



Partner of



EMPOWERING INDIGENOUS PEOPLE AND COMMUNITIES
THROUGH THE HEALING BENEFITS OF YOGA

INDIGENOUS YOGA TEACHER TRAINING PROGRAM 200 HR

20 hours self-guided study: May-July 2024

20 hours online: July 12 - 14, 2024

150 hours in-person: Aug 12-22, 2024, Saskatoon

10 hours practicum: Sept-Oct 2024

In 2019, SIYA created the first-ever Indigenous yoga teacher training program intended to embed the healing benefits of yoga within Indigenous communities.

Designed with Indigenous Knowledge Keepers and Elders, this program explores Indigenous world views and yogic philosophy to create a transformative and powerfully resonate training approach for Indigenous students. The curriculum is designed for the unique needs of Indigenous people and communities by focusing on accessible, trauma informed yoga. The program takes a community-based approach and making yoga available to all people regardless of health status, economics or geographics.

Within this training, participants will earn:

- **200 hr certification**
- **Chair/accessible yoga certificate**
- **Modules on teaching to children/youth**



WHY YOGA?

To put it simply: YOGA HEALS.

Yoga is now recognized as one of the top methods to heal trauma and deactivate stress.

Yoga is a holistic practice whose depths are much deeper than simple stretching exercises. Yoga teaches how to live in a way that brings wholeness and connection with self and all of creation. Through the training, each teacher becomes a living example of what it is to align with a higher purpose through the healing and transforming power of yoga and to facilitate this connection for those they will teach.

The practice of yoga:

- gently releases stored trauma
- uses the most effective self-regulation techniques
- promotes “rest and digest”, enabling all forms of healing to occur
- improves and/or alleviates chronic conditions
- enables all bodily systems to function at full capacity
- awakens life force while strengthening and stabilizing the body
- brings mental and emotional stability
- shifts world views through self-reflection, self-compassion and self-connection.

We realize the potential of healing for communities. A relatively small investment will uplift one leader within your community to make yoga accessible to children, Elders, and everyone in between.

COMMUNITY IMPACT

The Indigenous Yoga Teacher Training program directly and indirectly supports the Calls to Action in several areas including health, mental health, suicide prevention, education, language and culture. We hope that with enough presence in Indigenous communities, that the healing practice of yoga will realize its full potential and have a trickle-down effect on child welfare, justice, addictions, education, and further effects on mental health, suicide prevention and other health outcomes.

Schools, the elderly, those suffering from chronic conditions, those seeking mental health and/or addiction recovery, or those looking to make healthy lifestyle changes, will indirectly benefit from training a community yoga instructor. Topic areas are taught considering the unique needs of Indigenous people and communities in Saskatchewan and include, but are not limited to: yoga for mental health and addictions, chronic conditions, seniors, children and youth, and prenatal yoga. The program emphasizes making yoga accessible to all ages and body types, and is trauma friendly.



COMMUNITY-BASED YOGA

Emphasis is placed on teaching yoga in Indigenous community settings, bringing forth trauma informed practice, self-regulation techniques, yoga for chronic conditions, accessible/chair yoga, and yoga for seniors and children/youth.

Designed with Indigenous Knowledge Keepers and Elders, and with involvement of the Indian yoga community, this program compares Indigenous world views and ancient yogic philosophy and practices. The aim is not to create "Indigenous Yoga," but to understand greater fundamentals about life from a familiar lens. We facilitate the exploration of teachings from both Indian and local Indigenous peoples that make yoga personal to them. This approach resonates with Indigenous students. Cultural aspects such as land-based learning, smudge, medicine wheel teachings, sweatlodge, and storytelling have been part of the program. The Indigenous cultural component is held in equal priority with learning about yoga philosophy and postures. Some students remarked they had learned more about Indigenous world views in the training than in their entire lives.



Post-Program Teaching Practicum

One goal of the program is to provide newly trained SIYA teachers with opportunities to practice teaching, while making yoga accessible to communities who would not otherwise have access. The program includes a ten-hour practicum to ensure students are prepared to teach to a number of audiences and various environments. A summary assignment of the teaching experience is required for certification.

Training Philosophy

As a teacher and student, we aspire that SIYA teachers:

- become a living example of the healing and transformative power of yoga
- become strong and grounded in both the physical and living practice
- respect yoga traditions while forging their own path

Yoga is a healing and transformative way of life whose purpose is far beyond the asanas (postures). The SIYA Indigenous Teacher Training program aims to create teachers who can inspire their students and spark new vibrance in communities.

HOW TO APPLY

Registration Requirements

- A strong commitment and drive to bring yoga to a community after the training
- Six months practice of yoga, including some time in class with a qualified instructor
- Age 18 or older (or letter of consent from a parent or guardian)
- Reliable means of travel to the training site for all hours of the training.
- Accommodations if applicable.



Applicant Selection Criteria

15 applicants will be selected based on the following criteria:

- readiness and willingness to teach in the community
- experience with yoga and having established a yoga practice
- existing leadership role in their community, or leadership potential and character as demonstrated by the application
- current/past service in First Nations/Métis communities
- the quality and feasibility of how the certification will be used
- plans for serving a community as a yoga teacher (clear concept of who will be taught yoga using the SIYA certification).

