EMBODYING THE GODDESS

Living Mandala 300-Hour Teacher Training

Seasonal Rhythms

- Rasa of the Abundant Harvest (Autumn)
- Rasa of Resting in Darkness (Winter)
- Rasa of Fertile Ground (Spring)
- Rasa of Fruition (Summer)

Program Framework
Curriculum Schedule
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Application and Ethical Agreement
The 300-Hour Program

From a Tantric perspective, all women are embodiments of feminine power or *Shakti*. By extension, the 300-hour program does not facilitate awareness of anything external; it is not a traditional, teacher-directed training through which students learn primarily through lecture, readings, and master practices. This program is sourced from the belief that the global community is being marked by increasing gender equity, human rights awareness, environmental consciousness, and social responsibility, with the roles of women and yoga in these positive changes being absolutely paramount. This training is a journey of authentic, goddess-awakening, through which all sister-students discover their unique soul-work, live their goddess-based archetypes, and cultivate sisterhood through feminine communication and co-creation.

**Program Elements**

- The Fire Book- Personal journal, space to record thoughts, dreams, musings, doodles, fantasies (meow), and, hell, anything. This is where the fires start.
- Fire-Place- Sacred (confidential, safe) space for yoga (self-transformation practice) as ritual
- Fire-Starters- Journaling questions, sharp-edged quotes and images, practice prompts
- Sparks- Creative work (writing, story-telling, intuitive painting, etc.)
- Wild-Fires- Communal practices of asana, pranayama, chanting, dancing, free movement, sense-driven experience
- Breaking and Sealing- We “break” open each module, usually through ritual (Fire-Place), at the start and we “seal” each module at the end, usually through practice (wild-fire)

**Director’s Teaching Philosophy**

The teacher training meetings are conducted as women’s circles as often as possible; this means we honor the principles of feminine communication, make use of a talking stick, and honor each sister-students’ perspective as sacred. We learn holistically, through yogic movement, emotion, creative work, ceremony, meditation, communal talk, stillness, and silence. The director believes that learning is most meaningful when it emerges from the circle of sisters in a non-hierarchical, open, and truth-based way. We are all eternal sister-students.

**Program Entry Requirements**

This program is for BOTH graduates of a 200-hour program looking to graduate from an advanced program to obtain their RYT500 designation from Yoga Alliance as well as any woman who values yoga as an important part of her life pursuing the program for personal
development purposes. You do not need to be actively teaching in order to enroll. Sister-students pursue entry in this program for a variety of reasons, including a desire to deepen their personal yoga practice, join a community of fellow sister-teachers, dive into the deep waters of pathworking and journaling in order to move closer to her soul purpose, train to run a community women’s circle, enrich her teacher practice through creative infusions, discover the value of co-teaching, or forge relationships between asana, ceremony/ritual, and the divine feminine.

Program Schedule

The 300-hour schedule is inspired by seasonal rhythms. There are twelve modules total (11 at 23 Hours and 1 at 12 hours = 265), grouped together with three modules per season. The modules can be taken out of order, and there is no obligation to complete the full program. However, it is STRONGLY recommended that sister-students finish each season to completion (3 modules). Each module is hosted by Ocean, Earth, Wind, and Fire over two weekends, with Saturday meetings being 12pm-4pm and Sunday meetings 8am-3pm. Unless otherwise noted, the 300-hour program weekends are the last two weekends of every month.

In response to each season’s essence, the meetings vary considerably in terms of topic and structure. In the Spring, we might meet in a park or by the river, while in Winter we’re circling by candle-light in the studio. That said, a typical Saturday looks like this: Sister-students come together in circle at the studio at 12pm. We’ll break the session open with a Fire-Starter quote that relates to the module, and each sister-student will have an opportunity to share her point of view. We’ll practice, pathwork, and engage in some sort of creative work before we end and seal the day at 4pm. On Sunday, we’ll meet in circle at 8am, candles lit and coffee/tea hot. After we break open, we might move through a co-teaching practice where each sister-student is given a theme and a chance to prepare. We’ll follow practice with discussion and processing time before we break some bread together during lunch. Sunday afternoons are generally spent focused on each module’s culminating project, with sister-students supporting one another as needed.

IMPORTANT: There are PLENTY of opportunities to make-up missed time and content, and students do generally miss a module weekend here and there; this is expected and should not hinder any potential sister-student from enrolling.

