



Beyond Presence

Yoga Teacher Training

Philip Urso

Mastery of Three Disciplines

I am trained in the Baptiste System. I teach based on my experience of it.

I see becoming a great teacher as the Mastery of Three Disciplines. Mastery is an ongoing process. Mastery is the opposite of control, which is fear-based. As you begin to master the Three Disciplines, you begin to feel your teaching coming “through” you rather than being “of” you. This is *being authentic* as a teacher. This takes you beyond presence.

The purpose of this training is to uncover your authentic self and let it flow through you in whatever you do. It could begin to happen during the training, or, later, with the tools provided. At the end of this training you will be prepared to stand comfortably and powerfully in front of a class and lead a clear, safe, relevant Vinyasa Yoga sequence in the Baptiste tradition.

The Foundation

The foundation of the training is honest communication. Communication becomes less reliable the more you use hearsay, theories, stories, interpretations, judgments, and quotes. Honest communication is impossible if your intent is manipulation (“being right,” “getting your way,” passive-aggressive isolating, or people-pleasing).

In this training, you will learn Honest Communication and practice it specifically when you give and receive feedback, which will be frequent. You will practice it until it becomes natural, easy and impersonal. As you learn to give and receive feedback, you will accelerate rapidly as a Teacher. This practice will also help you see possible tendencies in your communication towards manipulation, especially people-pleasing and passive-aggression. This training will help you to become immune to the praise and criticism of others.

The First Discipline is Mastering the Baptiste Sequence

The sequence is our subject matter. It provides a consistent framework for learning. You will practice the sequence until it is in your bones. Each participant will receive:

- Over 30 live practice-teaching opportunities with feedback.

- Over 50 live assisting opportunities with feedback.
- Frequent and intensive training in anatomy, safe alignment and assisting.
- Focus on calling the sequence *effectively* with *minimum* words.
- Focus on calling breath with motion.
- Focus on timing, tone, posture, and presence.
- Training on expanding the range of your voice.

Mastery of the Baptiste Sequence removes hesitation and doubt. This leaves you available to learn the Second Discipline.

The Second Discipline is Mastering Presence

In this context, Mastering Presence means *seeing your students in the present*. It is really the practice of distinguishing what is real now and realizing that everything else is irrelevant. This discipline is about connecting with your students. When everything you say is relevant now, there is a connection and trust. Your students trust and want to follow your direction. This discipline includes:

- *Learning to call the class from what you see, not from what you know.*
- Learning to see how you break your connection to the class.
- Learning how to reclaim it instantly and practicing this.
- Learning subtleties of how to call breath and motion.
- Learning to see the anatomy (and alignment) in each student and when and how to address it.
- Learning precisely how to teach a mixed class of beginners and experienced students.
- Learning when and how to challenge the class and when and how to restore energy.
- Learning the very limited role of “planning” a class.
- Learning to see emotional/mental resistance.

The second discipline focuses you as teacher on your students as they are now. It grounds you in the present *like the breath in meditation*. You become available to The Third Discipline.

The Third Discipline is Mastering Intuition

Intuition is beyond presence. It means letting the teaching flow through you. It means being fully authentic as a teacher. It is likely you have already experienced the Third Discipline. It happens when time seems to fly by (actually you step out of time); when there is an ease and a flow to what you are doing, when the exact words come to you not a moment before and not a moment after they are needed; when afterwards you feel energized.

Intuition is blocked the instant doubt appears and is taken seriously; literally, fear pulls you out of it. Your class seems to drag on, you may feel bored or anxious, the class seems to be a lot of work and preparation and it leaves you exhausted.

Mastering Intuition means that you are practicing the first 2 Disciplines without effort. You can play the sequence at your fingertips. You are really “seeing” your students. You are doing all this in full presence

without trying. This means that *you are available to receive and give intuition in your teaching*. You become aware of what is relevant now that is *unseen*. This is the Third Discipline.

But you cannot force intuition to happen. In fact, the very effort to force intuition blocks it. In this training you will learn to *make yourself more available* to intuition. You will learn to distinguish it from ego. And you will learn to empty yourself to receive it. While you cannot “learn” to be Intuitive, certain practices will help you become more available to it. This part of your training is like a 40 Days Program extended for 4 months. It includes:

- A daily meditation practice. If this is new to you, I will demystify it and give you simple techniques. It will become natural, surprisingly easy and mentally refreshing. You will also learn to teach meditation.
- A daily yoga practice. All classes at Salt Pond Yoga during the training are included in the tuition.
- A daily devotional study. This can be a brief reading after your meditation from your practice or faith.
- A daily (continual) practice of identifying and clearing fear. We will learn to pull fear out by the roots. I will explain this clearly and teach you several practices.
- Reading List. I will assign reading and we will discuss. Much of this will be “map” work so you know where you are when you are in the actual “territory.” If you get pulled out of Presence, the map work will also show you the quick path back. As you may know, I favor fun, dynamic discussion and I like to use bold diagrams.

