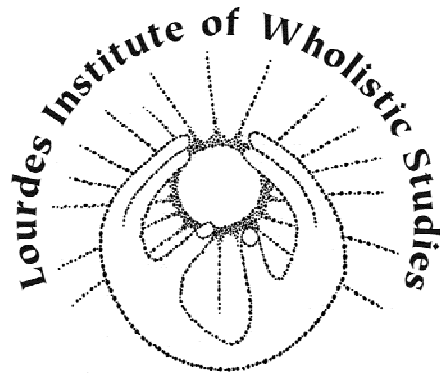


Lourdes Institute of Wholistic Studies

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



2011-2012 Course Catalog

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

ALL ABOUT THE 500 HOUR YOGA TEACHER TRAINING PROGRAM

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We are a 500 hour school registered with Yoga Alliance. This 500 hour program requires students to have completed a 200 hour teacher training program. Our curriculum, in compliance with the standards set by Yoga Alliance, is comprised of an additional 300 hours which will complete the total 500 hour requirement with Yoga Alliance:

CONTACT HOURS

Yoga Techniques	50
Teaching Methodology	5
Anatomy and Physiology	15
Philosophy/Lifestyle/Ethics	20

REQUIRED COURSES

•Teaching the Deeper Practices	8
•Teaching Advanced Pranayama	8
•Five Day Yoga and Meditation Retreat	30
•Supervised Practicum	30

Electives to select in your areas of interest 224

Total Contact Hours 300

WHAT DOES THE TRAINING LOOK LIKE?

The Lourdes 500 hour certification training is comprised of four 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 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.

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. 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. Credits may be utilized to meet your education requirements for continued registration in Yoga Alliance.



SCHEDULE, FEES, AND CLASS DESCRIPTIONS

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BACK CARE FOR YOGA TEACHERS & NURSES

Date: Sunday, 9/18/11
Time: 9:00 am-5:00 pm
Instructor: Nita Spielberg
Hours: 7
Fee: \$100

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. This activity has been submitted for approval to award seven contact hours by the New Jersey State Nurses Association.

CHRISTIAN YOGA TEACHER TRAINING

Dates: Saturdays, 10/1/11 and 10/15/11
Time: 9:00 am-4:00 pm
Instructor: Barbara Moeller
Hours: 12
Fee: \$150

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.

INVERSION IMMERSION

Date: Sunday, 10/16/11
Time: 9:00 am-1:00 pm
Instructor: Nita Spielberg
Hours: 4
Fee: \$60

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). This program may be repeated for added reinforcement.

TEACHING YOGA FOR SPECIAL POPULATIONS

Date: Saturday, 10/22/11
Time: 9:00 am-4:00 pm
Instructor: Michelle Carlino
Hours: 6
Fee: \$85

Description: This advanced training will focus on yoga techniques, methodology, and modifications to assist specialized populations. Background data as well as experiential study and partner practice will support instruction for clients suffering from multiple sclerosis, arthritis, fibromyalgia, back pain, chronic fatigue, and other auto immune challenges.

CPR TRAINING

Date: Sunday, 11/6/11
Time: 9:00 am-6:00 pm
Instructor: Karen Murphy
Hours: 8
Fee: \$105

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. Students will learn CPR and relief of foreign body airway obstruction (FBAO).

TEACHING THE DEEPER PRACTICES

Date: Saturday, 11/12/11
Time: 9:00 am-5:45 pm
Instructor: 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 deeper into specific kundalini practices. Sadhana practice will be so deep that spirit will realize its own true nature and move to communion with the Divine.

DEEPENING YOUR PRACTICE WITH KUNDALINI YOGA

Date: Saturday, 11/19/11
Time: 9:00 am-1:00 pm
Instructor: Michelle Carlino
Hours: 4
Fee: \$60

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

CHRISTIAN YOGA AND MEDITATION RETREAT - IN ASSISI, ITALY

Dates: Wednesday, 11/30/11 – Tuesday, 12/6/11
Retreat Director: Barbara Moeller
Hours: 30

Fee: Contact Barbara Moeller
Description: Let us honor the coming of our Lord in an extraordinary advent retreat taking place on the sacred ground of Assisi, Italy, birthplace of St. Francis. This spiritual journey highlights grace-filled body prayer flows that engage the whole of our being and yet awaken the hunger and yearning for Jesus. Sacred movement leads us to meditation, contemplation, and the depths of silence. "Be still and know that I am God." (Psalm 46:10) Time will be allotted for touring, creative pursuits, resting, and individual/communal prayer. For further details, contact Barbara at stillpointnow@aol.com or 856-988-1238.

