

# Xplore Yoga Training Academy

**200 Hours**  
**Yoga Teacher Training Course**



## Welcome! Xploring your potential starts here...

Welcome to Xplore Yoga Training Academy, the most complete Yoga Teacher Training Course.

We are delighted that you are considering joining us on this unique and powerful journey that will change your life. This course is for anyone seeking to take their practice to a deeper level and those who are interested in teaching yoga.

The Teacher Training Course is an opportunity to immerse yourself in a full week of training then continuing in a weekend learning format. At the completion of this course, you will be certified and confident in teaching yoga!



## Location and Times:

### Xplore Yoga

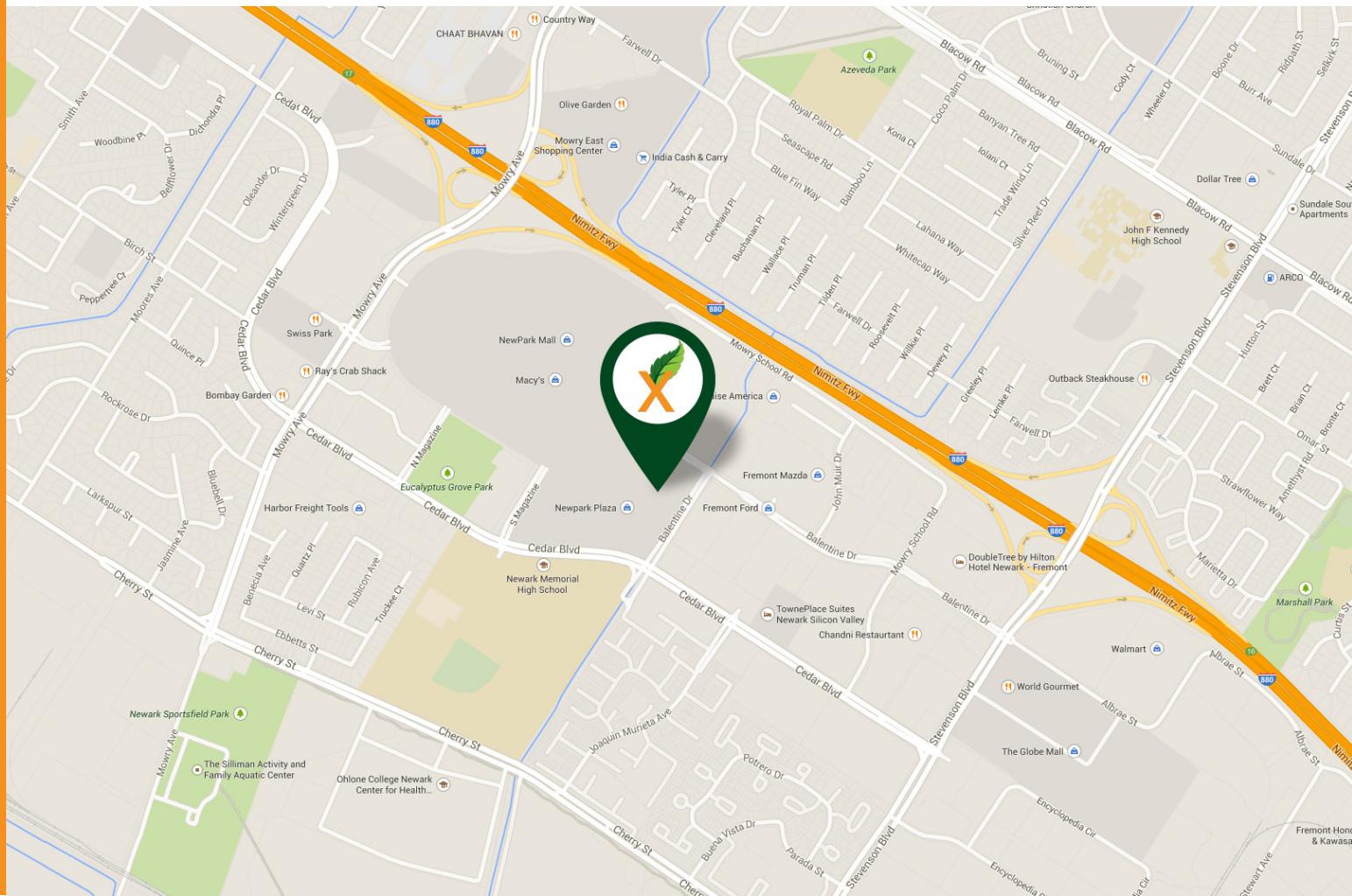
5572 Newpark Mall Road  
Newark, CA 94560

