

Lourdes Institute of Wholistic Studies

A Division of Lourdes Wellness Center, Sponsored by Our Lady of Lourdes Health System,
A Ministry of the Franciscan Sisters of Allegany, NY

500 Hour Yoga Teacher Training Program



2009-2010 Course Catalog Class Schedule



Lourdes Institute of Wholistic Studies
900 Haddon Avenue, Suite 114
Collingswood, NJ 08108
www.LourdesInstitute.org
(856) 869-3134



Lourdes Institute of Wholistic Studies is a Registered Yoga School with Yoga Alliance

We are a 500 hour school registered with Yoga Alliance. Our curriculum, in compliance with the standards set by Yoga Alliance, is comprised of:

CONTACT HOURS

- 50 Yoga Techniques**
- 5 Teaching Methodology**
- 15 Anatomy and Physiology**
- 15 Philosophy/Lifestyle/Ethics**
- 30 Supervised Practicum**

ADDITIONAL COMPONENTS AS SET BY LIWS

In addition, Lourdes Institute of Wholistic Studies requests that you take 46 hours in required courses, which include:

Embracing the Deeper Practices

8 contact hours

Teaching Advanced Pranayama

8 contact hours

Five Day Yoga and Meditation Retreat

30 contact hours

You will still have 139 hours of ELECTIVES to select in your areas of interest.

WHO MAY APPLY? Any student who holds a 200 hour teaching certification from Lourdes Institute of Wholistic Studies or another approved school registered with Yoga Alliance may apply. You only have 300 more hours to go for the 500 hour certification. Simply fill out the application found on the last page of this brochure.

WHY APPLY? If you are a serious student of yoga and would like to refine your teaching skills and expand your knowledge base, our 500 hour program will provide you with ample opportunity. You may study at your own pace, taking several courses in rapid fashion or proceeding in a way that fits most comfortably into your lifestyle.

A variety of courses will be offered each semester, many of which will be repeated at a later point in time.

CAN I TAKE COURSES TO USE AS CONTINUING EDUCATION CREDITS?

Absolutely. Even if you are undecided about pursuing the full 500 hour certification, you may take our courses to use for continuing education. Yes, they may be utilized to meet your education requirements for continued registration in Yoga Alliance.

WHAT DOES THE TRAINING LOOK LIKE?

The Lourdes 500 hour certification training is comprised of three required courses as well as a wide selection of electives. Designated coursework will assist you in deepening your individual sadhana practice and in enhancing your teaching skills. In addition, a wide variety of electives will aid you in specializing in specific areas of interest. Subjects of study will refine asana, pranayama and meditation; advanced studies in the application of anatomy and physiology will be provided; the curriculum also calls for an in-depth immersion into yogic philosophy, ethics, and lifestyle.

SUPERVISED PRACTICUM - This component, as designed by Yoga Alliance, will enable you to participate in a yoga teaching clinic in which you will be observed and monitored by a 500 hour teacher trainer. You will take part in a mentoring process in which you'll receive feedback in terms of student rapport, lesson construction, teaching techniques, assisting skills, methodology, and knowledge.

TEACHING EXPERIENCE - An additional 100 hours of teaching experience, outside of the 500 hours of training, are required before a teacher can enroll in the Yoga Alliance 500 hour registry. These hours will be monitored by the Director of Yoga Teacher Training at LIWS.

SCHEDULE, FEES, AND CLASS DESCRIPTIONS

Page 2

INVERSION IMMERSION

Date: Saturday, 9/26/09
Time: 9:00 am-4:00 pm
Instructor: Nita Spielberg
Hours: 6
Fee: \$85

Description: Find the connection between your hips and shoulders during inversions. Learn the alignment instructions as well as preparatory postures to allow openings in your body and lightness to help you float. Common fears will be addressed to help your students find comfort, strength and confidence as they attempt new asanas. Highlights will include Adho Mukha Vrksasana (handstand), Sirsasana (headstand) and Pincha Mayurasana (forearm stand).