Rasa of the Abundant Harvest: Autumn’s Rhythms (September, October, November)

Required Text: Mysteries of the Dark Moon by Demetri

Module I: Kali’s Rasa: Fear-Releasing and Yoga Practice

- Personal wound-work, Asana for releasing the psoas (fear-muscle), Fear-release and self-designed ceremony, the Dark Goddess archetype and personal myth writing
• The waning moon phase of the cycle and Shanti Rasa, Yoga and surrender, Kali meditation, Sword Ritual, Sadhana for Kali

Module II: Lilith’s Rasa: Claiming Power and Yoga Practice
• Yoga, women, and solitude; Lilith’s Mala; Wound cycles
• Creating a Lilith circle; rage-releasing techniques, personal power sources, power ceremony

Module III: Cerridwyn’s Rasa: Waves of Lightness and Darkness in Yoga Practice
• Death and rebirth in yoga practice; raising awareness of women’s cycles
• Cauldron of Transformation meditation; Kriyas for Change; the Crone/Wise-Elder aspect of the goddess; Teaching multi-generational yoga classes for women

*Rasa of Resting in Darkness: Winter’s Rhythms (December, January, February)*

**Required Text:** *Tending the Heart Fire by Shiva Rea*

Module I: Shakti’s Rasa: Seeking the Divine Feminine in Yoga Practice
• Harvesting divine feminine energy and the Kundalini; Creative work for sacral awareness; Shiva-Shakti and Tantra
• Balancing the Mukti and Bukti; Stillness and the Dark Moon Phase

Module II: Hestia’s Rasa: Hearth-Holding and Yogic Space
• Retreat Design; Women’s Circle Crafting; the Yoga Teacher and accessibility
• Ethical practice and the sacred feminine; Altar Creation; Yoga as Ritual

Module III: Lakshmi’s Rasa: Claiming Abundance
• Feminine currency principles; the “Soul of Money” project; Manifesting Change
• Lakshmi’s Ritual; the Earth element and yoga for grounding; the Soul-Work project for sustainable teaching

*Rasa of Fertile Ground- Spring’s Rhythms (March, April, May)*

**Required Texts:** *Soulcraft by Bill Plotkin* and *Aphrodite’s Daughters by Jamela Bonheim*

Module I: Saraswati’s Rasa: Cultivating Creativity in Yoga Practice
• March 21st (12pm-4pm) and March 22nd (8am-3pm): Creative Infusion, Personal Myth Work, Yoga Practice as Ritual, Women’s Circle Principles, Feminine Communication

• March 28th (12pm-4pm) and March 29th (8am-3pm): Bhava and Asana as Story, Incorporating Creative Work (Journaling, Painting, Claywork, etc.) into Yoga Practice, Integrating Yoga Practice into Women’s Circles for Social Change

Module II: Freya’s Rasa: Sacred Sexuality and Yoga for Women

• April 18th (12pm-4pm) and April 19th (8am-3pm): Sacral Chakra Dialogues, Yoga for Sacral Wholing, Womb Rituals, The Sacral Story

• April 25th (12pm-4pm) and April 26th (8am-3pm): Soul-Hearing, Bardic Circle, The Water Element, Balancing Kapha

Module III: Aphrodite’s Rasa: Honoring the Heart-Light

• May 23rd (12pm-4pm) and May 24th (8am-3pm): Exploring the Sacral-Heart Connection, Women’s Council Work, Kriyas for the Sacral-Heart Bridge

• May 30th (12pm-4pm) and May 31st (8am-3pm): Holding the Sacral-Heart Council, Yoga and the Alchemical Goddess, Pathways to Dream Manifestation

**Rasa of Fruition - Summer’s Rhythms**

**Required Text: Waking the Global Heart by Anodea Judith**

Module I: Brigid’s Rasa: Inspiration and the Yogini’s Path

• Harvesting personal values for more authentic teaching, the Dream World practice, Personal Council work, Inspiring global change through yoga teaching

• The full moon (fruition) phase, Sringara Rasa, cycles of fullness, the Fire element and tapas

Module II: Sophia’s Rasa: Wisdom and the Eternal Student

• Women’s relationships, the Womanifesto

• Teaching for Change

Module III: Artemis’ Rasa: Claiming Selfhood in Teaching Practice (12 Hours)

• Personal Council Project and one-on-one Councils with the Director
Tuition and Payments

This program is pay-as-you-go and represents a uniquely flexible tuition option for advanced teacher training. There is a non-refundable deposit of $270 required to hold your place, with most students choosing to pay per module after the initial deposit. The program is broken up into twelve, twenty-three hour modules. Total tuition is $3,300, with module payments being $252.50 after the initial deposit ($270). This excludes books which are approximately $50 for the entire training. Each per-module payment is due at the beginning of each module OR students can pay per season (rasa), which is three modules for $657.50; this reflects a $100 discount for three modules which would be $400 off the total tuition. Scholarships are available but limited depending on financial need. We do not offer per-module refunds once the module has begun.

