



Healing Arts & Yoga Center

*And*



Surya Chandra Healing Yoga School

*present*

*Yoga Teacher  
Training Program  
300-Hours-  
RYT-500*

2016

# Organization & Overview of Program

## Organization

**Surya Chandra Healing Yoga School** is organized as an umbrella organization with several yoga centers feeding into the organization. JJ Gormley is the owner and Director of SCHYS.

### Advisory Board

SCHYS has established an Advisory Board of yoga teachers, students and other professionals who take part in the organization, maintenance and planning for SCHYS.

### Ethics Review Board

An Ethics Review Board is established and is comprised of yoga teachers, students, legal and medical professionals. This Board has never before been used, but is in place should a student wish to lodge a complaint against the school.

Members of both the Advisory Board and Ethics Review Board change yearly or bi-annually. Students enrolled in any of SCHYS's programs may contact Barbara Sager, School Administrator should the need arise:  
barbara@sageyoga.com.

### Healing Arts & Yoga

**Center** is one of the Yoga

Centers in this umbrella organization. Vimala Ren Fields is the Founder and Director of HAYC where this program will take place. She is the main on-site Faculty and co-Director for this program.

Both JJ & Vimala Ren bring over 30-years experience each for well over 60 years of combined teaching experience in yoga. Students in this program are in the very competent hands of two women who value dedication, integrity and quality.

**Healing Arts & Yoga Center and Surya Chandra Healing Yoga School** join together in collaboration for what is sure to be an unsurpassed Teacher Training Program. Both SCHYS and HAYC are known for their approach to teaching which welcomes students to honor where they are and yet gently guides students to progress in their practice.

This 300-Hour Program trains yoga teachers to become better at their craft, more knowledgeable in ways to help others as well as placing emphasis on the transformation of the individual to become more calm and balanced. The

intention is to offer an integrated curriculum that provides a comprehensive program for students to teach and/or learn yoga. Graduates of this 300-Hour Program need only submit their certificate to the Yoga Alliance along with their 200-hr Certificate to become an RYT-500. Graduates may also choose to continue their journey to becoming a yoga therapist and continue with the next two steps of the Yoga Therapy Program.

### Overview of Program

These Programs are for those interested in an opportunity to learn and experience yoga in-depth.

The focus is on quality, excellence and integrity in providing a complete education in the art, science and philosophy of yoga.

Students joining this program will begin November 2015 and will meet regularly over a weekend module approximately one long weekend every other month over the course of a year ending with last module in November 2016.

### Yoga Therapy Certificate

The Yoga Therapy Certificate Program is 3 Steps and is for those interested in an opportunity to learn and experience yoga in-depth. We understand that yoga is not just about the movements or postures called asanas. We know that there is evidence based research that shows yoga helps reduce stress and helps with other therapeutic issues. This 300-hour program begins the journey and is the first step of 3 toward becoming a Yoga Therapist. Steps 2 and 3 will follow this training.



**JJ at Training at Blacktail Ranch, Montana**

# The Program Schedule

## Yoga Teacher Training and/or

### Step 1 of Yoga Therapy Training

This program is for students of yoga who realize that yoga is a deeply intimate event for the body-mind-spirit and that its beauty lies in how differently it is expressed from person-to-person. This program is about the information, but more importantly, about the transformation. These teachings go deeper and open the heart and are the gateway to the journey within.

This Program will help motivate students to keep a home practice vital as the learning and deepening of knowledge continues. Because the teacher-student relationship is considered integral in this training program, private sessions with faculty are part of this training which sets up a mentor-student relationship. As well, during these private sessions, invaluable information for personal growth is obtained.

Many students will be taking the Program simply to further their own knowledge and learn more about the subtle aspects of yoga, philosophy, teaching methodology and to deepen their own personal/spiritual practice. Many will find that their love of teaching yoga becomes an even more rewarding experience. The transformation from an ordinary teacher to the extraordinary can be challenging and yet rewarding and exciting.

To join this program is to become part of a community, to enjoy friendships with like-minded individuals, form study groups to enhance the learning experience, deepen the understanding of yoga, receive guidance for a personal practice and much, much more.