YOGA FOR BACK CARE

Dates: Saturdays, 10/17/09 and 10/31/09
Time: 9:30 am - 4:30 pm
Instructor: Nita Spielberg
Hours: 12
Fee: \$115

Description: In this advanced program, students will understand how the principles of yoga kinesiology support back health and freedom from pain. Emphasis will be placed on specific therapeutic solutions to common back problems, including, but not limited to, scoliosis, herniation, sciatica and sacroiliac concerns. Please dress comfortably, but in a way that allows observation of body alignment and posture. Suggested reading: *Back Care Basics* by Mary Pullig Schatz.

VINYASA ENERGY FLOW

Date: Sunday, 10/18/09
Time: 9:00 am-1:00 pm
Instructor: Louisa Bosco
Hours: 4
Fee: \$50

Description: In this professional training, students will acquire new techniques and skills to enhance energetic vinyasa flow into their all-level classes. Inspired by the Ashtanga primary series, students will learn specific principles of alignment that encourage safe and optimal expression of yogasana, breath and bhanda. This training will include assists, modifications and sequencing, as well as arm balances and inversions.

CHAIR YOGA TECHNIQUES FOR YOGA TEACHERS

Dates: Sunday, 11/1/09
Time: 9:00 am-4:00 pm
Instructor: Lisa O'Brien
Hours: 6
Fee: \$85

Description: This clinic is designed for the teacher who wants to delve more deeply into the possibilities of using a chair in yoga practice. Specialized instruction for the elderly, the fearful and the physically compromised student will be provided. Detail and focus will highlight proper alignment, sequencing, breath, movement and communication skills. Partner practice will reinforce new techniques and skills.

THE PELVIC GIRDLE

Date: Saturday, 11/7/09
Time: 9:00am-5:45 pm
Instructor: Ed Dailey
Hours: 8
Fee: \$100

Description: Addressing the pelvic girdle in yoga class can be daunting, but learning how the channels of the legs feed the pelvis is essential. In this comprehensive workshop, we will address the dynamic action of the channels of the legs and the pelvic girdle. We will then begin to integrate this understanding in the study of the shoulder girdle. Practice will be supported by pranayama and meditation.

THE SHOULDER GIRDLE

Date: Sunday, 11/8/09
Time: 9:00 am-5:45 pm
Instructor: Ed Dailey
Hours: 8
Fee: \$100

Description: In this intensive study, we will explore an Iyengar style approach to the shoulder girdle. Advanced anatomy of the shoulder will be studied to support asana practice as well as prevention and recovery from injury. Individual and partner practice will include asana and assists to assess and then address issues of shoulder weakness and inflexibility.

HANDS-ON ASSISTS FOR YOGA TEACHERS

Dates: Saturdays, 11/14/09 and 11/21/09
Time: 9:00 am - 5:45 pm
Instructor: Michelle Carlino
Hours: 16
Fee: \$200.00

Description: Learn techniques and structural knowledge needed for manually assisting students toward optimal alignment. Basic skeletal structure, anatomy, and "how to read" the body will be highlights of the program. Learn how to dissect classical asanas and utilize assisting techniques to maximize the depth of each pose.

STRENGTHENING IN YOUR CORE: PILATES PRINCIPLES FOR YOGA TEACHERS

Date: Wednesday, 12/2/09
Time: 6:00 pm-9:00 pm
Instructor: Carole Gorman-Swift
Hours: 3
Fee: \$45

Description: In this course, participants will learn the basic principles of Pilates and how to use them as an integrative tool for yoga asana. Students will gain a better understanding of the core musculature as the center of the body's power and how it affects better body awareness and alignment.

SCHEDULE, FEES, AND CLASS DESCRIPTIONS

Page 3

RESTORATIVE YOGA-LEVEL I

Date: Saturday, 12/5/09
Times: 9:00 am-5:45 pm
Instructor: Nita Spielberg
Hours: 8
Fee: \$100

Description: This advanced course is designed to help teachers apply the principles of restorative yoga for stress management and as a therapeutic modality. Students will study the anatomy of the stress response on the organ systems and will participate in posture clinics and partner practice. A detailed discussion of how to use props for modifications and therapeutics will be explored. Dress comfortably, but in a way that allows observation of body alignment and posture. Suggested Reading: *Relax and Renew* by Judith Lasater.

