



change
lives . . .
including
your
own!

2009
trainings in
over 15
locations

I CANNOT THINK OF A SINGLE EDUCATIONAL EXPERIENCE THAT HAS FURTHERED MY SELF-UNDERSTANDING, LISTENING SKILLS AND ABILITY TO EMPOWER individuals more than Phoenix Rising.

I have been a rehabilitation counselor for almost fifteen years and have seen how the medical model has failed time and time again for people working with disabilities, recovering from injury and managing psychological and emotional problems. I became skilled at predicting traditional treatment plans and outcome expectations.

Phoenix Rising offered me an opportunity for self-discovery — a penetrating look at my own baggage that influenced my reaction to others, my decision-making process and the perpetuation of ongoing, failed attempts to manage my own problems.

After I learned to identify my shadows and poor coping skills, I was able to separate my self from those who came to me for assistance, get out of the way and then be available.

Since completing the program, I have changed the way I work as a rehabilitation counselor. I step out of the way and guide people through their own self discovery. This is their truth, their wisdom, not mine. What I think to be priority and the best way to handle a problem is rarely what the individual I am working with thinks. I did not learn these techniques in traditional approaches.

– Emily Smith, Phoenix Rising Yoga Therapy Practitioner

..... **PHOENIX RISING YOGA THERAPY IS A HOLISTIC HEALING ART.** IT INVITES PRESENCE AND AWARENESS RATHER THAN PRESCRIBING TREATMENTS. Using age-old yogic approaches to foster a deeper internal experience, we are able to know ourselves more fully. Out of this knowing we are more easily moved to embrace the opportunity for change, growth and enhanced well-being in body, feelings, thought and spirit.



..... Michael Lee, Founder

Phoenix Rising Training and Certification Programs offer certification for two career paths — as a Yoga Teacher leading therapeutic yoga classes or as a Practitioner working one-on-one with clients. Body-mind programs for other professionals are also available.

Level 1 → Level 2 → Level 3 = Practitioner Certification

Level 1 → Level 2 → Module A → Module B = Yoga Teacher Certification

we are pleased
to welcome you

TO OUR PHOENIX RISING TRAINING CENTER in Bristol, Vermont. Our new center is a green building — energy efficient and environmentally friendly — built with the intent of creating a space that fosters warmth, community and comfort for Phoenix Rising professional training programs.

Most heartily,

Karen Hasskarl & Elissa Cobb, Co-directors
Phoenix Rising Yoga Therapy



bristol, a little town that's
big on quality!

HERE THE WORD LOCAL DOESN'T JUST mean home grown. It means artisans that could succeed in any New York gallery, a brewery with the best "bitter" I have had anywhere and a coffee roaster that is, hands down, the best! The local cuisine is a mix of cozy bistros, diners and upscale California fusion with organic and vegetarian options.

Just being in Bristol is a get-away even if it weren't surrounded by green mountains, sparkling rivers with swimming holes, hiking paths and snow adventures.

And its people! I love these people! It took me a while to get used to so much consideration — they are so easy going and have left a lingering impression. I am sure Vermont has its own form of stress and concern, but Bristol seems to be holding strong against that wind.

Dianne Mekelberg

Phoenix Rising
Practitioner & Yoga Teacher



practitioner training and certification

LEVEL 1

Duration: 32 hours

Introduction to the principles and practice of Phoenix Rising Yoga Therapy. Much of the learning is experiential including how to apply techniques for assisting clients in yoga therapy postures. You will also gain an understanding of the metaphysical significance of each posture and how it is used to support the transformation process. You will learn how to guide clients in a body scan to determine areas of tension and freedom as well as general guidelines for yoga therapy sessions. **Prerequisite:** Basic understanding of yoga and three months of consistent practice.

- Introduction to fundamental principles of Phoenix Rising Yoga Therapy
- Assisted posture technique and practice
- Metaphysical and physical aspects of assisted postures
- Preparation, benefits and precautions for one-on-one practice
- Theory of transformational bodywork from a yogic perspective
- Introduction to the Phoenix Rising Yoga Therapy dialogue process
- Guiding and processing a client body scan

LEVEL 2

Duration: 42 hours

Focus is on the dialogue techniques and refining skills learned in Level 1. You will have the opportunity to deepen your own growth through applied practice sessions. Learn different approaches to dialogue used to enhance body-mind consciousness and how to intensify the yoga therapy experience by increasing awareness. You will also be taught an integrative process for helping clients open themselves to transformational opportunities through attunement to their own inner guidance. **Prerequisite:** Completion of Level 1.