#### Yoga Alliance-Registered Yoga School

SCHYS is a Registered Yoga School with the Yoga Alliance.

RYS-300 Program.



**Healing Arts & Yoga Center** is located at:  
 10712 Ballantraye Drive, Suite 310  
 Fredericksburg, VA 22407

Step 1: 300-Hour Yoga Teacher Training January - December 2016 Schedule <i>(This schedule is subject to change)</i>		
2016	Subject	Teacher
Jan 15-17 Module 1.1	Introduction to Eastern Anatomy	JJ & Vimala Ren
Feb 19-21 Module 1.2	Teaching Methodology, Course Planning	JJ & Vimala Ren
Mar 4-6 Module 1.3	Anatomy Eastern and Western	JJ & Vimala Ren
Apr 8-10 Module 1.4	Philosophy	JJ & Vimala Ren
May 1-6 RETREAT	Gray Bear Lodge & Retreat Center Tennessee	
Jun 17-19 Module 1.5	Teaching Methodology	JJ & Vimala Ren
July 15-17 Module 1.6	Obstacles to Our Practice	JJ & Vimala Ren
Aug 19-21 Module 1.7	Business of Yoga & Practice Teaching	JJ & Vimala Ren
Sep 16-18 Module 1.8	The Mind & Overcoming Obstacles	JJ & Vimala Ren
Oct 7-9 Module 1.9	Ayurveda	George Nemezc, JJ & Vimala Ren
Nov 4-6 Module 1.10	Yoga Therapy	JJ & Vimala Ren
Dec 2-4, Module 1.11	Meditation, Practice Teaching, Preparation for Final	JJ & Vimala Ren

# Step 1 Program Requirements

## Prerequisites

This program is designed for teachers currently holding an RYT-200 from the Yoga Alliance or equivalent. Students need to have been teaching for at least one year and logged 100 Teaching Hours minimum prior to acceptance in this program. This is a **300-hour** requirement above the 200 hours already earned for a total of 500-Hours. Students completing this program may apply with both their 200-hr and their 300-hr certificates to the Yoga Alliance for an RYT-500.

## CONTACT HOURS: 232

### Modules: 180 Hours

1. Anatomy & Energy
2. Teaching Methodology for Yoga Therapy
3. Philosophy & The Nature of the Mind
4. Obstacles to Our Practice & Yoga Therapy
5. The Mind & Tools for Overcoming Obstacles
6. Ayurveda & Structural Yoga Therapy
7. Meditation, Yoga Therapy & Practice Teaching

### Hours with Faculty: 32

In ancient times, yoga students studied and lived with their teacher for many years before being eligible to become a yoga teacher. This is not possible in today's times, but attending a retreat and receiving private one-on-one lessons is the next best thing. Therefore, attending a retreat and scheduling four private sessions at a minimum are required which establishes the mentor-student relationship. 28 Hours are required for the retreat and 4 hours for privates are required.

### Apprenticeship/Practicum: 20 Hours

Observe or assist Faculty in their classes as a way of learning new ideas for teaching and helping others.

## NON-CONTACT HOURS: 80

**Practicum: 20 Hours:** Student teaches on their own.

### Online Classes: 20 hours

Recorded classes and associated handouts will be sent to all students as a way of enhancing the learning experience and to better prepare the student for the final exam. These classes are given as homework assignment. Students are encouraged to form study groups to go over these classes.

### Approved Electives and/or Community Service: 20 hours

Pre-approved classes or workshops that help enhance this training program and or serve the yoga community or community at large..A guest teacher may be brought in to help fulfill these hours.

## ADDITIONAL RESPONSIBILITIES of the STUDENT

In addition to the above hours and commitment of study time, completion of homework assignments and the Study Guide is expected. In addition student's are required to complete a Research Paper (5-7 pages) and take the final exam (open book).