CHRISTIAN YOGA TEACHERS SUPPORT GROUP

Dates: Saturdays, 12/12/09, 2/13/10 and 5/1/10
Time: 9:00 am-4:00 pm
Instructor: Barbara Moeller
Hours: 6 for each day attended
Fee: \$85 for each day attended

Description: This brand new program is for instructors teaching a Christ-centered approach to yoga. Oftentimes, Christian yoga teachers find themselves isolated and in need of support, collaboration, and inspiration from others on this sacred and powerful journey. This special time will be spent with Barbara Moeller as lead instructor and those in attendance as colleagues, co-teachers and spiritual companions. There will be rich opportunities for sharing our faith journeys, teaching techniques, lesson plans and support materials. You may attend individual sessions or sign-up for all three days.

CPR/First Aid

Date: Sunday, 12/13/09
Time: 9:00 am-6:00 pm
Instructor: Karen Murphy
Hours: 8
Fee: \$100

Description: Participants will learn normal cardiovascular anatomy and physiology and cardiovascular dysfunction (diseases). This course will also cover the principles of primary and secondary prevention of unnecessary death and disability from heart attack and other causes of sudden death. Finally, students will learn CPR and relief of foreign body airway obstruction (FBAO).

YOGA FOR ANXIETY

Dates: Sunday, 1/10/10
Time: 9:00 am - 4:00 pm
Instructor: Lisa O'Brien
Hours: 6
Fee: \$85

Description: In this intensive training, students will learn supportive techniques to ease suffering in times of emotional distress. Targeted training in restorative yoga, calming pranayama practice, and guided meditation will be addressed as pathways to emotional healing.

RESTORATIVE YOGA-LEVEL II

Date: Saturday, 1/23/10
Time: 9:00 am-5:45 pm
Instructor: Nita Spielberg
Hours: 8
Fee: \$100

Description: In this comprehensive workshop, we will review and build upon the principles and basic practice of restorative yoga covered in Level One. Restorative Yoga as a therapeutic modality will be emphasized in regards to addressing respiratory inefficiencies, recovery from illness, depression, and anxiety. Prerequisite: Restorative Yoga Level One or permission from instructor

DEEPENING YOUR PRACTICE WITH KUNDALINI YOGA

Dates: Saturday, 2/20/10
Time: 9:00 am - 4:00 pm
Instructor: Michelle Carlino
Hours: 6
Fee:

Description: Kundalini Yoga integrates breath, asana, mudra, and meditation to create a powerful transformative effect on body, mind, and spirit. Learn to integrate techniques from this tradition into a classical hatha yoga class to add variety and a deeper experience at the cellular level.

TEACHING YOGA UTILIZING ANUSARA PRINCIPLES

Dates: Saturday, 2/27/10
Time: 9:00 am - 5:45 pm
Instructor: Michelle Carlino
Hours: 8
Fee: \$100

Description: Anusara Yoga utilizes specific energy patterns in the body which invite asana to be a vibrant celebration of spirit. Come to investigate the philosophy of anusara yoga, explore basic energetic principles of alignment, learn new and refined assisting techniques, and execute a mini-lesson incorporating anusara principles.

CHRISTIAN YOGA TEACHER TRAINING

Dates: Saturdays 3/6/10 and 3/20/10
Time: 9:00 am - 5:45 pm
Instructor: Barbara Moeller
Hours: 16
Fee: \$200

Description: This professional training will provide you with the skills needed to teach a Christ-centered approach to yoga. Key components of the course will include lesson planning and delivery, engagement in yoga prayer with scripture and song, and an introduction to the rich background of yoga and meditation in the Christian tradition. Those who have previously completed one day of training only need to register for the second day.

**YOGA FOR THE HEART:
THE COMPASSIONATE BACKBEND**

Dates: Saturday, 3/13/10
Time: 9:30 am - 4:30 pm
Instructor: Nita Spielberg
Hours: 6
Fee: \$85

Description: In this advanced program, students will learn the anatomy of the cardiovascular system and how yoga practice supports a healthy heart and can address cardiovascular issues. Posture clinic will include sequencing for classes that open the heart emotionally and spiritually through a variety of backbends, including wheel. Teaching techniques for backbends, modifications, and use of props will be discussed. Please dress comfortably, but in a way that allows observation of body alignment and posture.