SCHEDULE, FEES, AND CLASS DESCRIPTIONS

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THE BREATH OF LIFE

Date: Saturday, 12/3/11
Time: 9:00 am-1:00 pm
Instructor: Nita Spielberg
Hours: 4
Fee: \$60

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.

ACTIVE ISOLATED STRETCHING

Dates: Wednesdays, 1/18/12 and 1/25/12
Time: 6:00 pm-9:00 pm
Instructor: David Egan
Hours: 6
Fee: \$85

Description: This course is designed to introduce yoga teachers to active isolated stretching as a powerful technique to foster flexibility and strength. Be prepared to learn the principles and methodology of this very refined tool which will assist the participant individually, as well as professionally. Students may repeat this program for further review and reinforcement.

CREATIVE VINYASA FLOW

Date: Sunday, 1/29/12
Time: 9:00 am-1:00 pm
Instructors: Barbara Moeller/Nita Spielberg
Hours: 4
Fee: \$60

Description: Are you looking to bring new life and energy into your vinyasa practice? Come to have fun and to ignite new fire into creative flow as you work with two veteran teachers of vinyasa. The two-teacher concept will allow you to receive strong instruction, as well as appropriate alignment support. Traditional vinyasa will be the foundation as we move into new, creative, and exciting pathways of yoga flow. Students may repeat this program as new material will be introduced.

EXPLORING THE DEPTHS: THE BACKBEND PRACTICE

Date: Sunday, 2/5/12
Time: 9:00 am-1:00 pm
Instructor: Nita Spielberg
Hours: 4
Fee: \$60

Description: In this workshop, students will explore how backbends rejuvenate the body and spirit. This practice will concentrate on sequences that focus on strong legs, a supple spine, an open heart and an open mind to bring expansion to the chest, ease in breathing and lightness and vitality to the whole being. Advanced poses such as Mermaid Pose, Reclined Hero, Dancer and Wheel will be presented with partner assists and variations. Can be taken before, after and in addition to The Compassionate Backbend workshop. This class may be repeated for reinforcement and advancement in the backbend practice.

CHAIR YOGA TECHNIQUES FOR YOGA TEACHERS

Date: Sunday, 2/12/12
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.

12 STEP YOGA

Date: Wednesday, 2/15/12
Time: 6:00 pm-9:00 pm
Instructor: Carol Nugent Harris
Hours: 3
Fee: \$45

Description: The 12 steps are an essential tool used in addiction recovery programs. However, their power for wholeness and well being extends far beyond the initial recovery process. This workshop will explore how a dynamic yoga practice of asana, pranayama, and deep meditation informed by the 12 steps aids in the continual process of deep healing.

YOGA NIDRA TEACHER TRAINING - Level I

Dates: Saturdays, 3/10/12 and 3/31/12
Time: 9:00 am-4:00 pm
Instructor: Barbara Moeller
Hours: 12
Fee: \$150

Description: Yoga Nidra is a powerful and systematic method of inducing deep physical, mental and emotional relaxation. This highly evolved yogic science fosters harmony at the core of the unconscious and awakens true inner potential. Yoga Nidra may be used as a therapeutic tool in the elimination of bad habits. However, in its far-reaching effects, it helps to promote complete radical change and transformation. At the depths of Yoga Nidra, we commune with the sacred and become aware of our own divine nature. In this intensive training, participants will study the five basic sheaths, or koshas, and understand the unraveling of the layers in order to discover the bliss body within. The training will consist of background data, several experiential components, and partner practice with traditional yoga nidra scripts.

INTRODUCTION TO PARTNER YOGA

Date: Friday, 3/16/12
Time: 5:30 pm-9:30 pm
Instructor: Michelle Carlino
Hours: 4
Fee: \$60

Description: This workshop will introduce specific strategies for the practice of yoga with a partner. Working with another person aids in the following: enhances communication skills, deepens supported openings for the body, and helps to build trust with another. Content will highlight double poses, supported/assisted postures, and movements from Thai massage. Working with breath and relaxation will compliment this fun-filled evening.