*Vimala Ren at a Teaching Weekend*

# About JJ Gormley

JJ Gormley, E-RYT-500 is a Yoga



Therapist and the founder of **Surya Chandra Healing Yoga School**. She has been studying yoga since 1979 and has studied from many traditions of yoga including: Anusara, Ashtanga, Bikram, Integral, Iyengar, Kripalu, Kundalini, Sivananda, and comprehensively since 2002, the teachings of TKV Desikachar in the Krishnamacharya lineage and tradition commonly called Viniyoga.

She began teaching yoga in 1989 and teaching teachers in 1994. She has been developing and running Teacher Training Programs consistently since 1994, producing highly qualified and sought-after teachers. She has Directed Teacher Training Programs at many locations across the United States. SCHYS is a Yoga Alliance Registered School for 200-Hour, 300-Hour, Prenatal and Yoga for Kids Programs (RYS-200, RYS-300, RPYS and RCYS) Her Yoga Therapy Program is currently undergoing the Accreditation Process

with the International Association of Yoga Therapists (IAYT).

These highly respected training programs incorporate her knowledge of yoga from many different types and styles and traditions of yoga as she continues to be a student herself.

She loves to travel and teach and study yoga. Her travels internationally include such wonderful places as India, Mexico, Jamaica, Costa Rica, Bali, Peru, Cambodia, Laos and Vietnam.

JJ is known for her ability to create a supportive environment where she leads participants toward their strengths, mentoring them to transform current habits and make changes for the better. Therein lies the most simplest of yoga principles: making changes for self-betterment.

JJ teaches from her heart taking what she loves from each tradition she has studied and continues to study and learn under the tutelage of her current teachers focusing on therapeutics.

She is also the founder of a non-profit (501c3): Surya Chandra Yoga Sanga, dedicated to bringing yoga to the underserved and underprivileged. This non-profit organizes the Yoga Therapy Summit where the top Yoga Therapists of our time come and share their teachings over one weekend filled with camaraderie and intrigue leaving attendees inspired and motivated if not more educated about all that Yoga Therapy has to offer.

She is an E-RYT-500 (Experienced-Registered Yoga Teacher at the 500-hour level with the Yoga Alliance), a long-time member of the

International Association of Yoga Therapists, a graduate of the KHYF Teacher Training, Anusara Yoga Training, White Lotus Teacher Training and numerous Iyengar Teacher Trainings. She travels to India frequently to study at the Krishnamacharya Yoga Mandiram, a clinic where thousands have been helped using only yoga.

JJ has produced numerous DVDs, a chanting CD and has written countless articles and manuals for teachers and has been featured in many magazines including, "*The Washingtonian*," "Self," and "*Prevention Magazine*." She served on a panel for the National Institute of Health (NIH) to design a protocol for a study using yoga for Lupus.

JJ is currently in graduate school about to complete a Masters in Complementary and Alternative Medicine (CAM). She has been studying aromatherapy, herbs and nutrition and upon graduation will be a Master Herbalist with a Nutrition Certificate.

She recently presented a webinar on Yoga as a CAM modality at the American College of Healthcare Sciences.

She has been working and writing and is about to complete her book, *Holistic Healing with Yoga Therapy* (expected to be published in 2016).

# About Vimala Ren Fields

Vimala Ren is an E-RYT500, Experienced Registered Yoga Teacher, 500 Level. She is the founder and director of the Healing Arts & Yoga Center and Yoga Teacher Certification Program (RYS200 & 300) in Fredericksburg, Virginia. She also currently works privately with students in Structural Yoga Therapy, Energy Medicine and Thai Yoga Massage and serves Mary Washington Hospital locally as an approved provider with the Integrative Medicine Program.

Vimala dedicated her life to the study and teaching of yoga and dance since 1965. She has taught yoga as her dedicated profession since 1987 and in 1994, opened the Healing Arts & Yoga Center. She has taught thousands of students in Yoga Asana & Vinyasa, Breath work, Meditation, Yoga Philosophy and Stress and Pain Management. With these classes, workshops, conventions and retreats throughout the U.S, she has surpassed well over 10,000 hours of teaching experience.