### Orientation and Training: 9 day Immersion

Monday through Friday: 7am-6pm  
Saturday and Sunday: 1:30pm-9:30pm

### Weekend Schedules: 5 Weekends

Fridays: 6pm-9:30pm  
Saturdays and Sundays: 1:30pm-9:30pm





## XFlow:

- **Learn** a vinyasa flow sequence that synchronizes a series of movement with breath.
- **Improve** strength, balance and flexibility that will leave you vibrant and with a sense of well being.
- **Focus** on the basic mechanics of asanas that includes a warm-up, sun salutations, balancing and inversions, seated and floor series that are designed to challenge the body and allow the blood and breath to freely flow.





# Our Learning Objectives

**Our learning objectives and goals are two-fold:**

1. To provide students with a comprehensive foundation that allows them to better understand yoga principles, anatomy, and sequencing.
2. To articulate this foundational knowledge when teaching others.

**These objectives will be achieved by incorporating the following:**





# What makes Xplore Yoga Teacher's Training Course unique and different?

**We honor the past and embrace the future!**

*"You cannot give what you do not have and you cannot teach what you do not know." - Budah*

- "Honoring the past...embracing the future" is the theme to our comprehensive and contemporary curriculum that honors past yogic traditions and philosophies while embracing contemporary technologies and teaching modules. It aims to help our teacher build a solid foundation to share and spread the wonderful benefits of yoga.
- During this training, you will be encouraged to continue to take weekly (daily, if permissible) yoga classes at our studio and to embody the teaching and practice of yoga in all aspect of your life. The more you embody the principles of yoga and cultivate balance in your life, the more you will grow and appreciate the deeper and authenticity of your practice. Thus, making you more effective in sharing yoga with others.
- This training is ideal for serious students of yoga and aspiring teachers. It is highly recommended that you have been studying and practicing yoga for at least six months prior to this teacher training.
- This program will be intense and demands commitment, dedication, and discipline; therefore, you must simply have a passion for yoga. Period.



## About Budah, Course Director, E-RYT 500:

Henry Abuda, aka Budah, is the founder of Xplore Yoga in 2011. He was born in Manila, Philippines and raised in San Francisco and Daly City areas.

### Certifications:

- 50 Hour Rocket Training in San Francisco with AstaYoga
- 500 hours Ashtanga training in 2013 with Yogasana in Koh Samui, Thailand with Michel Besnard, a student of BKS Iyengar
- 200 hours training in 2011 in Vinyasa Flow in Costa Rica with Vidya Jacqueline Heisel of Frog Lotus Yoga (MA)
- 500 hours training in 2008 in Acapulco, Mexico with Bikram Choudhry, founder of Bikram Yoga College of India in Los Angeles (CA)

### Authored:

- Xplore Your Potential: Teacher Training Manual
- B26: Hot Yoga (*soon to be published*)

### Education:

- Baccalaureate degree in Administration of Justice from California State University, Hayward
- Master degree from Fuller Theological Seminary

### Career:

- Retired law enforcement officer and minister
- Counselor, motivational and seminar speaker in team building and organization

Moreover, his experience with yoga students extends through scheduled and private classes at various yoga studios in the bay area and abroad (i.e. Bali, Indonesia, Shanghai, China, Jakarta, Indonesia and Manila, Philippines). He has also been a faculty of Teacher Training programs in Bali and Jakarta. As a part of his community outreach, Budah has volunteered and contributed his time by offering free yoga classes for the corporate staff of Fremont Family Resource Center in Fremont, CA, to the student/athletes of Newark Memorial High School in Newark CA, and children at Searles Elementary School in Union City. In addition, he has led classes to men and women of the medical, firefighting, and law enforcement communities. He has been a yoga practitioner since 2004.