- Learn and practice advanced posture assists
- Enhance the client's body-mind consciousness through dialogue
- Practice special techniques of dialogue: listening, following, questioning and responding
- Introduction to the integration process
- Guidelines of a sound practitioner-client relationship
- Format and practice of a full Phoenix Rising Yoga Therapy session

practitioner training and certification

PRACTITIONER TRAINING LEVEL 3

Duration: 8 months (100 contact hours, 550 supervised practicum hours)

Final and most comprehensive phase consisting of an eight-month, part-time, distance-learning program plus two one-week intensives at the Phoenix Rising Center. Designed to provide the professional experience, knowledge and confidence needed to establish a career. You will be able to observe yourself in action and receive detailed supervision. Practice sessions, business practices, intensive workshops, reports, essay writing and reading of professional literature relating to yoga and psychotherapy are part of this training. **Prerequisite:** Successful completion of Level 2 within the last year. Please call or email the program director if you have completed Level 2 more than one year ago.

- Deep personal exploration
- Technical review and practice of assisted postures, listening, dialogue and integration
- Applied anatomy for Phoenix Rising Yoga Therapy
- Teaching and practice of advanced dialogue techniques
- Professional ethics and guidelines for establishing a Phoenix Rising Yoga Therapy practice
- Extensive coaching including forty-eight practice sessions, four exchange sessions with peers and telephone conferences with mentor

GROUP FACILITATOR TRAINING

Duration: 6 months (94 contact hours, 324 supervised practicum hours)

Provides Phoenix Rising Practitioners with the skills and knowledge to organize, market and facilitate eight-week group programs focused on helping people cope with stress and stress-related symptoms. Based on Michael Lee's new book, *Turn Stress Into Bliss*, the program follows a progressive, thematic approach to awareness, choice and change.

Training includes eight weeks of home-based, pre-residency experiential learning, a twelve-day residential intensive and a four-month practicum in your community with individual and group mentoring. Successful facilitation of an eight-week group is needed for certification. **Prerequisite:** Certification as a Phoenix Rising Yoga Therapy Practitioner.

- Effective for a broad spectrum of participants coping with stress or illnesses such as cancer, heart disease, high blood pressure or addictions
- Can be offered through health institutions, educational organizations and human resources departments of corporations



2009 phoenix rising training bristol, vt

Yoga Therapy Training

Level 1

March 27–31
June 5–9
October 30–November 3

Level 2

January 5–10
April 2–7
June 10–16
November 5–10

Practitioner Training Level 3

Orientation · January 12–18
Midterm · April 23–30
Orientation · June 19–25
Midterm · October 13–20

Group Facilitator Training Residency

December 1–12

Yoga Teacher Training

Module A · April 14–22
Module B · August 14–22

I will forever be grateful for the opportunity to have learned a variety of skills, techniques and practices that will assist me in my personal growth as well as in my professions as a yoga teacher and a pastor. I consider Phoenix Rising to be a sacred work which honors the individual on all levels of being. It is a gift to the yoga community as well as the wider community in its holistic approach to health and wellness.

– The Rev. Dr. Brad Elliott, Anglican Priest and Phoenix Rising Yoga Teacher, Selkirk, MB

join us!



2009 phoenix rising offsite training

Yoga Therapy Training Levels 1 and 2

Tampa-Riverside, Florida
Level 1: February 7–10
Level 2: February 12–17

Vancouver, British Columbia
Level 1: February 21–24
Level 2: February 26–March 3

Tempe-Phoenix, Arizona
Level 1: May 2–5

Rhinebeck, New York
Omega Institute
Level 1: May 17–22

Toronto, Ontario
Level 1: July 11–14
Level 2: July 16–21

Portland, Oregon
Level 1: August 1–4
Level 2: August 6–11

Lenox, Massachusetts
Kripalu
Level 1: August 9–14

Asheville, North Carolina
Level 1: August 13–16

Austin, Texas
Level 1: September 3–6
Level 2: September 8–13

Silver Spring, Maryland
Level 1: September 11–14

New York City, New York
Level 1: October 2–5

East Lansing, Michigan
Level 1: October 1–4

Los Angeles, California
Level 1: October 3–6
Level 2: October 8–13

Yoga Teacher Training

Los Angeles, California
Module A: October 15–23
Module B: November 13–21

Retreat Week

Costa Rica
Omega Institute
March 7–14

To bring a Phoenix Rising program to your area, please call 802.453.6444.