She developed and, in 1997, began as primary teacher of the "American Healing Arts Yoga Teacher Certification Program." This program has operated *consistently* since then and is designated by the Yoga Alliance as a Registered Yoga School (RYS 200 and RYS 300). Graduates trained under her tutelage are respected as yoga teachers of the highest quality.

Her personal story reveals how her passion for yoga as therapy became her life's destiny. Searching for a solution to a stressful lifestyle, chronic illnesses and back pain, Vimala studied with teachers of all traditions. Having begun her journey in yoga at the age of 16 with meditation lessons through the mail from Paramahansa Yogananda, Vimala continues to study with master teachers and holds

certifications as an Advanced Integral Yoga Teacher and a Structural Yoga Therapist with Mukunda Stiles, Yoga for Heart and Cancer with Nischala Devi and Chakras & Intuition with Carolyn Myss and Dr. Norman Shealy. She also received certifications as an Acu-Yoga Teacher with Michael Gach as well as a Yin Yoga Teacher and YoKids Teacher.

She studied for a time with Beryl Bender Birch, Sri Indar Nath and Howard Kent (England's astute teacher of yoga as therapy), Dr. David Coulter of the Himalayan Institute, Dr. Pratap of the Yoga Research Society of Philadelphia and Janana Evans, a student of Vishnu-Divananda. Vimala continues independently to pursue her passion for in depth philosophy studies in the works of Eknath Easwaren and Georg Feuerstein. Her other certifications include Healing Touch, Thai Yoga Massage, Chi Kung and Usui Reiki. She most recently certified as an Eden Energy Medicine Practitioner.

For a period of time, she also did extensive training and internships in a college Physical Therapy track studying advanced anatomy, biology, chemistry, pre-calculus, related fields and assisting in working with patients. She also served as an educator in dance and yoga under a grant from the Virginia Commission for the Arts and the National Endowment for the Arts. Part of the grant was teaching yoga to students and faculty in most of the elementary and high schools in Page County. Her work in these fields has proven valuable as she weaves these trainings and experiences into her work in yoga as therapy.

Vimala also served as an adjunct faculty member of Northern Virginia Community College, Germanna Community College and George



Washington University. She has also served as guest teacher in yoga and stress management for the staff and administration of Mary Washington Hospital. She had the honor of serving as a guest yoga teacher for the 8 day Certification Program with Dr. Carolyn Myss and Dr. Norman Shealy in Hot Springs, Ark.

She wrote the 164 page book, "A Yoga Student's Notebook" which was published privately for college text use in 2002. And her book, "A Yoga Teacher's Notebook," is used as the basic text for her RYT 200 Teacher Training Program. She has also produced 2 yoga instructional videos (being reproduced for DVD) as well as 3 asana, relaxation and meditation cassettes (being reproduced for CDs) designed to assist students in their home practice. She is presently working to complete her book on Ananta Yoga expected to be published in 2016.

# Cost of Program & Fee Structure

Steps 2 and 3 will be scheduled immediately following Step 1. More information about Steps 2 and 3 can be found on SCHY website.

## Program Fees

Each step of the training is 300-Hours with a cost of \$4200, paid (or financing set up) prior to the start of the program. The cost includes up to \$1000 toward a retreat w/SCHYS, the listed Contact Hours and Online Classes associated with the Program. Electives, make-up hours, retreats other than with SCHYS not included. Financing may be arranged.

In addition to the Program Fees listed above, the following administrative fees are due.

## Non-Refundable Administrative Fees

**Application & Fee:** References (two personal and two professional) may be sent separately, but should be submitted within 2-weeks of receipt of the application. Non-Refundable Application Fee (\$50) should be made at the time the application is submitted and made payable to **Healing Arts & Yoga Center**.

**Exam & Graduation Fee:** \$150 due before taking the exam for each program and is made payable to **SCHYS**.

SCHYS and HAYC accept Checks, major Credit Cards or Paypal..



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Director  
Surya Chandra Healing Yoga School  
PO Box 296  
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703-389-3174  
[yoginijj@yahoo.com](mailto:yoginijj@yahoo.com)

# Reading List

Reading list can also be downloaded off the website. Students are encouraged to begin reading *The Heart of Yoga* by T.K.V. Desikachar. After that, the books may be read in any order, however, the philosophy texts are best read after the associated online class.