SCHEDULE, FEES, AND CLASS DESCRIPTIONS

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CHRISTIAN YOGA DAY OF RETREAT: THE LENTEN PRACTICE

Date: Saturday, 3/17/12
Time: 9:00 am-4:00 pm
Instructor: Barbara Moeller
Hours: 6
Fee: \$85

Description: "A voice cries out in the wilderness, prepare a way for the Lord." (Isaiah 40:3) For Christians, the Lenten practice begins with the public ministry of Jesus, moves through His passion and death on a cross, and culminates with resurrection and promise of new life. Let us honor Jesus on this journey...feeling, moving...opening...loving...and being...as we practice the sacred art of Christian Yoga. Various Lenten retreat themes, such as healing, forgiveness, the cross, and resurrection, will be explored utilizing sacred scripture and song to vinyasa flow. Time will be allotted for practitioners and teachers of Christian Yoga to share and network. This program may be repeated for further reinforcement and for the deepening of your Lenten journey.

INTRODUCTION TO HERBS

Date: Sunday, 3/25/12
Time: 9:00 am-1:00 pm
Instructor: Lisa O'Brien
Hours: 4
Fee: \$60

Description: Herbs have played an important part in humanity for countless centuries. There are many types of herbs and they can be used in a variety of ways from medicines and teas to potpourris and for culinary purposes. Experience a class where you will learn how to grow, harvest, brew, dry and store some of our native herbs found in the local area. You will receive an overview with plant descriptions and properties, medicinal uses and indications, dosages and administrations, interactions, and recipes.

RESTORATIVE YOGA FOR YOGA TEACHERS & NURSES

Date: Saturday, 4/15/12
Time: 9:00 am-5:00 pm
Instructor: Nita Spielberg
Hours: 7
Fee: \$90

Description: In this comprehensive workshop, restorative yoga will be presented as a therapeutic modality to enhance traditional medical approaches to stress, anxiety, depression and recovery from various disease states or surgery. Restorative yoga can be adapted to a variety of clinical settings. For interested nurses, this program will provide you with seven contact hours from the New Jersey State Nursing Association, accredited as an approved course of continuing nursing education by the American Nurses Credentialing Center's Commission of Accreditation.

ADVANCED PRANAYAMA - LEVEL I

Date: Saturday, 4/21/12
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, kapalabhati, yoni mudra, bhastrika, bhramari, shitali and sitkari), work with breath retention and bhandas and execute an advanced pranayama session.

CHAKRA YOGA TEACHER TRAINING

Dates: Sundays, 4/22/12 and 4/29/12
Time: 9:00 am-4:00 pm
Instructor: Lisa O'Brien
Hours: 12
Fee: \$150

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.

YOGA NIDRA TEACHER TRAINING - Level II

Dates: Saturdays, 5/5/12
Time: 9:00 am-4:00 pm
Instructor: Barbara Moeller
Hours: 6
Fee: \$85

Description: An overview of the concepts and techniques of Level I training will be reviewed and discussed. The focus of Level II training will be the study of working with individual clients as well as course development of a 4 week series for a community program. Strategies that will be incorporated include partner practice and collaboration in lesson design and implementation. The instructor will also present and model new scripts for yoga nidra practice. Please bring your Yoga Nidra Level I binder with you for this training.

KNEES AND HIPS IN ASANA

Date: Friday, 5/11/12
Time: 5:30 pm-9:30 pm
Instructor: Michelle Carlino
Hours: 4
Fee: \$60

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.

CORRECTING AND STABILIZING MUSCLES AND JOINTS

Date: Saturdays, 6/2/12 and 6/30/12
Time: 9:00 am-1:00 pm
Instructor: Frank Pileggi
Hours: 8
Fee: \$100

Description: Dr. Pileggi is well known for his Corrective Muscle Therapy-TM- which involves the manipulation of the soft-tissue structures in the body using a variety of modalities. These methods range from gentle stroking and kneading of muscles and other soft tissues to deeper manual techniques. In this exciting and innovative workshop, yoga teachers will learn how to address common nagging musculoskeletal issues which may limit their yoga practice.

SCHEDULE, FEES, AND CLASS DESCRIPTIONS

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UN-TIE THE KNOTS: THE ART OF TWISTING FOR TEACHERS

Date: Saturday, 6/23/12
Time: 9:00 am-1:00 pm
Instructor: Nita Spielberg
Hours: 4
Fee: \$60

Description: The twist can be utilized as a therapeutic modality for spinal balance and for optimal health for the digestive and endocrine systems of the body. In this comprehensive workshop, students will discuss the anatomy and physiology of the twist. Different theories of sequencing for twists will be discussed and explored as well as an introduction to some of the more advanced twists in asana practice. This course may be repeated for further reinforcement and practice.