balance



yoga teacher training and certification

224 hours consisting of Levels 1 and 2, Modules A or equivalent and B
Yoga Alliance Approved 200 Hour Certification Course

Learn to confidently teach a therapeutic yoga class. Leading a process-based Phoenix Rising Yoga class is different than instructing other styles of yoga. Rather than teaching postures by demonstrating them or adjusting students, you are trained to use language that cues the postures, thereby allowing students to find their own formation of each pose through their individual experience.

You will learn to create a spectrum of therapeutic yoga for your students ranging from a Hatha yoga class to a more structured nine-week series of progressive, thematic classes.

MODULE A

Duration: 8 days (75 hours)

- Learn benefits, physical and metaphysical attributes, body mechanics, anatomy, alignment, precautions and contraindications for each posture
- Create yoga experiences that help students trust their body's wisdom
- Learn two class routines (flows) including warm-ups, breath work and standing and floor postures
- Develop strong, clear, concise verbal skills for cueing the physical aspects of each posture

Prerequisite: One year minimum of consistent yoga practice. Credit may be given to 200-hr. certified yoga teachers. Completion of Level 1.

MODULE B

Duration: 8 days (75 hours)

- Further develop your skills in leading the complete dual process that focuses on both the physical and inner therapeutic experience
- Learn to facilitate open-ended, participant-centered, non-prescriptive, non-ideal yoga experiences
- Create thematic approaches in your classes and adapt the Phoenix Rising approach to different populations, settings and styles of yoga
- Lead centering, integration and meditation processes that invite students to take what they learn on the mat into their everyday lives
- Learn the basics of marketing and networking within your community

Prerequisite: Completion of Levels 1 and 2, Module A or equivalent.



faculty and teaching staff



Karen Hasskarl, Co-director of Phoenix Rising Yoga Therapy, began her study of yoga and meditation as a teenager, entering the field professionally in 1988 as a certified Kripalu Yoga Teacher. A few years later she began her training in Phoenix Rising Yoga Therapy. She was initially Program Assistants' Manager and, after working with Michael Lee for several years, she stepped from co-training to leading programs herself. Since 1991, she has provided training and support for more than 150 mentors and 900 students.



Elissa Cobb, M.A., Co-director of Phoenix Rising Yoga Therapy, has been teaching yoga and other movement modalities for more than twenty years. She has a Master's Degree in Embodiment Studies and is a Certified Phoenix Rising Yoga Therapy Practitioner, Group Facilitator and Yoga Teacher as well as an ACSM Certified Personal Trainer. She also leads Phoenix Rising training programs nationwide and speaks at body-mind conferences. Her first book, *The Forgotten Body*, will be published in March 2008.

Ruth Jacobson, Ph.D.

Ruth, a Marriage and Family Therapist, maintains a private practice in North Carolina and is also a yoga teacher as well as a group and workshop leader, Phoenix Rising Practitioner and mentor leading Phoenix Rising trainings throughout the United States and Canada. She holds a Bachelor of Science degree in physical therapy.

Jesse Lee

A Phoenix Rising Yoga Therapy Practitioner and Group Facilitator, yoga teacher and personal trainer, Jesse is also a presenter at Kripalu Center for Yoga & Health and regularly tours the United States teaching self-discovery workshops and promoting her yoga CD "Coffee Breaks: Perfect Yoga for an Imperfect World."

Quinn Sale, LPC, LMFT, Clinical Advisor

Quinn graduated as a Phoenix Rising Practitioner in 1991. She is also a Licensed Professional Counselor with twenty-five years of experience and supports our faculty and student body in training for work with abuse survivors and managing professional ethics and boundaries.

Soleil Hepner

Soleil maintains a private practice in Seattle, Washington as a Phoenix Rising Yoga Therapy Practitioner and Group Facilitator. She has eighteen years of experience as a coach and high-tech manager and nearly three decades as a teacher and student of dance, yoga, performance and healing arts.