## Reading List for Step 1:

1. *The Heart of Yoga: Developing a Personal Practice* by TKV Desikachar
2. *Chakras for Beginners* by David Pond
3. *Asana Reference Manual* by JJ Gormley & Scottie Bruch
4. *Yoga for Every Body* DVD (with JJ Gormley, produced by Body Wisdom Media)
5. *Gentle Yoga for Everybody* DVD (with JJ Gormley produced by Body Wisdom Media)
6. *Yoga Anatomy* by Leslie Kaminoff and Amy Mathews
7. *The Secrets of The Yoga Sutras* by Pandit Rajmani Tiganuit or other translation of the Yoga Sutras
8. Most recent edition of the 500-Hr Teacher Training Study Guide by JJ Gormley
9. *Trail Guide to the Body* by Andrew Biel and/or *Anatomy of Movement* by Blandine Calais-Germain and/or *The Anatomy Coloring Book* by Wynn Kapit and Lawrence M. Elson
10. *The Ramayana* by William Buck or other translation
11. *The Mahabharata* by Swami Satyeswarananda Giri Babaji or other translation
12. *The Bhagavad Gita* by Eknath Easwaren or other translation
13. *The Upanishads* by Eknath Easwaren
14. *Eternal Health* by Dr. Chauhan or other informative Ayurveda book
15. *The Viniyoga of Yoga* by TKV Desikachar
16. *Eastern Body, Western Mind* by Anodea Judith
17. *Structural Yoga Therapy* by Mukunda Stiles
18. *Asana, Pranayama, Mudra & Bandha* by Swami Satyananda Saraswati

# Application

Applications can also be downloaded off **SCHYS** website. Completed applications may be submitted to Vimala Ren Fields.

Vimala Ren Fields  
YTT/Healing Arts & Yoga Center  
PO Box 7  
Fredericksburg, VA 22404  
or email to:  
[ren4yoga@yahoo.com](mailto:ren4yoga@yahoo.com)

References (two personal and two professional) may be sent separately, but should be submitted within 2-weeks of receipt of the application. Non-Refundable Application Fee (\$50) should be made at the time the application is submitted and made payable to **HealingArts & Yoga Center**.

## Application for ALL SCHYS Training Programs

1. Please list your Name, Address, Phone number(s), email and best way and time to reach you.
2. For which level are you applying (200-hr, 300/500-hr (Step 1), Step 2 or Step 3?
3. Which location will your training program take place and what is the start date?
4. Do you currently teach yoga, hold a 200-RYT or equivalent or have other pertinent background training and/or the pre-requisites that are relevant to your desire to undertake this study?
5. How long have you been practicing and/or teaching yoga? With whom have you studied? What styles of yoga have you studied and for how long? Feel free to attach a "CV" of your yoga teaching/background, especially if applying to the Yoga Therapy Certificate Program.
6. Please describe your current practice (asana, pranayama, meditation, prayer or other daily ritual/practice.)
7. For what reason(s) are you interested in this program? What other programs have you looked into?
8. What is your work/life situation like? Are the people in your environment supportive of your yoga practice and your interest in yoga? Who will be the most supportive and who the least supportive?
9. What impediments to your commitment to this program do you foresee?
10. Describe your strengths and areas for improvement and what effort(s) you are making towards self-improvement?
11. Why do you think you would be a good yoga teacher/yoga therapist?
12. What is your occupation and do you believe your occupation in anyway will help you in this program?
13. What are your chief interests and activities outside of yoga?
14. What is your main ambition in life? What effort are you making towards that ambition?
15. What books/teachers or other influences have been most helpful to you and why?
16. What degrees, certificates do you hold? Or describe your background training in general. How have your background, degrees, certificates, etc. helped to prepare you for this program.
17. Describe your philosophical belief system and how this influences your yoga practice.
18. Please *briefly* describe the evolution of your personality.