

SHANON BUFFINGTON, MS, E-RYT, RYS

---

# IN-DEPTH YOGA STUDIES & TEACHER TRAINING

**A Yoga Alliance Registered Yoga School**



**अथ योगानुशासनम् ।**

ATHA YOGĀNUŚĀSANAM

Now begins the study of Yoga.

-Yoga Sutras I.1

# SHANON BUFFINGTON, MS, E-RYT, RYS IN-DEPTH YOGA STUDIES

*Are you ready to transform?*

*Your practice?*

*Your life?*

Participating in an in-depth studies course provides an opportunity to learn and experience the life-changing practice of yoga. Drawing from traditional yoga theory as well as modern knowledge of the body and mind, these courses are designed to develop exceptional practitioners that are able to guide others along the path of yoga.

The scope, depth, and personal approach of these courses has been designed to develop practitioners who embody and are able to share with others an authentic practice of yoga. The intention of these courses is to bring education and community to students and teachers of yoga that want to explore the richness that yoga has to offer.

As a Yoga Alliance Registered School, course hours are recognized as continuing education through the Yoga Alliance, or can be used towards a Yoga Alliance Teacher Registration at the 200 hour level (RYT200). Yoga Alliance is a non-profit organization that maintains education standards and a national registry of Registered Yoga Teachers. For more information about Yoga Alliance visit [www.yogalliance.org](http://www.yogalliance.org).



*Why do we do yoga? To help us to grow in every way. Why do we choose to share it with others? To participate in that process.*

# SHANON BUFFINGTON, MS, E-RYT, RYS IN-DEPTH YOGA STUDIES

2024 Upcoming Courses:

## **ANATOMY & PHYSIOLOGY**

Gain an understanding of the respiratory, nervous, muscular, and skeletal systems and how to apply this knowledge to yoga practice. Learn efficient and safe applications of anatomy and movement, including modifications, contraindications, and hands-on adjustments.

Introduction to Yoga, Introduction to Anatomy, Basic Anatomy of the Muscular and Skeletal System, Physiology of Stretching – April 13-14

Anatomy and Asana: Forward Bends and Extensions – April 27-28

Anatomy and Asana: Back Bends and Laterals – May 18-19

Anatomy and Asana: Twists and Inversions – June 8-9

## **VINYASA KRAMA**

Discover the energetics of sequencing, how to structure an effective practice, and wise preparation (vinyasa krama) for the most beneficial practices. These sessions cover the energies of the chakras, prana vayus, the primary doshas, and gunas.

Vinyasa Krama/Energetics I – Sequencing, Preparation, Counterposing, the Nervous System and Relaxation – June 29-30

Vinyasa Krama/Energetics II – The Energetics of the Chakras, Prana Vayus, Doshas, and Gunas – July 13-14

## **PRANAYAMA**

Learn basic pranayama techniques, their proper use and benefits, anatomy & physiology of the breath, and how to practice pranayama effectively. This session also covers the energies and practices of mudras and bandhas.

Vinyasa Krama/Energetics III – Bandhas, Mudras, and Pranayama – August 3-4

# SHANON BUFFINGTON, MS, E-RYT, RYS IN-DEPTH YOGA STUDIES

2024 Upcoming Courses (cont.):

## **MANTRA, THE SCIENCE OF SOUND**

An introduction to the Sanskrit language, the use and benefits of mantra practice, and the science of sound.

## **MEDITATION, THEORY & PRACTICE**

Learn the importance of meditation, its role as a part of yoga and how to create and lead a meditation practice.

Sanskrit, Mantra, and Meditation – August 24-25

## **YOGA PHILOSOPHY**

Study the psychology, philosophy and history of yoga. Explore the literary and cultural heritage of yoga, and how to practically and effectively integrate these teachings into your practices and life.

Yoga History and Philosophy – September 21-22

The Yoga Sutras of Patanjali – October 5-6

## **SPECIAL POPULATIONS**

Learn how to effectively adapt yoga to special populations, including pregnant women, seniors and children. Learn how to modify yoga for those with limitations, injuries, and disabilities and the most effective way to adapt your teaching and classes to an online or virtual format.

## **THE BUSINESS OF YOGA**

Learn how to market yourself successfully, find opportunities to teach, protect yourself from liability, take advantage of tax deductions, and the benefits of Yoga Alliance Registration.

Special Populations, The Business of Yoga, Review, and Practice Teaching – October 26-27

Testing – November 16-17

**All courses take place on Saturday and Sunday from 11am until 6pm.**

**Online/virtual options are available, but students are encouraged to maximize their experience by joining us in person.**

**1711 E. Frankford Road, Suite 102  
Carrollton TX 75007**

# SHANON BUFFINGTON, MS, E-RYT, RYS IN-DEPTH YOGA STUDIES

## Required Reading List

The Heart of Yoga by T.K.V. Desikachar

The Royal Path, Practical Lessons on Yoga by Swami Rama

Four Chapters on Freedom by Swami Satyananda Saraswati

Anatomy & Asana: Preventing Yoga Injuries by Susi Hately Aldous

## Additional Reading List

These books are additional resources to deepen your knowledge and understanding of yoga.