This Teaching Training is designed to increase your experience of the Third Discipline. As you take your seat (asana) as a teacher, your life becomes play in the Third Discipline: in the free flow of your intuition, inspiration and energy. You continually practice *making conscious* exactly how you *unconsciously shut-down* the energy of intuition and inspiration. As you clear away fear you could ultimately experience intuition in *real time*.

What would it be like to experience intuition in real-time? What if always knew what to say and do without doubt or question? What if you felt the rush of inspiration regularly? What would your life be like?

What if you had no fear of failure? No fear of looking bad? No need to be in control? How would you change? How would your relationships change? What are you teaching the people around you now, by your thoughts, the way you communicate, interact and by the choices you make?

**SALT POND YOGA MEETS THE 200-HOUR
CERTIFICATION REQUIREMENTS FOR YOGA ALLIANCE**

200-Hour Level

Techniques	111 hours
Teaching Methodology	30 hours
Anatomy and Physiology	20 hours
Philosophy/Ethics/Lifestyle	56.5 hours
Practicum	62 hours
Homework and exams -non-contact	72 hours
TOTALS	279.5 Contact Hours

Definitions:

Techniques Includes asana, pranayama, and meditation. Hours in this category include both training in the techniques and practice of them. Salt Pond Yoga classes, bootcamps and workshops included.

Teaching Methodology Principles of demonstration, observation, assisting/correcting, instruction, teaching styles, qualities of a teacher and the student's process of learning.

Anatomy and Physiology Includes both physical anatomy and physiology (bodily systems, organs, etc.) and principles of safe alignment.

Philosophy/Ethics/Lifestyle Study of yoga scriptures (Yoga Sutras, Bhagavad Gita), ethics for yoga teachers, etc.

Practicum Includes student teaching as well as assisting in classes taught by others.

READING LIST

I prefer to study clear, modern sources rather than decipher ancient texts possibly “edited” by an uninspired “authority” with uninspired motives. However we will look at 2 well-known ancient texts. I will focus in on what I believe are the most clear, relevant (and beautiful) sections of The Yoga Sutras and The Bhagavad Gita. We will expand on the ancient principles through modern spiritual works which make them accessible and relevant.

You will receive these books:

Journey into Power – Baron Baptiste

The Bhagavad-gita

The Yoga Sutras

SCIENTIFIC KEYS VOLUME II: The Key Poses of Hatha Yoga - Ray Long, MD, FRCSC

A Course in Miracles

The Way of Mastery

The Power of Now - Eckhart Tolle

Silence Speaks - Eckhart Tolle

The Four Agreements – Don Miguel Ruiz

Loving What Is - Byron Katie

The Untethered Soul - Michael Singer

Set Your Voice Free - Rodger Love (with vocal-training CD)

Anatomy

We are going to bring in an expert in human anatomy. Russ Dufresne is a surgical first assistant in both orthopedic and neurosurgery and has an intricate understanding of the spine and muscular-skeletal systems. He is an Associate Professor of Nursing at University of Rhode Island and clinical instructor of emergency medicine at the University of New England College of Osteopathic Medicine. He has training in Osteopathic Manipulation with 15 years of experience in Orthopedics, Emergency Medicine and Occupational Health. Plus he's articulate and fun (and has great emergency room stories).

I don't want you to be overwhelmed by a 12-hour anatomy marathon. I also want you to get some teaching under your belt so that real "live" questions can come and you will have a chance to ask them. Therefore we will do the anatomy over 4 shorter sessions over the course of the training.

We are using "Phil" the fully articulated skeleton, who can, God bless him, get into yoga poses to demonstrate the "bones" of the poses. We will be using the excellent illustrated book, SCIENTIFIC KEYS VOLUME II: The Key Poses of Hatha Yoga to demonstrate the musculature in motion.

Workshops

Tuition includes the following 3 workshops. Philip may also include other workshops as they become available. In addition to participation, you may be assigned other roles at these workshops.

