physiology, and biomechanics with specific yoga poses, creating an effective atmosphere for change and healing.

Program Requirements

We recommend that students have at least three years of consistent yoga practice before considering enrollment in our program. Ideal trainees will show a strong enthusiasm for alignment-based practice, to ensure that our focus on anatomy and mechanics is in line with their own interests, both as students and prospective teachers. We also welcome practitioners who come to the program to deepen their personal practice.

Below are details on expectations for trainees:

1. Establish a consistent yoga practice prior to the program.
2. Attend all scheduled sessions. See attendance policy for make-up details.
3. Attend/view all video-based sessions.
4. Participate in in-class discussion and demonstration.
5. Participate in “practice” teaching opportunities throughout the program.
6. Complete all reading, writing, and teaching assignments.
7. Complete final exam.
8. Complete all requirements within three months of the end of the program.

Recommended Reading

Bringing Yoga to Life, Donna Farhi

Light on Yoga, B.K.S. Iyengar

Meditations from the Mat: Daily Reflections on the Path of Yoga, Rolf Gates

Natural Meditation by Dean Sluyter

The Anatomy Coloring Book, Winn Kapit and Lawrence M. Elson

The Key Muscles of Yoga: Scientific Keys Volume I, Ray Long & Chris Mcivor

The Key Poses of Yoga: Scientific Keys, Volume II, Ray Long

The Path of the Yoga Sutras: A Practical Guide to the Core of Yoga by Nicolai Bachman

The Yamas and Niyamas: Exploring Yoga’s Ethical Practice by Deborah Adele

Yoga of the Subtle Body: A Guide to the Physical and Energetic Anatomy of Yoga, Tias Little

Yoga Sutras of Patanjali by Mukunda Stiles

Scheduled Meeting times

We will meet one weekend per month and every Monday evening from September to April. Video content on yoga anatomy and humanities will be assigned throughout the program.

Fridays 5:00pm – 8:00pm
Saturdays 9:00am – 4:00pm
Sundays 9:00am – 3:00pm
Mondays 6:00pm – 8:00pm

Weekend dates and schedule exceptions are below:

Session 1: Feet & Foundations

September 10-12

Session 2: Nonharming Knees

October 8-10

Session 3: Hips - Let's Get Real

November 12-14

Session 4: Upper Legs & Lower Back - Let's Meet In the Middle

December 11-12 (Saturday & Sunday only)

No meeting Monday, December 27

Session 5: Abs & Twists - Wring It Out

No meeting Monday, January 3

January 14-16

Session 6: Arms & Shoulders - Fire It Up

February 11-13

Session 7: Head & Neck - Peace of Mind

March 5, 1-5pm for Natural Meditation with Dean Sluyter

March 11-13

No meeting Monday, March 28

Session 8: Practicum - The Greater Good

Mondays 6-8:30pm for Practicum

April 8-10

April 29 for Graduation

Please see attached calendar for a complete schedule.

Attendance Policy

Attendance is mandatory at all weekend sessions. If you are unable to attend one of the sessions, you must make up the time and material with the guidance of a program instructor.

We have built in extra hours to the Technique, Training, and Practice component of our program. You may miss **no more than two** Monday practices from October-March. Attendance at Monday sessions in September and April is mandatory.

Appropriate content equal to the time missed can be made up in PYC workshops and special events, or purchased from the Paxson Yoga Center Video Store. Independent study opportunities can be arranged through private sessions with program instructors at the student's expense. Additional work may be assigned to supplement these alternative hours.

We understand that emergencies arise and circumstances change, and we will do our best to accommodate scheduling conflicts. However, if you know in advance that you will miss more than one weekend, we recommend delaying enrollment until the following year.

Trainee Selection Process

Prospective students must complete a Teacher Training Program Application. This application is used to assess a student's experience and interest in the program. Admission will not be based on age, sex, gender identity, sexual orientation, color, race, national origin, marital status, parental status, veteran's status, religion, or physical or mental disability.

We recommend that students have at least three years of consistent yoga practice before considering enrollment in our program. Special consideration is given to students with a strong background in anatomy and physiology, especially those trained in medicine, physical therapy, massage, and other healing arts.

We recognize that the anatomy-intensive program we offer may not be right for beginning students. We reserve the right to deny enrollment to students who have begun their yoga journey in the last 12 months.

Our program is suitable for those interested in teaching a safe, accessible yoga practice, as well as for those who wish to deepen their own practice of yoga. Admission is not dependent on an interest in teaching yoga as a profession. Our program is designed to give yoga practitioners the tools to teach a safe, accessible yoga class; however, it is not vocational training. The ability to lead a well-structured, carefully-worded, and engaging yoga practice is dependent on many factors. Completion of our program does not guarantee employment at this or any other studio.

Steps to Enrollment

1. Complete application and submit to Paxson Yoga Center by September 3.
via US Mail:
6840 South Macadam Avenue
Portland, OR 97219
via email (scanned pdf):
info@paxsonyogacenter.com
2. Applications will be processed within 10 business days of receipt.
3. Upon acceptance, the studio will send a confirmation email with program details, required materials, and payment plan instructions.
4. Payment may be arranged online or through the front office at 503.223.8157. Deposits or first payments must be received by September 1.
5. Manuals will be distributed at the first meeting on Friday, September 10.

Program Pricing

Tuition includes all scheduled meetings and the Paxson Yoga Center training manual. Supplemental reading materials, yoga props, and other supplies are at the student's expense.

Teacher training students receive a 20% discount on term classes, drop-in classes, studio workshops, special events, and retail for the duration of the program. Students enrolled in the program also receive 50% off video store purchases.

We offer 4 payment options:

- **Early Bird One-Time Payment:** one payment of \$2,699 by August 1, includes a \$159 non-refundable deposit.
- **One-Time Payment:** one payment of \$2,999 by September 1, includes a \$159 non-refundable deposit.
- **2-Payment Plan:** Two payments of \$1,579 by September 1 & January 15, for a total of \$3,158. Includes a \$159 non-refundable deposit.
- **Monthly Payment Plan:** 8 monthly installments of \$400, plus a non-refundable deposit of \$159 due by September 1, for a total of \$3,359. Installments will be automatically processed via stored credit card on the 15th of each month.

Prorated refunds for tuition can be given through October 10, the end of the second weekend session. No refunds are given after that date.

2021-2022

PYC Teacher Training Schedule

September '21						
M	T	W	T	F	S	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

October '21						
M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

November '21						
M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

December '21						
M	T	W	T	F	S	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

January '22						
M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

February '22						
M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						

March '22						
M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

April '22						
M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

Meeting Times

Mondays	6:00pm - 8:00pm
Fridays	5:00pm - 8:00pm
Saturdays	9:00am - 4:00pm
Sundays	9:00am - 3:00pm

Schedule Exceptions

Saturdays & Sundays include an hour break for lunch

No Monday class December 27, January 3, and March 28

December weekend is Saturday and Sunday ONLY

March includes an additional Saturday for Dean Sluyter Natural Meditation Workshop

Mondays in April are from 6:00pm - 8:30pm for Practicum

April includes an additional Friday for Graduation