Wendy Black Stern

Wendy is a certified Hatha yoga teacher, Phoenix Rising Yoga Therapy Practitioner and Group Facilitator and Reiki practitioner in private practice in Boulder, Colorado and also serves as a mentor in the Phoenix Rising Level 3 program. She has a Bachelor's degree in psychology from the University of Massachusetts.

For a complete list of faculty please visit our website.

general program information

TUITION

Practitioner Training and Certification:

Level 1: \$595 Level 2: \$795 Level 3: \$3950

Practitioner Certification Package: (Levels 1, 2 and 3)

\$4795 with early payment \$4950 with payment plan

Yoga Teacher Training and Certification:

Level 1: \$595 Level 2: \$795 Module A: \$895 Module B: \$895

Yoga Teacher Certification Package: (Levels 1 and 2, Modules A and B)

\$2750 with early payment \$2850 with payment plan

Group Facilitator Training: \$2695

Deposit: \$100 to reserve a place in each of our basic programs, \$500 for Practitioner Training Level 3 or Group Facilitator Training. Programs fill on a first-come, first-serve basis.

Early Payment Discount: Registration and payment in full for any of our programs at least one month before the program start date entitles you to a \$50 discount per program and a \$100 discount for Level 3. This offer may not be combined with any other discounts.

Refunds Policy: Deposits are not refundable but may be transferred to a different date for the same program for up to 1 year less a transaction fee.

HOW TO REGISTER

By telephone: Call 800.288.9642 or 802.453.6444 Monday through Friday, 9–5 EST.

By mail: A printable registration form is available at www.pryt.com.

Online: Visit www.pryt.com to register on our secure site.

Questions: Email us at info@pryt.com or call 800.288.9642 or 802.453.6444.

WHERE WE ARE LOCATED

The Phoenix Rising Center is located at 5 Mountain Street in Bristol, VT, only a 40-minute drive from the Burlington International Airport. Our training center is a green building — energy efficient and environmentally friendly — built with the intent of creating a space that fosters community and comfort for Phoenix Rising professional training programs.

LODGING

The Village of Bristol offers comfortable, convenient and affordable lodging options. Please call us for more details and information on lodging for offsite programs.

ACCREDITATION

Phoenix Rising Yoga Teacher Certification is a Yoga Alliance Approved 200 Hour Certification Course.

Photos courtesy of Meenal Kelkar, PRYT Practitioner, Camarillo, CA. Contact Meenal at www.pryt.com 'Find a Practitioner' section.

words of praise

I have reached a level of deepness within myself and come in touch with a wholeness of my being that I have never known. I have been reborn, rejuvenated and am ready for the new journey ahead of me.

– Kris Slugg, Seattle, WA

Thank you for creating a yoga program that serves all populations whether physically challenged or physically fit—that honors whoever shows up and whatever they show up with. It's a true gift for me as well as all those I touch.

– Caron Hunter, Long Island, NY

My intention was to get a new approach to yoga, and in the process I discovered I wanted a new approach to life. I have found exactly what I was looking for — a new approach to everything that matters. What a gift to have my eyes and heart open and really see for the first time.

– Aniko Foldi, Frenchtown, NJ

Phoenix Rising Yoga Therapy helps you develop a strong and safe container so that feelings can begin to flow and emotional blocks can be released. Whether you are suffering from anxiety or depression, PRYT is a wonderful adjunct treatment along with your practice of yoga to bring balance to your emotional and physical body.

– Amy Weintraub, MFA, E-RYT, author of *Yoga for Depression*

A truly expansive experience in the journey of self-discovery.

– Beth Lewis, Westlake Village, CA

The Group Facilitator Training has been the cement for my work with yoga and Phoenix Rising Yoga Therapy, binding them all together and making a solid foundation for everything I now offer. I believe it is the answer I was looking for to enable me to live my passion.

– Anthea Dabinet, Aberfoyle Park, AU

With the first taste of a Phoenix Rising Yoga Class I knew I'd touched the heart of yoga and my own heart.

– Kara Gerhart, Greensburg, PA

I enjoyed this training more than any other that I have taken. It was so life altering and the skills I learned will continue to help me grow and become more aware.

– Jane Young, PSY.D.



PHOENIX RISING

yoga therapy training

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design: Dianne Cooper Bridges

800.288.9642 www.pryt.com

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