THE ART OF SEQUENCING FOR YOGA CLASS

Date: Saturday, 7/14/12
Time: 9:00 am-1:00 pm
Instructor: Nita Spielberg
Hours: 4
Fee: \$60

Description: The literal meaning of "Vinyasa" is sequence! What are the basic principles of sequencing a class? How can you sequence a class to work towards a specific theme or pose and at the same time honor the balance and integrity of classical hatha yoga? In this professional workshop we will explore these questions through practice, a study of templates from different lineages, and creating our own home and class sequences centered around a personal intention.

FIVE DAY YOGA AND MEDITATION RETREAT

Date: Wednesday, 7/18/12 - Sunday, 7/22/12
Time: 10:00 am-4:00 pm
Instructor: Barbara Moeller/Michelle Carlino
Hours: 30
Fee: \$500

Description: Lourdes Institute of Wholistic Studies presents a spirit-filled offering of the required retreat for 500YTT candidates. The start of the retreat will be activity-based with advanced asana, active pranayama, and directed meditation practice. As the week advances, students will move into the depths of slow flow ... then quiet ... then stillness. Participants will be introduced to raw juice fasting and will receive opportunities for journaling, creative pursuits, contemplation, and prayer. Lunch will be provided daily. This retreat is also open to serious students of yoga and meditation. Students have the option to repeat this retreat experience.

AN INTRODUCTION TO YOGA FUSION

Date: Saturday, 7/28/12
Time: 9:00 am-1:00 pm
Instructor: Melanie Linton
Hours: 4
Fee: \$60

Description: Yoga Fusion is a combination of yoga movement and principles with a focus in pilates. We will learn the main principles developed by Joseph Pilates and how to incorporate them into your yoga classes. Concentration will be at the core of the body, including the abdominals, hips, and back, with emphasis on important muscles in these areas. This class is a way to introduce yoga students to diversity and new challenges. We will aim for fluidity, precision, and concentration in this brand new workshop.

AYURVEDA: THE SCIENCE OF LIFE—LEVEL II

Date: Saturday, 8/11/12 and Sunday, 8/12/12
Time: 9:00 am-5:00 pm
Instructor: Corinne Corcoran
Hours: 14
Fee: \$175

Description: This two day course will demonstrate the Ayurvedic classic purification and rejuvenation techniques. Students will discover how to cleanse toxicity and restore health in their bodies using the main treatments in Panchakarma, marma points, herbs and tonics, and aromatherapy. The course will include how to restore rhythm to one's lifestyle, and how to move one's health toward vitality and longevity. Level II will also highlight meditation, sutra practice, and kirtan (Vedic chant). Students will also learn the art of overtoneing.

YOGA PRACTICUM

Instructor: Barbara Moeller
Hours: 30
Fee: \$250

Description: 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, contact Barbara Moeller to discuss your participation at stillpointnow@aol.com.



ADMISSION POLICY

All Applicants Must:

1. Submit a completed application and non-refundable \$25 application fee to LIWS.
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 on time. Each instructor determines his or her policy for student absences. 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.

TUTORIALS

The fee for private tutoring sessions is \$40 per hour divided by the amount of students in the tutorial session. Students must pay the instructor directly via check or money order payable to: **Lourdes Institute of Wholistic Studies (LIWS)**.

If a student does not provide 24 hours notice prior to cancelling a private tutoring session, he/she will be charged a \$40 cancellation fee.

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 (Station House Building), 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. Foster Funeral Home and PNC Bank will be 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, 900 Haddon Avenue (Station House Building) will be on the left.

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. Continue on this road for approximately two blocks, 900 Haddon Avenue (Station House Building) will be on the left.

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, Foster Funeral Home and PNC Bank will be 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 will 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).

500 HOUR YOGA TEACHER TRAINING ADMINISTRATION & FACULTY

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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 and Lourdes Corporate Wellness programs. He has received his Masters Degree in Holistic Health Sciences and his Doctorate in Holistic Arts and Practices and is a nationally Registered Holistic Practitioner specializing in Advanced Bodywork and Somatic Therapies. He is the founder of Corrective Muscle Therapy®, holding certificates in over 20 modalities and in Athletic Training. In addition to his studies, Dr. Pileggi spent five honored years training with the Shamans of the Abenaki American Indians in Northern Vermont.

Angela Austin, AS is the Coordinator, Receptionist, and Registrar for Lourdes Institute of Wholistic Studies. Angela is an honors graduate of Lourdes Institute 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.