TEACHING ADVANCED PRANAYAMA

Date: Saturday, 3/27/10
Time: 9:00 am - 5:45 pm
Instructor: Michelle Carlino
Hours: 8
Fee: \$100

Description: It is vital to explore the ancient text, HATHA YOGA PRADIPIKA, in understanding the deeper practices. Learn advanced breathing techniques (anuloma viloma, kappalabhati, yoni mudra, bhastrika, bhramari, shitali and sitkari), work with breath retention and bhandas and execute an advanced pranayama session.

THE BREATH OF LIFE

Dates: Saturday, 4/10/10
Time: 9:30 am - 4:30 pm
Instructor: Nita Spielberg
Hours: 6
Fee: \$85

Description: This is an opportunity to delve deeper into the psychophysiology of how breath supports optimum health and vitality. Principles of ayurveda and pranayama will be explored through posture and pranayama clinic and partner work. Sequencing to address preparation for pranayama as well as specific therapeutic issues will be discussed.

**USING STANDING POSES
TO SUPPORT INVERSION**

Date: Saturday, 4/24/10
Time: 9:00 am-5:45 pm
Instructor: Ed Dailey
Hours: 8
Fee: \$100

Description: Strong standing poses produce strong legs. Strong legs are essential to open the energy channels of the legs to support an inversion practice. In this advanced study, we will engage in dynamic standing flow and then view ways to breakdown inversion practice into small sequenced steps. Modifications, adjustments, and teaching techniques will be addressed for all in attendance.

TWIST AND REJUVENATE

Date: Sunday, 4/25/10
Time: 9:00 am-5:45 PM
Instructor: Ed Dailey
Hours: 8
Fee: \$100

Description: Spring is an optimal time for natural cleansing and detoxification. Twisting poses, followed by backbends, are vital supports for the body's cleansing, flushing, and rejuvenation. Students will learn appropriate sequencing skills to optimize twists and provide deep healing. Pranayama techniques and deep relaxation will be included in this program.

KNEES AND HIPS IN ASANA

Date: Sunday, 5/2/10
Time: 2:00-6:00 pm
Instructor: Michelle Carlino
Hours: 4
Fee: \$50

Description: This workshop will address the proper alignment of knees and hips in a variety of different asanas. Anatomical alignment and positioning will be examined; as well as therapeutic techniques for preventing and dealing with injuries.

CHAKRA YOGA TEACHER TRAINING

Dates: Sundays, 5/16/10 and 5/23/10
Time: 9:00 am – 4:00 pm
Instructor: Lisa O'Brien
Hours: 12
Fee: \$115

Description: In this extraordinary system of energetics, you'll be investigating theory and psychology of the chakras, practicing pranayama and asana to balance each chakra, and incorporating chanting, visualization, affirmation and meditation into a chakra yoga class. Guidance will be provided in design and execution of a chakra yoga mini-lesson.

TEACHING THE DEEPER PRACTICES

Date: Saturday, 6/19/10
Time: 9:00 am - 5:45 pm
Instructor: Barbara Moeller/Michelle Carlino
Hours: 8
Fee: \$100

Description: Plan to embrace Patanjali's eightfold path in depth, investigate the five major koshas of the multidimensional self, identify the five major pranas of the vital body, explore shatkarma purifications techniques and delve into the transformational practice of yoga nidra. Sadhana practice will be so deep that spirit will realize its own true nature and move to communion with the Divine.

INTEGRATING MEDITATION IN YOGA CLASS

Date: Saturday, 6/26/10

Time: 9:00 am-4:00 pm

Instructor: Michelle Carlino

Hours: 6

Fee: \$85

Description: Meditation stills the mind and balances the body. As the body is opened through asana, deeper space for meditation is available. This advanced workshop will explore various styles of meditation and creative ways to weave them into asana practice. Greater health, inner calm and focused concentration are benefits noted by practitioners who weave both modalities into an integrated whole.