Baptiste Yoga Mini Bootcamp

Sat: Nov 1 1:00pm - 4:30pm

Finding Presence

Philip Urso

Experience an epic power yoga bootcamp class. This heated class will consist predominately of Vinyasa yoga, with some emphasis on breathing and meditation, so you can experience how these tools fit so well together. Through the class focus on energy flow and energy blockages you will experience the free flow of your power, peace, and patience. Become aware of exactly how and when you unconsciously shut down this energy. Challenging for experienced students, yet accessible to all levels... be prepared to sweat! Everyone with experience of basic yoga poses is welcome.

Baptiste Yoga Weekend Bootcamp

Tools for Living

Philip Urso

Dec 5, 6, 7

Fri: 4:00pm - 9:00pm Sat: 7:00am - 9:30pm Sun: 7:00am - 6:00pm

Philip has attended, assisted, co-facilitated and taught at seventeen 8-day Baptiste Yoga Bootcamps around the world. Now he is bringing it home to RI with this weekend bootcamp retreat (you will sleep at home, but don't plan on any more than that!) Consisting predominately of hot Vinyasa yoga and, fun, fast-moving discussion, Philip will ask you to consider some big questions. This is an opportunity to break through not only in your yoga practice, but also in your life, relationships, and work. In the yoga classes you will find new energy to go beyond what you thought you could do. And anything could happen—

headstand, handstand, forearm balances, crow variations. Poses will be broken down for you in a simple, safe manner. If you think you cannot “do” these poses, you may find that thought deserves to be questioned! Phillip will demystify meditation and lead you through easy, comfortable guided visualizations. In the meetings and discussions you will learn and practice using tools for truthful communication that will allow you to be more effective in whatever you do and in all of your relationships. Gain spiritually sound tools to continually challenge and question every assumption, every limit, you ever imposed upon yourself. Challenging for experienced students but accessible to all levels of yoga. Be prepared to sweat and grow!

A Crash Course in Miracles

Philip Urso *See bio p 8*

Thu: Nov 6 - 20 7:30pm - 9:00pm

Through the efforts of Oprah, Eckhart Tolle and Marianne Williamson, A Course in Miracles is moving into the mainstream. These 3 sessions are a shortcut to understanding The Course. Through a fun, fast-moving discussion and bold diagrams, the big picture of The Course will come to life. It is a great introduction for beginners and for those students with dusty copies of the book who choose to start again.

The following workshop *is not included* in the tuition. Students accepted into this Teacher Training program will be *strongly encouraged* to attend. All That Matters is offering a discount on the admission cost to our participants.

Spiritual Awakening: Undoing the Ego

Weekend Intensive

Nouk Sanchez and Tomas Vieira, authors of *Take me to Truth*

Sat and Sun: 10:00am - 5:00pm

Sept 20 and 21 \$175 by Aug 25, \$255 thereafter includes Friday No other discounts apply

What is Truth? It is the undiscovered, real and timeless Self, free of the unconscious ego that creates the conflict, guilt, and fear that limit our ability to perceive love, trust, peace, joy and abundance. Undoing the Ego is a demolition project that releases the ego's perception and its control on our every thought, belief and emotion. In this life-changing workshop, Sanchez and Vieira reveal their six stages of Spiritual Awakening and developing trust to allow for full spiritual awakening.

Through lecture, journaling, experiential exercises, and discussion, we will:

- *recognize the extent of the ego's role in our conscious and unconscious mind*
- *identify the “guilt meter” and the barriers to true happiness*
- *release fear, anxiety and conflict in the moment with the PIQ formula (Presence, radical self Inquiry, and Quantum forgiveness)*
- *learn why conscious love can never end and how to experience it as our reality*
- *discover how and why Quantum Forgiveness works miracles in every facet of our lives and restores us to peace*

Whether you are a student of A Course in Miracles or simply seeking the Truth, you cannot afford to miss this opportunity to learn the Truth about our reality, both personally and collectively. Enjoy Tomas and Nouk's humorous and animated delivery style. Their amazingly personal and intimate stories of their own ego undoing process will touch your heart and open your mind.

Dates of Training

I referred to the Chariho 2008-2009 high-school calendar to be sure there is no training scheduled during school vacations (1 exception December 8-9) and holidays. I believe that most local school districts are consistent but you should compare the schedule with your own school district if this is relevant to you.

The training schedule is roughly 2 weekends/ Monday nights per month from the end of October through the beginning of March. There are also early practice-teaching sessions many weeks.