Anatomy of Movement by Blandine Calais-Germain

Yoga Body: The Origins of Modern Posture Practice by Mark Singleton

Krishnamacharya, His Life and Teachings by A.G. Mohan

Science of Breath by Swami Rama, Rudolph Ballentine, MD, & Alan Hymes, MD

Yoga & Ayurveda by David Frawley

Moving Inward by Rolf Sovik

Buddha's Brain by Rick Hanson, PhD

## Class Requirements for Certification and Yoga Alliance 200 Hour Registration

Students must attend all weekend sessions.

Students must complete all reading assignments and homework in a timely manner.

Students must attend a minimum of 20 classes taught by Shanon Buffington or Jenny Alterman (outside of weekend sessions) and complete an evaluation for each class. At least 10 of these classes must be done with Shanon Buffington. These classes can be done live, virtually, or via audio recordings. For Shanon's teaching schedule and audio classes, visit

[www.shanonbuffingtonyoga.com](http://www.shanonbuffingtonyoga.com).

Students must commit to a regular yoga practice as well as a personal practice (which will be developed during the course of the training).

# SHANON BUFFINGTON, MS, E-RYT, RYS IN-DEPTH YOGA STUDIES

## Course Fees

Full Course (12 sessions) \$2800

Individual Sessions (11 sessions) \$300 each

Session 12 is included if all 11 sessions are paid in full.

\$300 non-refundable deposit due upon registration. Deposit will be applied as payment for session 11.

## Cancellation Policy

\$300 registration deposit is non-refundable.

Full course fee is refundable (minus deposit) up to 30 days before course start date.

Individual weekend sessions are refundable (minus deposit) up to 14 days before session start date.

Students will receive a class binder and 250 page training manual. In addition, all classes are recorded and students will receive audio recordings of each class and all practices.

Students will receive a 50% discount on classes at Rescue Yoga.

Upon successful completion of the course, students will receive a certificate of completion (200 Hour CYT) and are eligible to register with Yoga Alliance at the 200 hour level (200 Hour RYT).

# SHANON BUFFINGTON, MS, E-RYT, RYS IN-DEPTH YOGA STUDIES

## About the Teachers

### Shanon Buffington, MS, E-RYT, RYS

Shanon's teachings are influenced by the Tantric tradition of Sri Vidya and the lineage of Sri Swami Rama of the Himalayas. She is an initiate and teacher in the tradition of the Himalayan masters and ParaYoga. She aims to bring an authentic experience of the yoga tradition to each class as well as to everyday life. She is one of the few teachers transmitting an authentic, living tradition that has been practiced and taught from teacher to student for thousands of years.

Shanon's training includes certifications from the Yoga Institute and ParaYoga. Her training is in classical Tantra, Hatha, and Raja Yoga. She is a member of the Yoga Alliance, with over 2000 hours of yoga training. She is also a certified Yoga and Ayurveda Wellness Consultant through the American Institute of Vedic Studies and Dr. David Frawley (Pandit Vamadeva Shastri). She has studied with her teachers, Pandit Rajmani Tigunait and Yogarupa Rod Stryker, since 2005.



# SHANON BUFFINGTON, MS, E-RYT, RYS IN-DEPTH YOGA STUDIES

## About the Teachers

### Jenny Alterman, CYT, RYS

Jenny began practicing yoga in 2000 after a military career in the US Army. Initially taking yoga to heal from injuries, she began to see the benefits immediately and realized yoga would be her path to recovery. Only a few months into her yoga journey she knew she would become a teacher.

Jenny began teaching yoga in 2001 but quickly noticed that yoga was not meant to be one-size-fits-all. The differing needs of her students prompted her to seek training for special populations; including prenatal yoga, yoga for seniors and yoga for multiple sclerosis. In 2007 she completed a 200-hour teacher training with Purple Lotus Yoga. It was there that Jenny was inspired to open her own yoga studio with a desire to cater to the needs of all populations and she opened Rescue Yoga in 2009. Seeking more education and an authentic yoga experience for herself, she attended another 200 hour teacher training in 2014 with Shanon Buffington, Yoga for Cancer training in 2015 with YogaBridge, and a 500 hour training with Purple Lotus Yoga in 2021. Jenny's passion is teaching individuals with special needs due to age, injury or illness and enjoys helping her students experience the many benefits of yoga.

Jenny's teachings are influenced by the teachings of Sri T. Krishnamacharya and the Tantric teachings of ParaYoga. Jenny is also a certified prenatal yoga teacher and has advanced training in MS, scoliosis, cancer and trauma sensitive yoga.



# SHANON BUFFINGTON, MS, E-RYT, RYS IN-DEPTH YOGA STUDIES

## Frequently Asked Questions

### **What is the experience level necessary to participate? Are there any prerequisites or requirements for participating?**

All that is required is that you are eager and open to learning. You do not need to have practiced for a certain length of time, nor do you need to be at an advanced level.