5-Day Yoga and Meditation Retreat

Dates: Wednesday, 8/4/10-Sunday 8/8/10

Time: 10:00 am-4:00 pm

Instructors: Barbara Moeller/Michelle Carlino

YOGA PRACTICUM

Dates for 500 Hour Candidate One:

Wed. 10/7-11/4/09

Dates for 500 Hour Candidate Two:

Wed. 2/3-3/3/10

Dates for 500 Hour Candidate Three:

Wed. 4/28-5/26/10

Teaching Clinic: Class I: 10:00-11:00 am
Class II: 11:30am-12:30 pm

Instructor: Barbara Moeller

Hours: 30

Fee: \$250

Description: Each candidate is required to complete 30 hours of practicum. Practicum will consist of teaching two classes per week at Lourdes Wellness Center for a five week duration. During the five week period, the candidate will be supervised and also receive two hours of mentoring from the instructor at a designated time. This will account for 20 supervised hours. The additional ten hours are independent and may involve lesson planning, advanced reading/study, and observing/assisting RYT 500 hour teachers. Consideration will also be given to those who wish to observe yoga teachers in specific specialty areas such as therapeutics, ashtanga, anusara yoga, etc. If interested, sign up early as practicum will involve just three 500 hour candidates this year.

Lourdes Wellness Center
Presents



**Paths of Spirituality & Wholeness:
YOGA & MEDITATION
RETREAT CONFERENCE**



October 23 and 24, 2009

Featuring
Father Tom Ryan

Friday, October 23
7:00-9:00 pm

Saturday, October 24
9:00 am-3:15 pm

Credit Hours toward YTT500
are available for attendees.

For more information, or to register,
please contact (856) 869-3125.

ADMISSION POLICY

All Applicants Must:

1. Submit a completed application to LIWS (non-refundable \$25 fee). Please list your classes of choice on the application.
2. Provide a copy of your 200 Hour Yoga Teacher Training Certificate.
3. Submit a payment for each class at least one week prior to the start date of the class.

ABSENTEE POLICY

Lourdes Institute of Wholistic Studies expects students to attend classes and conferences with on time. Each instructor determines his or her policy for student absences. This written policy is to be distributed to students at the first class meeting.

If this procedure is overlooked or if a student is absent from the first class, it is the student's responsibility to obtain the attendance policy of the instructor by the end of the first week of class. Students who are absent from class for any reason are expected to make up the work missed.

Excessive absences from class may lead to enforced withdrawal from class. However, in certain cases of illness and jury duty, students will be permitted to make up the work if it is academically possible.

Make-up time is determined by the Instructor and/or Coordinator of LIWS. Make up time may be fulfilled by completing a tutoring session or by repeating an entire course.

If a student does not provide 24 hours notice prior to canceling a private tutoring session, he/she will be charged a \$40.00 cancellation fee.

TUTORIALS

Each student who participates in the LIWS tutorial services will pay \$40.00 per hour to the instructor directly. Recognizing that if four or more students require tutorial service within the same sixty-minute period, the flat rate will be \$80.00 per hour divided equally by the number of students participating. If the instructor has schedule conflicts for tutorial services he/she may select a student representative to act in their place, with permission from LIWS. LIWS will also determine payment arrangements in these cases respectfully. All make up work including missed tests, missed assignments, and missed classes must be completed within ten days. The instructor and student will be responsible for arranging material and time for these occurrences with the understanding that LIWS will provide facilities for re-testing should it be necessary.

CANCELLATION OF A COURSE

LIWS reserves the right to cancel any course where the enrollment does not warrant the carrying of that course. Upon doing so, all monies will be refunded to the student.

PAYMENT OF TUITION

Tuition (in full) must be submitted at least one week prior to the start date of class.

REFUND POLICY

If cancellation occurs by student:	LIWS will retain:
4-5 days prior to class start	50% of payment
2-3 days prior to class start	75% of payment
Day of-1 day prior to class start	100% of payment

DIRECTIONS

Lourdes Institute of Wholistic Studies is located at 900 Haddon Avenue, Suite 114, Collingswood, NJ. Parking is conveniently located in the lot behind the building, in the lot directly across the street or along Haddon Avenue.

