

THE TEACHERS

Matthew Cohen



Matthew has been immersed in sacred body-mind disciplines for over 30 years. At a young age, he discovered the great benefits of yoga. Finding breath, balance, strength and focus in poses helped him calm his busy mind. Over the years, Matthew studied many styles of yoga and became a certified yoga teacher — eventually developing his style of Sacred Energy Arts Flow Yoga.

Matthew currently teaches at his Sacred Energy Arts Center in Santa Monica, California and Exhale (Center for Sacred Movement) in Venice, California. Matthew also leads teacher trainings and workshops internationally.

Ron Kochevar



Ron Kochevar is a physical therapist practicing in Los Angeles. He is a board certified clinical specialist in both orthopedics and geriatrics. He completed his residency in manual therapy and fellowship in movement science. Ron is on clinical faculty for the orthopedic residency program at Kaiser Permanente and is an academy instructor for TheraBand. He has been teaching clinicians

and within the fitness/wellness community for the past ten years with an emphasis on biomechanics and movement science. Ron completed SEA yoga teacher training with Matthew Cohen in 2009. This brought the invaluable element of connectivity between eastern healing philosophies and western medical science to the forefront of Ron's practice.

Stefan Storage



Stefan is a professional musician and certified yoga teacher. He is currently recording and producing several musical projects as well as teaching yoga on a full-time basis. We will learn to play simple chords on the harmonium and sing from our hearts in a fun-filled expression session.

John Casey, Ph.D.

John Casey, Ph.D. teaches in LMU's Department of Theological Studies and is a specialist in the meditative traditions of India.

SEA TEACHER TRAINING (YOGA, QI GONG, HEALING)

- ☯ Transitions and sequencing are influenced and inspired by Qi gong & dance
- ☯ Sequencing: Authentic, intelligent, beautiful
- ☯ Transitions: Seamless, conscious, fluid
- ☯ Teaching & Adjusting from a healer's perspective
- ☯ Using Tai Chi principles and hands-on healing techniques to aid Teaching & Adjusting
- ☯ Categories of Yoga poses as medicine
- ☯ Qi gong (Taoist Yoga): Cultivation & management of energy



"Educari means to draw from within.

The teacher creates a safe space

for his students to look to him and

to learn. The teachings are sound

and the intention is authentic. The

student evolves within his or her

own guided, personal experience."

ALL SESSIONS OF THE TEACHER TRAINING WILL BE HELD AT

SACRED ENERGY ARTS CENTER

220 PIER AVENUE · SANTA MONICA, CALIFORNIA 90405



SACRED ENERGY ARTS

Matthew Raymond Cohen's

2012 SEA Teacher Training



246 Hour Yoga Training Program
(4 Modules - 61.5 hours each)

info@sacredenergyarts.com

TEL: 310 403 3124 CONTACT: Susan

Please email or call to request an application

www.SacredEnergyArts.com

Module I: Foundations

In the Foundations module, you will learn to build a solid practice from the ground up. You will learn what makes this method so efficient, effective, unique, and fun! This course is designed to quickly bring you to the next level of ability in your practice—and in your teaching.

TOPICS COVERED IN THE FOUNDATIONS COURSE INCLUDE:

- » Breathing
- » Meditation
- » Anatomy
- » SEA Philosophy
- » Yoga Philosophy
- » Understanding the central components of SEA (Yoga, Tai Chi Chuan, Qi gong, Healing, Meditation)
- » How to practice and teach the materials presented
- » The essential asanas
- » Asana Adjustments, Energetics, and Alignments: Props, modifications, proper hand placement when adjusting, and more
- » The essentials of Qi gong for health of body, mind and spirit
- » How to develop functional strength, power and flexibility
- » SEA warm ups (Learn Matthew's unique warm ups!)
- » The Healer's Approach: Thought, vision, touch

Module II: Turning Inward

In this module, you will go deeper in all aspects of Sacred Energy Arts. This introspective, meditative approach applies to all dimensions of learning—visual, cognitive, physical, emotional, spiritual, psychic, intuitive, and energetic. This course will develop and heighten your skills in all these areas of learning and teaching.