Lourdes Jesukiewicz, AS is the Registrar for Lourdes Institute of Wholistic Studies. Lourdes graduated with honors from Community College of Philadelphia with a degree in General Studies and a Certificate in Management. She has worked with Lourdes Health System since 2006.

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, Christian, Kundalini and Yoga for Cancer/Cardiac patients. She has done extensive studies in therapeutic yoga and specializes in working with special needs populations, including clients with Multiple Sclerosis, Fibromyalgia, brain injuries and back pain. Michelle is a Foot Reflexologist and T'ai Chi instructor. She has been an Assistant Director of the Lourdes 200 hour yoga teacher training program since 2002.

David Egan, BS, is a certified strength and conditioning therapist who specializes in functional strength training and flexibility. He is certified in chair massage. He has been practicing Active Isolated Stretching since 1995 and is certified in this area. David has been teaching at Lourdes Institute of Wholistic Studies since 1995, with specialties in anatomy and physiology, kinesiology, palpation skills, chair massage and body mechanics.

Carole Nugent Harris, RYT200, RYT500 Graduate, has been practicing and studying Hatha Yoga for ten years. She is a graduate of Lourdes Institute of Wholistic Studies Yoga Teacher Training program and is also certified in Yoga of the Heart and Yoga for the Higher Powered. She has extensive training in Christian Yoga and teaches Basic Hatha Yoga at Camden County College.

Melanie Linton, BA, RYT200, is a certified personal trainer and certified pilates instructor through the American Aerobic Association International and International Sports Medicine Association. She is also a certified shiatsu therapist, having a certificate through the American Organization for Bodywork Therapies of Asia. She graduated from LIWS with her RYT200 and blends styles with her Chinese medicine background.

Barbara Moeller, MA, E-RYT500, is the Director of the 200 and 500 Hour Yoga Teacher Training at Lourdes Institute of Wholistic Studies. She has been an avid practitioner of yoga and meditation since 1973 and has taught for over 30 years. She has received extensive training in multiple styles of yoga and is certified in Classical Hatha, Kripalu, Christian Yoga, Ashtanga, Yoga Nidra, and and Yoga of the Heart for cardiac and cancer clients. Barbara is very active in retreat ministry and advocates yoga as a wholistic modality, honoring body, mind, and spirit.

Karen Murphy, CMP, is a graduate of Lourdes Institute of Wholistic Studies who specializes in sports and deep tissue massage. She is an instructor and clinic supervisor at LIWS.

Lisa O'Brien, RYT200, RYT500 Candidate, CRM, is a registered yoga teacher. She is a graduate of Lourdes Institute of Wholistic Studies Yoga Teacher Training program and is familiar with various styles of yoga. She specializes in Chakra Yoga, which supports the body's energy system, meditation, and yoga for seniors and students with physical challenges.

Nita Spielberg, RN, ERYT200, is a graduate of Lourdes Institute of Wholistic Studies Yoga Teacher Training program. She has studied in the Iyengar and Kripalu traditions since 1977 and has extensive teaching experience. Through group classes, workshops, and individual sessions, Nita teaches classical Hatha and Vinyasa yoga for beginning to advanced students and has travelled nationally to conduct workshops in anatomy and physiology related to yoga practice. Her interest in anatomy and physiology and her nursing background attempts to link Eastern and Western approaches to health.

500 HOUR YOGA TEACHER TRAINING APPLICATION

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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)
Wholistic Massage Practitioner Certificate 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 (If yes, please explain)

4) Have you ever been convicted of a crime, other than a minor traffic violation? (circle one) Yes No
(If yes, please explain) _____

5) Have you ever attended Lourdes Institute of Wholistic Studies? (circle one) Yes No
(If yes, please state the year you attended) _____

6) How did you learn of Lourdes Institute of Wholistic Studies? _____

Essay and Application Fee

Please submit a one-page essay explaining your view of Wholistic Health within today's health care and/or your interest in the program. Please attach the essay to your application.

A \$25 non-refundable application fee (check or money order) must be included with this Application for Admission.
The essay and application fee are not required for continuing education students.

Mail to: Lourdes Institute, 900 Haddon Avenue, Suite 114, Collingswood, NJ 08108 (Attention: Registrar)

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 as outlined in the catalogs/manuals.

Applicant's Signature: _____ Date: _____

LIWS OFFICE USE ONLY

Date Application Received _____ Initials _____ Interview _____



Lourdes Institute of Wholistic Studies

900 Haddon Avenue

Suite 114

Collingswood, New Jersey 08108