# Our Teacher Training Course

## Xplore Your Potential: Yoga Teacher Training ...Distinct, Systematic, and Complete.

Xplore Yoga Hatha flow-base Teacher Training Course is an accredited 200-hour program by Yoga Alliance that provides aspiring yoga instructors a holistic, teacher-training program taught by qualified, experienced yoga instructors. During teacher training, students will have access to all classes that Xplore Yoga offers; moreover, the mentoring program will give students an opportunity to see and learn how teachers sequence and teach in their own unique way.

### **Xplore and Learn:**

#### **Practicum:**

1. Techniques, Training, and Practice
2. Alignment and Form
3. Methodology and Techniques
4. Language and Voice
5. Sequencing and Structure
6. Physical Adjustment and Demonstration

#### **Ethics and Lifestyle:**

1. Principles and The Way of Life
2. Finding your Voice
3. The Business of Yoga

#### **Anatomy and Physiology:**

1. Skeletal, Muscular, Nervous, and Endocrine systems

#### **Therapeutics and Special Needs:**

1. Introduction to Ayurveda
2. Chakras, Nadis, Elements, Doshas, Koshas, and Gunas
3. Pre and Post-natal



**Xplore and Learn (continued):**  
**History and Philosophy:**

1. History of yoga
2. Philosophy
3. Pre-Classical
4. Classical
5. Post-Classical
6. Modern
7. Post-Modern

**Introduction to Sanskrit:**

1. Background and History
2. What is Sanskrit?
3. Why Sanskrit and Yoga?

Along with master teachers, experts, and insightful trainers, we encourage you to explore what practicing and teaching yoga can do for you. Explore what the human mind and body can achieve. Explore the areas of life you can conquer. There is an old saying, "X, marks the spot." Come and discover life's hidden treasures by Xploring Your Potential at Xplore Yoga.



## Payments and Policies:

### Tuition: \$2700

\$200 Early Bird Discount if paid prior to commencement.

**The installment payment schedule is as follows:**

- \$700 deposit
- \$1000, second payment
- \$1000, final payment

This will allow payments during the course of your teacher training; however, please be advised that you will not be eligible to take the final exam or receive a Teacher Training Certificate until tuition is paid in full.

### Withdrawal:

If you decide to withdraw from the course before the first day of the Teacher Training Program, a \$500 processing fee will be assessed.

### Drops:

If you decide for any reason to quit after the first day of the program, you are responsible for the full cost.

### Yoga Teacher Discount:

If you already completed a 200 Hour yoga teacher training course, we offer a 25% discount to yoga teachers who already trained in other traditions or styles of yoga. This cannot be combined with any other discount.



## Other Important Information:

### Certification:

This is a 200 Hour course certified by Yoga Alliance, the industry standard, for more information about the certification process and standards, visit [www.yogaalliance.org](http://www.yogaalliance.org)

### Materials:

We will provide bolsters, blocks, and straps. If you prefer to bring your own personal props, you are welcome to do so. Likewise, please bring a personal blank journal.

### Required reading:

1. Xplore Your Potential: Teacher Training Manual, Henry Abuda
2. The Key Muscles of Yoga: Scientific Keys, V1 Ray Long
3. The Language of Yoga, Nicolai Bachman
4. Light on Yoga, BKS Iyengar
5. The Yoga Sutra of Patanjali, Chip Hartranft
6. Bhagavad Gita: A New Translation, Stephen Mitchell

### Homework Assignments:

Your first homework assignment will be sent as a separate attachment after your acceptance to our TTC.

### Question and Comments?

If you have any questions, please do not hesitate to contact us. You may email Budah at [budah@xploreysoga.com](mailto:budah@xploreysoga.com) or Karen Pena, Accounts Manager at [teamx@xploreysoga.com](mailto:teamx@xploreysoga.com). Otherwise, please feel free to call us at **(510) 795-YOGA (9642)**.