People from remote communities are particularly encouraged to apply.

In the spirit of reconciliation, there are two available spots for non-Indigenous applicants, and three spots for out-of-province applicants. Priority will be given to not-yet-certified applicants, however, there may be space available for certified yoga teachers. Maximum 15 students.

*Due to its unique design, this program does not qualify for Yoga Alliance certification. The Accessible yoga and Trauma-informed certifications within the training do qualify for YA credits.

SIYA is proudly supported by

**here
to be.**



**DISRUPTING INEQUITY IN
WELLBEING THROUGH
MOVEMENT, MINDFULNESS,
AND ADVOCACY**

"I feel more connected to my inner self than I have in my entire life. Yoga is life, yoga is for everyone. And yoga can help us heal our grandmothers, ourselves, and our future." -- Nicole

FINANCIAL

We are happy to work with communities and funding sources to ensure students don't miss this opportunity. Please contact us directly to work out a way to make it happen. Payment plans are available.

Tuition is valued at \$3250/student with an accessible option available:

Community Rate: \$2450 (for those with demonstrated need)

Full Tuition: \$3250

Successful applicants will be notified of acceptance by April 1, 2024, at which time deposits will be accepted. Non-refundable deposits of \$500 must be paid no later than April 15, 2024. If a seat should come available, the next selected applicant will be notified.

Tuition payments (training cost agreed to minus the deposit) must be paid in full by July 1, 2024 to secure a seat in the training.

Deposits and tuition payments will be accepted by e-transfer, credit card using Paypal, certified cheque, or cash. Additional payment information will be provided upon acceptance. Payment plans are available.

CHECKLIST

- Application form - online (**will go live on March 1, 2024**) including the letter of intent portion stating: age, education, work experience, experience with yoga, and other relevant experience such as leadership positions, social service, commitment to Indigenous culture;
- Secured accommodations for all dates of the in-person portion (August 12 - 22) and/or secured childcare (if applicable).
- Secured funding source (if applicable).





TESTIMONIALS

"This was the best training I have been a part of."

"I felt safe as an Indigenous person to experience yoga with other Indigenous people."

"I am leaving a stronger and healthier person."

"The quality was topnotch. In my eyes the instructors adapted to meet our needs with no problems."

"The delivery of the program and instructors chosen were amazing. The personalities, energies of those involved were a perfect fit for this training."

MEDIA

CBC SK: Saskatchewan Indigenous Yoga Association stretches across cultural boundaries

<https://www.cbc.ca/news/canada/saskatchewan/sask-indigenous-yoga-association-1.6198410>

GLOBAL NEWS: Yoga classes aim to train more Indigenous instructors in Saskatchewan, promote healing

<https://globalnews.ca/news/8148110/yoga-classes-aim-to-train-more-indigenous-instructors-in-saskatchewan-promote-healing/>

APTN NATIONAL NEWS: Indigenous yoga scholarship about wellness, healing

<https://www.aptnnews.ca/national-news/indigenous-yoga-scholarship-about-wellness-healing/>

CBC THE DOC PROJECT: The String Still Holds

<https://www.cbc.ca/player/play/1980496963559>

EAGLE FEATHER NEWS: Teacher training combines yogic philosophy, Indigenous world views

<https://www.eaglefeathernews.com/events/teacher-training-combines-yogic-philosophy-indigenous-world-views>

SASKATOON STAR PHOENIX: Indigenous yoga teacher trainees explore 'braiding' with traditional spirituality

<https://thestarphoenix.com/news/local-news/indigenous-yoga-teacher-trainees-explore-braiding-with-traditional-spirituality>

CTV NEWS: Yoga instructor training program includes Indigenous culture

<https://saskatoon.ctvnews.ca/yoga-instructor-training-program-includes-indigenous-culture-1.4548803>

WHO WE ARE

SIYA is a not-for-profit organization that provides the necessary resources to train and support First Nations and Métis yoga teachers throughout Saskatchewan. SIYA consists of both indigenous and non-indigenous community members who support the reach of yoga to Indigenous people through various activities.

SIYA has partnered with Vinyasa Yoga For Youth and the Indian community on this initiative, to create a powerhouse team of both Indigenous and non-Indigenous leaders to facilitate the transformation and learning process for participants.

This initiative is a powerful demonstration that Reconciliation is alive and well through co-partnered activities that empower the Indigenous community to lead our own healing.

ABOUT SIYA

In 2016, a scholarship was formed in partnership with the Saskatoon Tribal Council for an Indigenous resident of Saskatchewan to take a yoga teacher-training course. The following year, scholarship winners and other interested people in Saskatoon decided to establish an organization for Indigenous yoga in the province: the Saskatchewan Indigenous Yoga Association (SIYA).

In addition to promoting the training of new teachers, SIYA supports Indigenous yoga teachers through workshops for continuing education and support grants to allay expenses to teach in rural communities, access insurance, and other costs.

SIYA's membership is open to any interested person, Indigenous or non-Indigenous.



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