



change
lives . . .
including
your
own!

2010
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 town for all seasons!

BRISTOL IN THE SUMMER IS SOMETHING to behold — warm weather, warm people and fresh air. Bristol in the summer might be my favorite time to visit. But Bristol in the fall is so beautiful it takes my breath away — mild to chilly weather, colors that make me wish I could paint, and the people still so warm. Fall might be the time I enjoy Bristol the most. Winter has such varying temperatures, but the people continue to offer such warmth. I love Bristol in the winter.

Perhaps spring is my favorite time. Snow in April one day but the next day, I'm walking up a mountain path in a T-shirt, the sun on my back and warm people at every turn. I really love Bristol in the spring!

Ah! It's becoming clear to me. It's not the time of year that keeps me coming back. It's the people! When I order hot apple cider at the bakery, they know me after only one visit. When I get my sandwich from Almost Home, I am treated with the same familiarity as the woman next in line who has lived there all her life. I love Bristol in every season because while the weather is anything but predictable, there is consistency in the warmth of its people.

Beth Dovey Triano

Phoenix Rising Practitioner, Yoga Teacher,
Group Facilitator & Faculty Member



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 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 six-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



2010 phoenix rising training bristol, vt

Yoga Therapy Training

Level 1

March 19–23

June 4–8

October 29–November 2

Level 2

January 5–10

March 25–30

June 10–15

November 4–9

Practitioner Training Level 3

Orientation · January 12–19

Midterm · April 23–30

Practitioner Training Level 3

Orientation · June 18–25

Midterm · October 13–20

Group Facilitator Training Residency

December 1–12

Yoga Teacher Training

Module B · January 21–29

Module A · April 13–21

Module B · July 20–28

Module A · August 20–28

Phoenix Rising Yoga Therapy training is one of the most satisfying educations I have received. From the beginning of Level 1, I found a direct application for what I was learning. Unlike other educations where you learn a lot of information and then look for ways it connects to the world outside the classroom, PRYT is taught in an experiential way that makes it a part of who you are and what you know. It has given me the the tools to stay present, connected and aware through giant life changes. – Weena Pauly, Brooklyn, NY

join us!



2010 phoenix rising offsite training

Yoga Therapy Training Levels 1 and 2

St. Augustine, Florida

Level 1: February 5–9

London, Ontario

Level 1: February 25–28

Vancouver, British Columbia

Level 1: March 24–27

Level 2: March 29–April 3

Tempe-Phoenix, Arizona

Level 1: April 29–May 2

Level 2: May 4–9

Portland, Oregon

Level 1: May 13–16

Asheville, North Carolina

Level 1: May 13–16

Level 2: May 18–23

Rhinebeck, New York

Omega Institute

Level 1: May 16–21

Denver, Colorado

Level 1: June 4–7

Harbin Hot Springs, California

Level 1: July 7–11

Toronto, Ontario

Level 1: July 7–10

Level 2: July 12–17

Chicago area

Level 1: July 31–August 3

Level 2: August 5–10

Austin, Texas

Level 1: August 26–29

Seattle, Washington

Level 1: August 16–19

Level 2: August 21–26

Feathered Pipe Ranch, Montana

Level 1: September 11–14

New York, New York

Level 1: September 28–October 1

New Orleans, Louisiana

Level 1: October 6–9

San Diego, California

Level 1: November 3–6

Level 2: November 8–13

Grey Bear Retreat, Tennessee

Level 1: November 10–14

Yoga Teacher Training

Seattle, Washington

Module B: September 20–27

Educational Conference - NEW!

Chicago

August 11–14 Graduates only

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

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*, was published in March 2008.

Ruth Jacobson, Ph.D.

Ruth, a Marriage & Family Therapist, maintains a practice in North Carolina and is also a yoga teacher, group and workshop leader, Phoenix Rising Practitioner and a mentor leading Phoenix Rising trainings across the U.S.A. and Canada. She holds a Bachelor of Science degree in PT.

Jesse Lee

Jesse is a Phoenix Rising Yoga Therapy Practitioner, Group Facilitator, yoga teacher and personal trainer. She is also a presenter at Kripalu Center for Yoga & Health and tours the U.S.A. teaching self-discovery and promoting her 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, a Phoenix Rising Yoga Therapy Practitioner and Group Facilitator with a practice in Seattle, Washington, 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, a certified Reiki practitioner, Phoenix Rising Yoga Therapy Practitioner, Group Facilitator and Hatha yoga teacher in private practice in Boulder, Colorado, also serves as a mentor in the Phoenix Rising Level 3 program. She has a Bachelor's degree in psychology from UMass.

Beth Dovey Triano

Beth is a certified Phoenix Rising Yoga Therapist, Yoga Teacher, mentor and Group Facilitator in private practice in Vancouver, British Columbia. She holds a BA in Education and Kinesiology and specializes in pre-and-postnatal Hatha yoga.

Stephanie Trump

Stephanie has a Master's in psychology and is a certified Phoenix Rising Yoga Practitioner, Yoga Teacher, mentor and Group Facilitator. She practiced yoga for 15 years and taught for 10.

general program information

TUITION

Practitioner Training and Certification: Level 1: \$595 Level 2: \$795 Level 3: \$3990

Practitioner Certification Package: (Levels 1, 2 and 3)
\$4820 with early payment \$4975 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: \$50 per program for Levels 1 & 2 and Modules A & B if registered and paid in full at least one month before program start date. \$100 per program for Level 3 and Group Facilitator Training if registered and paid in full at least 45 days before start date. 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

Nestled in the Green Mountains of Vermont, the Phoenix Rising Center is located at 5 Mountain Street in the little town of Bristol, 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 (pages 4–8) and Nick and Lela Beem, PRYT Practitioners, Evanston, IL (cover, page 11). For contact information, see ‘Find a Practitioner’ at www.pryt.com.



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

I think this has been the most comprehensive, supportive, educational environment I have ever been in. It is set up in a way by which we can learn from our misguided notions. We are encouraged to explore our own shadows and given complete, unconditional love. Amazing!

– Lela Beem, Evanston, IL

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*

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 a 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, Longview, TX

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

This training has been an incredible experience, and I credit it with turning my life around. I know that no matter what I opt to do — even if I never give another session — it will have been well worth it.

– JoEllen Notte, Jamaica Plain, MA

what graduates are saying . . .



yoga therapy training

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design: Dianne Cooper Bridges

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