From Ben Franklin Bridge: Merge into the left-hand lane and follow signs for Routes 130/30; take 130 South exit; stay on 130 South until Haddon Avenue (corner of Dunkin' Donuts on the right); make a right turn and then another immediate right hand turn under the overpass, follow Haddon Avenue into Collingswood, approximately two miles. You'll pass Foster Funeral Home, and PNC Bank on the right. We are located in the next block in the Station House Building (five-story, red-brick building).

From Walt Whitman Bridge: Stay in right lane; follow sign for 130 North. Follow directions for Route 130 Northbound below.

From Interstate 295 Northbound: Take 295 North to Exit 29 Route 30 West (White Horse Pike). Continue on this road until you reach Cuthbert Boulevard (Commerce Bank on the left) and make a right; travel down this road to Haddon Avenue (Walgreens on right and KFC on left) and make a left turn. Continue on this road for approximately two blocks, in the next block is Station House Building.

From Interstate 295 Southbound: When traveling southbound on Route 295, take Exit 29 for Route 30 (White Horse Pike) -- Collingswood. At the end of the exit ramp, turn left. After a very short distance, you will be at the junction of Route 30 (White Horse Pike). Make a right turn onto Route 30 West. Continue on this road until you get to Cuthbert Boulevard (Commerce Bank on left) and make a right; travel down this road until you get to Haddon Avenue (Walgreens on right and KFC on left) and make a left turn. Go down two blocks, in the next block is Station House Building.

From Route 130 Northbound: Take 130 North until you cross over the Black Horse Pike (Route 168); shortly after you cross Route 168, the next traffic light is Collings Avenue, make a right onto Collings Avenue. Travel on this road until you come to Haddon Avenue. Make a right. As you travel down Haddon Avenue, you'll pass Foster Funeral Home, PNC Bank on the right. LIWS is located in the next block in the Station House Building (five-story, red-brick building).

From Route 130 Southbound: Take 130 South past the junction of Routes 38/70/30 (formerly the Airport Circle); stay on this road until you get to Dunkin' Donuts and Radio Shack on the right - make a right turn and then another immediate right hand turn under the overpass and follow Haddon Avenue into Collingswood (approximately two miles). You'll pass Foster Funeral Home, and PNC Bank on the right. We are located in the next block in the Station House Building (five-story, red-brick building).

Helen Owens, OSF, D.Min., MSN, RN, Dean is the founder of Lourdes Wellness Center, the Institute of Wholistic Studies, and is currently Vice President of Mission at Our Lady of Lourdes Medical Center. Her background is in Community Health Nursing and in wholistic modalities. Her interest in wholistic spirituality prompted her to include the wholistic modalities certification programs at Our Lady of Lourdes.

Frank Pileggi, Ph.D., RHP, Director is the Director of Lourdes Institute of Wholistic Studies. He is a Registered Holistic Practitioner specializing in Bodywork and Muscle Therapy in the areas of: Pfrimmer Deep Muscle Therapy, Sports Massage, Myofascial Release, Rolfing and Athletic Training. He received his Masters Degree in Holistic Health Sciences and his Doctorate in Holistic Health Arts and Practices. Dr. Pileggi has an extensive background as a practitioner, educator and administrator on both collegiate and professional levels.

Angela Austin, AS is the Coordinator, Receptionist, and Registrar for Lourdes Institute of Wholistic Studies. Angela is an honors graduate of LIWS with an Associates Degree in Applied Science/Massage Therapy. Angel is in pursuit of furthering her education in Wholistic Healthcare. Angela provides administrative assistance and helps to facilitate the needs of the students.

Louisa Bosco, RYT200, Louisa began her yogic journey ten years ago, deciding that after years of long-distance running, triathalons, and weight-training, that it was time to do something replenishing for her body. She has studied with many acclaimed yoga teachers and completed her yoga teacher training here at Lourdes Institute of Wholistic Studies. She specializes in ashtanga yoga with extensive training in inversions and arm balances. She brings modifications and appropriate adjustments to all her classes.

Michelle Carlino, BA, E-RYT500, has been studying multiple styles of yoga since 1980 and has been teaching since 1987. She is certified in Hatha, Kripalu, Anusara, and Yoga for Cardiac/Cancer Patients. She has been Assistant Director of the Lourdes 200 Hour Yoga Teacher Training Program since 2002.