TOPICS COVERED IN THE TURNING INWARD COURSE INCLUDE:

- » Breath Inside the Breath: Advanced breathing techniques
- » Anatomy 2: Musculoskeletal function and dysfunction
- » Asanas 2: Poses to challenge the body and mind
- » Mastering the Art of Adjusting: Adjustments, energetics and alignments of Yoga asanas
- » Qi gong 2: Going Deeper — Qi gong for balancing emotions
- » SEA Subsets: Linking together poses from various disciplines for powerful results
- » Sequencing: How to develop seamless flows
- » Cultivating Voice
- » Cultivating Intention
- » Using Music
- » The Power of Ritual
- » Mudras
- » Mantras

Module III: Energetics

In this module, you will learn more about the animating force. Every culture has a name for it: Chi, Ki, Prana, Elan Vital, etc. This precious substance is the very thing that keeps us alive. You will learn what it is and how to develop, regulate, and utilize your life energy. Cultivating energy and awareness is at the heart of the teachings. It's not only about cultivating energy, it's about cultivating a high degree of energy, compassion, and love! This is the essence of the practice. In this training, the focus is on deepening our connections — connections to ourselves, to each other, to nature, spirit, and the planet.

TOPICS COVERED IN THE ENERGETICS COURSE INCLUDE:

- » Healing Modalities
- » Introduction to TCM (Traditional Chinese Medicine)
- » Subtle Anatomy
- » Chakras: Energy centers
- » Meridians: Energy pathways
- » Doshas: Constitutional makeup
- » Gunas: Cosmology
- » Tapas: Acts of passion
- » Hands-on healing
- » Energetic healing
- » Developing intuition
- » The Many Faces of Qi gong
- » Principles from SomatoEmotional Release, Gestalt Therapy, emotional tracking
- » Self diagnosis and healing

Module IV: Fusion

In this module, you will learn the alchemy of Fusion—how to bring all the separate pieces of the practice into one complete expression. This is when you get to co-create a Sacred Energy Arts class for your peers. This is where the path to Mastery really begins.

TOPICS COVERED IN THE FUSION COURSE INCLUDE:

- » Anatomy 4: Assessments and landmarks
- » Yoga injuries
- » First aid
- » The business of Yoga
- » The role of a teacher
- » Ethics
- » How to be an assistant
- » Special Populations: Teaching seniors & children
- » Yoga for athletes
- » SEA for pregnant women
- » Teaching one-on-one
- » Teaching a group



Registered Yoga School

2012 SEA Teacher Training

246 Hour Training Program

(4 Modules - 61.5 hours each)

Schedule For Each Module

1st Friday

OPENING CIRCLE: 6:00 - 9:00 PM

SATURDAY & SUNDAY

MORNING SESSION: 9:00 AM - 12:00 NOON (BOTH WEEKENDS)

AFTERNOON SESSION: 1:30 - 4:30 PM (BOTH WEEKENDS)

MONDAY - THURSDAY

MORNING SESSION: 9:00 AM - 12:00 NOON

AFTERNOON SESSION: 1:30 - 6:00 PM

2nd Friday

MORNING SESSION: 9:00 AM - 12:00 NOON

AFTERNOON SESSION: 1:30 - 6:00 PM

Dates For Each 61.5 Hour Module

MODULE I APRIL 20 - 29 (SPRING 2012)

MODULE II JULY 20 - 29 (SUMMER 2012)

MODULE III SEPTEMBER 21 - 30 (FALL 2012)

MODULE IV NOVEMBER 30 - DECEMBER 9 (WINTER 2012)

» EACH MODULE COMPRISES A TOTAL OF 61.5 TEACHER TRAINING HOURS

Pricing

Enrollment fee includes an SEA t-shirt, 'Fire & Water' DVD, and 'Tai Chi/Qi Gong' DVD.

\$1,075.00 Full Price (per module)

\$950.00 Early Bird Price
(module must be paid in full 6 weeks before start date)

\$3,330.00 Early Bird price for payment of all 4 modules
(save 15%) must be paid in full by March 1, 2012

A \$350 non-refundable deposit is due upon acceptance into the training to hold your space.