How to Register

A meeting is required with either the owner of Ocean, Earth, Wind, and Fire, Susan Madden-Cox, or the program’s director prior to acceptance into the program. The non-refundable deposit is required to hold your spot as well as the application, liability release, and ethics agreement contained in the last pages of this packet. Danielle is always open to any questions and can be reached via email at Info@LivingMandalaYoga.Com.
Application

Name: ____________________________ Date: ____________________________

Address: _____________________________________________________________________

Phone: ____________________________ E-Mail: ____________________________

1. How long have you been practicing yoga?

__________________________________________________________________________

__________________________________________________________________________

2. What style/combination of styles do you prefer to practice?

__________________________________________________________________________

__________________________________________________________________________

3. Do you have a home practice? If yes, please briefly describe what you include in your home practice.

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

4. Are you currently teaching? If so, where and in what style?

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

5. What are your expectations of this teacher training with respect to time, commitment, and work-load?

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

6. What role has yoga played in your life so far and what role do you expect yoga to play in your life in the future?

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________
7. Which rhythm are you applying for?

200-Hour  300-Hour

*If 300-Hour, did you complete a 200-Hour Program? If so, where?

8. How did you hear about our program?

9. How would you rate your current health on a scale of 1 (not healthy) to 10 (excellent)?

10. If you have any health challenges that might affect you during the training, please describe them below.

Payment Information and Signature

I will be paying the $45 application fee via **WAIVED**

Cash  Check  PayPal

I have read the entire course catalog and fully understand the policies and procedures set forth therein.

Signature and Date
Liability Release

Welcome! Below is a short form to complete. Please review our release of liability before signing.

Full Name __________________________________________

Address ______________________________________________________________________________________

City ________________________ State ____________ Zip ___________

Phone______________________________________

Emergency Contact
Name______________________ Relationship________________ Phone ______________

Do you have any injuries (If so, please explain below AND tell your instructor before class.)
_______________________________________________________________________

Release of Liability: In signing below I agree that Danielle Dulsky, Living Mandala Yoga LLC, and Ocean, Earth, Wind, and Fire are in no way responsible for the safekeeping of my personal belongings while I attend class. I understand that the training may be physically strenuous and I voluntarily participate in them with full knowledge that there is risk of personal injury, property loss or death. I agree that neither I, my heirs, assigns or legal representatives will sue or make any other claims of any kind whatsoever against Ocean, Earth Wind and Fire, the director Danielle Dulsky or anyone else affiliated with the program for any personal injury, property damage/loss, or wrongful death, whether caused by negligence or otherwise. I also hereby agree to the following:

1. That I am participating in yoga classes during which I will receive information and instruction about yoga and health. I recognize that yoga requires physical exertion, which may be strenuous and may cause physical injury, and I am fully aware of the risks and hazards involved.

2. I understand that it is my responsibility to consult with a physician prior to and regarding my participation in yoga classes. I represent and warrant that I am physically fit and have no medical condition that would prevent my participation in yoga classes.

3. In consideration of being permitted to participate in the yoga classes, I agree to assume full responsibility for any risks, injuries or damages, known and unknown, which I might incur as a result of participating in the program.

4. In further consideration of being permitted to participate in the yoga classes, I knowingly, voluntarily, and expressly waive any claim I may have against the instructor, the owner, or the leaseholder of the building for injuries or damages that I may sustain as a result of participating in classes or trainings.

5. That if I participate in other classes or events presented by Danielle Dulsky or Ocean, Earth, Wind, and Fire that I will also assume full responsibility for any injuries that may result from my participation, with the same considerations that this waiver stipulates for yoga (items 1–4 above). I have read the above release and waiver of liability and fully understand its contents. I voluntarily agree to the terms and conditions stated above.

I have read and agree to the release of liability and client policies above:

_________________________________________ _____________________
Signature and Date
**Ethical Guidelines for Current and Prospective Yoga Teachers**

1. Yoga teachers are professionals and must exhibit the honor and integrity associated with yoga as an ancient, noble practice. 
2. Yoga teachers should be committed to living a clean, yogic lifestyle in which respect for one’s body, one’s students, and one’s environment is paramount. 
3. Yoga teachers have extreme tolerance for any and all traditions within the ever-changing world of yogic practices. 
4. Yoga teachers do not force their own ideals onto anyone in their professional world, including their students and fellow teachers. 
5. Yoga teachers always have the well-being of their students in mind. 
6. Yoga teachers do not discriminate under any circumstances on the bases of race, gender, culture, disability, or religion. 
7. Yoga teachers strive to be honest in any and all instances and do not offer medical advice. 

_________________________  ____________________
Signature  Date