Ed Dailey, RN, RYT, is an independent teacher who is aligned with the teachings of BKS Iyengar and Rodney Yee. Ed is involved in an ongoing apprenticeship with Rodney Yee and spends several hundred hours with him each year as a student and assistant at workshops all over the US. His classes are fun, inspirational and filled with philosophy.

Barbara Moeller, MA, E-RYT500, is the Director of the 200 Hour and 500 Hour Yoga Teacher Training at Lourdes Institute of Wholistic Studies. She has been a practitioner of yoga and meditation since 1973 and has taught for over 25 years. She has received extensive training in classical hatha, Kripalu, Christian, ashtanga yoga, and yoga nidra. She is also certified in the Yoga of the Heart training, with emphasis on healing those who suffer from heart ailments and cancer.

Lisa O'Brien, RYT, CRM is a registered Yoga Teacher and Certified Reiki Master. She is a graduate of the Yoga Teacher Training program at Lourdes Institute of Wholistic Studies and is familiar with various styles of yoga. She specializes in Chakra yoga, which supports the body's energy system, meditation and yoga for life which supports seniors and students with physical challenges. Lisa has been a teacher of physical fitness since 1990 and is the owner and coordinator of Bliss Body in Haddonfield, as well as teaching at various studios in South Jersey.

Nita Spielberg, RN, RYT200, is a graduate of the Lourdes Institute Yoga Teacher Training. She has studied in Iyengar and Kripalu traditions since 1977 and has a very successful teaching practice in several studios in the near-by area. Nita is a gifted teacher in classical and vinyasa yoga and also specializes in working with clients who have specific needs such as back pain, scoliosis, and mental health issues.

Carole Gorman-Swift, RYT200, Carole holds a BS degree in health and physical education and has attained her MA in dance education. She is a certified Yoga and Balanced Body instructor and has been the owner/director of DanceBeat Dance Studio in Haddonfield for many years. Carole completed her Yoga Teacher Training here at Lourdes Institute of Wholistic Studies.

500 HOUR YOGA TEACHER TRAINING APPLICATION

Page 8

Please Return Completed Application to:
LOURDES INSTITUTE OF WHOLISTIC STUDIES
900 Haddon Avenue, Suite 114, Collingswood, NJ 08108
Phone: (856) 869-3134 Fax: (856) 869-3139

Name: Social Security :
Address: City
State: Zip: Phone: (H:) (C:)
Date of Birth: E-mail Address:
Semester/Date Continuing Education Class:
Emergency Contact Telephone:

CERTIFICATION PROGRAMS

Lourdes Institute of Wholistic Studies Certifications (Please circle one)

Wholistic Yoga Teacher Training (200 Hr) Wholistic Yoga Teacher Training (500 Hr) Christian Yoga Option
Wholistic Massage Practitioner Certificate Shiatsu Certification Reflexology Certification

- 1) What level of Education have you completed? (If post-secondary, indicate degree(s) earned & where):
2) Do you have prior experience in Massage, Bodywork and/or Yoga? (circle one) Yes No (If yes, please explain)
3) Do you have any medical/ learning special needs? (circle one) Yes No
4) Have you ever been convicted of a crime, other than a minor traffic violation? (circle one) Yes No
5) Have you ever attended Lourdes Institute of Wholistic Studies? (circle one) Yes No
6) How did you learn of Lourdes Institute of Wholistic Studies?
7) Would you be interested in a partial scholarship/work-study program to offset tuition? (circle one) Yes

Essay and application fee not required for Continuing Education Students:

Please submit a one-page essay explaining your view of Wholistic Health and its integration with Massage, Bodywork & Somatic Therapies within today's health care. Please attach the essay page to your application. A \$25.00 (check or money order) application fee must be included with this Application for Admission.

I certify that the above answers are true, correct and complete to the best of my knowledge. Further I agree to abide by the rules, regulations and policies of Lourdes Institute and Camden County College as outlined in the catalogs/manuals.

Applicant's Signature: Date:

LIWS OFFICE USE ONLY

Date Application Received Initials Interview



Lourdes Institute of Wholistic Studies
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Suite 114
Collingswood, New Jersey 08108