### **What if I have to miss a weekend? Can I make it up?**

Yes, each session is recorded. Students can then listen to the session they missed and read the handouts.

### **How much time outside of the weekend classes should I expect to spend on this course?**

It is estimated that homework and reading will add an additional 50 hours. In addition, if you plan to use these course hours for a Yoga Alliance Teacher Registration, you will need to attend a minimum of 20 classes outside of our weekend meetings.

It is expected that each student maintains a personal practice, a minimum of twice per week.

### **What style of yoga will I be learning to teach?**

All of them! What is taught are concepts and principles that can be applied to whatever style of yoga appeals to you. Everything from power to restorative. You will be able to teach it all.

# SHANON BUFFINGTON, MS, E-RYT, RYS IN-DEPTH YOGA STUDIES

## What People are Saying...

*"I have such a deep sense of gratitude to Shanon for how she has helped change and shape my understanding, my personal practice and my ability to teach yoga. She is a master teacher who brings an incredible depth and richness to the study and practice of yoga. Her personal dedication and commitment, the quality and depth of the materials, the extent of her knowledge and focus make her In-Depth Studies program a life-changing experience. With her level of kindness, compassion, love of and for sharing yoga, Shanon empowers each student to grow and truly find themselves within the practice and study of yoga. I highly recommend her program for every new and advanced practitioner." - Cathy John, RYT, Carrollton*

*"I am continually amazed at the in-depth information I have obtained just within the several months I have been with Shanon. This was my first time going through the entire process of teacher training. I can truly say I'm not the same person I was just a few months ago when I started teacher training in the fall of 2009. In fact I am now more connected to God from studying under Shanon. The in-depth knowledge obtained from her was more than I could have ever imagined. I am lighter in my spirit, increased in my knowledge and stronger in my personal Yoga practice. I'm now moving with the flow despite all of the many, many things that need to be taken care of in my life. I am a changed, freer, and better person since meeting her! THANK YOU Shanon for all of your teaching, compassion, support and last, but definitely, not least, the love you have for your students that surpasses anything I have seen thus far in the Yoga community. Taking this program from Shanon will help you grow and prosper in all areas of your life!" - Joseph B. Stingley, Carrollton*

*"Thank you Shanon for your teaching of what is required to obtain my 200 hour certification and to satisfy my personal knowledge of yoga. I feel you are a true dedicated teacher and you are passionate about the knowledge you share with your students. I have learned so much, from the study of anatomy to the history and philosophy of yoga. You have helped me become a better and more aware teacher, and I would like to express how grateful I am. It has been my pleasure attending your training classes and getting to know you." - Pam, Fort Worth*

*"Through this program, I've learned so much about self. I've learned how to listen to my inner self and how to speak the truth when needed. I've also learned not to let obstacles stop me. I've learned through these obstacles that you must find in yourself the truth of what you want and go for it. No matter how small or larger the risk may be! I feel that Shanon can help you find the tools that are needed in your journey with yoga and it's your choice to use them. Why not empower yourself with an amazing teacher?" - Michelle, Lewisville*

# SHANON BUFFINGTON, MS, E-RYT, RYS IN-DEPTH YOGA STUDIES

## What People are Saying...

*"I signed up for your training mainly because I wanted to become a better teacher which I'm going to leave it up to the people who come to my classes to be the judges of that although from the reactions and questions that I get, I dare to say that they get way more from the class now than ever before and it seems like they are more eager to learn about Yoga which makes me happy beyond words and I have to thank you on their behalf too. One of the main factors for me to sign up was the time schedule, having a job I could not commit to a 2-week intensive training and I can't even express how grateful I am that you accepted me into your training. As I said I wanted to learn more so that I can teach more, easy as that, right? Wrong! Little did I know that this will be more about learning who I truly am, you would think that after 32 years I would have a clue :o) but this 8-month adventure was a journey into my heart; total life transformation. I found happiness within me, some old wounds are healed, some are in the process of healing and I am o.k. with whatever time it takes for them to get there because they no longer have power over me. I know just because the training is over, it doesn't mean that the journey is. I cannot thank you enough for sharing your knowledge, compassion, experience, patience and your time with us, Shanon! You are a wonderful yoga teacher and an inspiring human being." - Kat, Richardson, TX*

*"One of the most distinguishing aspects of this program is Shanon's natural teaching style combined with her vast knowledge of yoga. Class materials are rich in content with substantial emphasis on demonstrating, observing and assisting, uncovering all students' true potential. This intensive program has enabled me to integrate complex principals and techniques with clarity to my own students.*

*Completing Shanon's in-depth studies has not only strengthened my personal yoga practice but I found a unique opportunity to transform my life. Spiritually I have discovered the essence of my being. I am consciously tuned in, no longer allowing external forces to enter my bliss. I am more sensitive, more passionate, more compassionate, and emotionally and physically empowered. My sixth chakra no longer playfully winking but fully open wide. Shanon, my kind-hearted friend, my master instructor, you are a blessing to me, to yoga and to the yoga community." - Arleen, Fort Worth*