OCTOBER

10/18/08 Saturday	7 AM – 5 PM (1 hour lunch break)	
10/19/08 Sunday	7 AM – 12:30 PM	
10/20/08 Monday	6 PM – 9 PM	RD Anatomy 1
10/22 – 10/24 We, Th, Fr	5:45 AM – 7 AM	Practice teaching/assisting
10/25/08 Saturday	7 AM – 5 PM (1 hour lunch break)	
10/26/08 Sunday	7 AM – 12:30 PM	
10/27/08 Monday	6 PM – 9 PM	RD Anatomy 2
10/29 – 10/31 We, Th, Fr	5:45 AM – 7 AM	Practice teaching/assisting

NOVEMBER

11/01/08 Saturday	7 AM – 5 PM (1 hour lunch break)	Baptiste mini-bootcamp
11/02/08 Sunday	7 AM – 12:30 PM	
11/03/08 Monday	6 PM – 9 PM	
11/05 – 11/07 We, Th, Fr	5:45 AM – 7 AM	Practice teaching/assisting
11/06/08	7:30 PM - 9 PM	A Crash Course in Miracles
11/12 – 11/14 We, Th, Fr	5:45 AM – 7 AM	Practice teaching/assisting
11/13/08	7:30 PM - 9 PM	A Crash Course in Miracles
11/15/08 Saturday	7 AM – 5 PM (1 hour lunch break)	
11/16/08 Sunday	7 AM – 12:30 PM	
11/17/08 Monday	6 PM – 9 PM	
11/19 – 11/21 We, Th, Fr	5:45 AM – 7 AM	Practice teaching/assisting
11/20/08	7:30 PM - 9 PM	A Crash Course in Miracles

11/22/08 Saturday	7 AM – 5 PM (1 hour lunch break)
11/23/08 Sunday	7 AM – 12:30 PM
11/24/08 Monday	6 PM – 9 PM

DECEMBER

12/05/08 Friday	4 PM – 9 PM	Baptiste Yoga Bootcamp
12/06/08 Saturday	7 AM – 9:30 PM (1 hour lunch break)	Baptiste Yoga Bootcamp
12/07/08 Sunday	7 AM – 6 PM	Baptiste Yoga Bootcamp
12/08/08 Monday	6 PM – 9 PM	
12/10 – 12/12 We, Th, Fr	5:45 AM – 7 AM	Practice teaching/assisting
12/17 – 12/19 We, Th, Fr	5:45 AM – 7 AM	Practice teaching/assisting
12/20/08 Saturday	7 AM – 5:30 PM (1 hour lunch break)	
12/21/08 Sunday	7 AM – 6 PM	
12/22/08 Monday	6 PM – 9 PM	

JANUARY

01/07 – 01/09 We, Th, Fr	5:45 AM – 7 AM	Practice teaching/assisting
01/10/09 Saturday	7 AM – 5:30 PM (1 hour lunch break)	
01/11/09 Sunday	7 AM – 6 PM	
01/12/09 Monday	6 PM – 9 PM	RD Anatomy
01/14 – 01/16 We, Th, Fr	5:45 AM – 7 AM	Practice teaching/assisting
01/21 – 01/23 We, Th, Fr	5:45 AM – 7 AM	Practice teaching/assisting
01/24/09 Saturday	7 AM – 5:30 PM (1 hour lunch break)	
01/25/09 Sunday	7 AM – 6 PM	
01/26/09 Monday	6 PM – 9 PM	RD Anatomy
01/28 – 01/30 We, Th, Fr	5:45 AM – 7 AM	Practice teaching/assisting
02/04 – 02/06 We, Th, Fr	5:45 AM – 7 AM	Practice teaching/assisting

FEBRUARY

02/07/09 Saturday	7 AM – 5:30 PM (1 hour lunch break)	
02/08/09 Sunday	7 AM – 6 PM	
02/09/09 Monday	6 PM – 9 PM	
02/11 – 02/13 We, Th, Fr	5:45 AM – 7 AM	Practice teaching/assisting
02/25 – 02/27 We, Th, Fr	5:45 AM – 7 AM	Practice teaching/assisting
02/28/09 Saturday	7 AM – 5:30 PM (1 hour lunch break)	

MARCH

03/01/09 Sunday	7 AM – 6 PM	
03/02/09 Monday	6 PM – 9 PM	
03/04 – 03/06 We, Th, Fr	5:45 AM – 7 AM	Practice teaching/assisting
03/11 – 03/13 We, Th, Fr	5:45 AM – 7 AM	Practice teaching/assisting
03/14/09 Saturday	7 AM – 5:30 PM (1 hour lunch break)	
03/15/09 Sunday	7 AM – 6 PM	
03/16/09 Monday	6 PM – 9 PM	Graduation Party date TBA