

## **Sabbatical Leave Report**

### **A. Applicant**

Name: Tara Jacobson

Department: Kinesiology, Athletics, and Dance

Type of Leave: Formal Coursework

Leave Dates: Fall 2018

### **B. Purpose of Leave**

The intent of my sabbatical leave was to advance my knowledge and receive additional certifications in yoga teacher training and health coaching to use in course content of certificate programs and courses that I instruct at SRJC. A written report of how I incorporated the material into my course lesson plans is included.

### **C. Objectives**

1. Completed a 300-hour yoga teacher training program and learned advanced yoga teaching methodology, anatomy, yogic theory and special education, which resulted in obtaining a 500-hour registered yoga teacher designation. This 300-hour program built on my current 200-hour teacher training so I could achieve my 500-hour registered yoga teacher designation through the national registry, Yoga Alliance. Copy of certificate and registry card is included as additional attachment.
2. Completed the Health Coach Certification program from the National Society of Health Coaches and learned the standards of Evidence-based Health Coaching (EBHC) and Motivational Interviewing (MI) appropriate to wellness settings through clinical cases and practical application. Completed and passed the online testing for certification to become a Certified Health Coach. Copy of certification is included as separate attachment.
3. Completed a detailed, written report on how I incorporated the new training material into my course lesson plans. Report is included as a separate attachment.

### **D. Narrative**

#### **300-hour Yoga Teacher Training**

I registered and attended a 300-hour Advanced Yoga Teacher Training by Kula Collective that was 30 days long at the Sach'a Munay retreat center in the Sacred Valley of Peru. In order to fulfill the requirements for yoga alliance, the national registry, each yoga teacher training has to spend a delegated number of hours in each of the following categories:

- Techniques, Training and Practice
- Teaching Methodology
- Anatomy and Physiology
- Yoga Philosophy, Lifestyle and Ethics for Yoga Teachers
- Practicum

Kula Collective blended the practice and philosophy of the mystical traditions of Yoga, Shamanism, Ancient Wisdom, and Ayurveda. The program integrated the ancient symbols, culture, traditions, and history of the local area of the Sacred Valley of the Incas into their 300-hour curriculum. They did this by dividing the 30 days of training into 3 cycles of 9 days. The three cycles reflected the three 'worlds' of learning through the symbolism of the Andean Chakana (image below). We took the tenth day of the cycle off to rest.



### CHAKANA FLOW

	<b>Cycle 1</b>	<b>Cycle 2</b>	<b>Cycle 3</b>
<b>World</b>	Lower World (Ukhu Pacha)	Middle World (Kay Pacha)	Upper World (Hanaq Pacha)
<b>Spirit Animal</b>	Serpent (Amaru)	Puma (Pumaq) and Jaguar (Otorongo)	Condor (Kuntur) and Eagle (Apuchin)
<b>Gatekeeper</b>	Huascar	Quetzalcóatl	Pachacuti Inca
<b>Directions</b>	Mother Earth	Four Winds	Father Sky
<b>Intention</b>	Explore	Empower	Expand

The curriculum was split into four teaching tracks, woven through each of the three cycles.

- 1) Art of Practice
- 2) Art of Healing
- 3) Art of Teaching
- 4) Art of Living

We started our mornings at 6:15am with the **Art of Practice**, practicing various forms of yoga, pranayama, meditation, creative sequencing, and personal practice design; after practice our next session was the **Art of Healing**, focusing on Ayurveda, sacred ceremony, Chakras, Shamanism, and other energetic and holistic healing practices. In the afternoon, we refined our practice through interactive workshops that broke down the **Art of Teaching** including, theory and methodology, adjustments, advanced pranayama, alignment, sequencing, anatomy, asana (posture) analysis, and yoga therapy focusing on specific areas of the body. We ended our afternoons with the **Art of Living**, where we had engaging discussions on yogic history and philosophy, ancient yogic texts, and mystical teachings. We practiced meditation, personal exploration and transformational work in this session. Every other evening we would meet after dinner for Sacred Ceremony, Satsang, or Kirtan.

At the 300-hour level, the Kula facilitators helped guide us into a deeper understanding of the essence of who we are as yoga teachers. We were encouraged to expand our teaching by incorporating themes and spiritual intentions that connect to a deeper message as a yoga teacher and embrace and express our authenticity and passion in service to others.

On the last day of the training, I received my 300-hour Teaching Certificate and sent that into Yoga Alliance upon my return to receive my 500-hour Yoga Teacher Designation.

### **Certified Health Coach**

Upon returning from my yoga training, I signed up and completed the Health Coach Certification program from the National Society of Health Coaches. I passed both exams, the certification exam and the skill competency exam, upon completing the curriculum and was awarded my certificate as a Certified Health Coach. I learned the standards of Evidence-based Health Coaching (EBHC) and Motivational Interviewing (MI) appropriate to wellness settings through engaging in clinical cases and practical applications. Content included evidence based coaching strategies, motivational interviewing, communication styles, active listening strategies, understanding client's learning styles, facilitating behavior change, goal setting, guiding the agenda, and the following wellness and prevention topics:

- Tobacco Cessation
- Weight Loss & Maintenance
- Stress Management
- Eat Well, Eat Right!
- Physical Activity and Resistance Training
- Integrating Health Coaching into the Workplace

## **E. Evaluation Summary**

1. How did this sabbatical leave enhance my work performance at the college?

I advanced my knowledge in my discipline to learn more effective and advanced teaching and learning strategies in health, wellness, and yoga to benefit students, faculty and staff in my role at the college as a Kinesiology Instructor, Fitness Certificate Program Coordinator, and Faculty Professional Development Coordinator. Additionally, my training is used in the following CE (Career Education) programs in our department: Yoga 200-hour Teaching Certificate and Fitness, Nutrition, and Health Certificate.

2. How did this sabbatical leave benefit students in my discipline?

I am utilizing this advanced yoga training in my regular yoga courses at SRJC. Additionally, our department has a newly approved 200-hour yoga teacher training CE program offered at the Petaluma Campus. Having advanced 500-hour registered yoga teachers instructing in the program and sharing this advanced knowledge with students will enhance the status, quality, credibility, and rigor of the program.

I am also utilizing the strategies learned in the health coaching program in my health and wellness courses. I adjusted my course lesson plans so that students in the Fitness, Nutrition, and Health Certificate program are learning, practicing, and applying these effective behavior change strategies with future personal training clients. Furthermore, this designation helps students become aware of careers and opportunities as Certified Health or Wellness Coaches. Wellness/health coaching is a growing niche in the fitness and corporate wellness industry as reported by the American College of Sports Medicine.

3. How did this sabbatical leave benefit my department?

Having skilled faculty in these high demand areas (yoga and health and wellness) allows the course content to be up to date, enhances the credibility, curriculum, and course offerings in our department.

4. How did this sabbatical leave address the SRJC Strategic Plan and/or your department's educational plan?

The training will enhance the curriculum of popular courses in the KAD department: KFIT 6.0/6.1/6.2 – Introduction, Beginning, and Intermediate Yoga and KINES 53 -

Principles of Health and Wellness. It will also update and improve the curriculum and program development for our current Fitness, Nutrition, and Health Certificate along with our newly offered Yoga Teacher Training Certificate. I will be writing a detailed list of how these courses and programs will be updated with the new training.

My project aligns well with the SRJC strategic plan in cultivating a healthy organization, fostering learning and academic excellence, and serving our diverse community. As part of a special project in the Leadership Academy, I am also a part of the fitSRJC working group to establish a comprehensive wellness program for faculty, staff, administrators, and students.

## **F. Abstract for Board Report Summary**

Tara Jacobson attended a 300-hour yoga teacher training and a health coach certification program. She traveled to Peru for one month to attend a retreat style, 300-hour yoga teacher training. This advanced training added to her current 200-hour training and resulted in a 500-hour registered yoga teacher designation through the national registry, Yoga Alliance. Tara also studied the standards of Evidence-based Health Coaching (EBHC) and Motivational Interviewing (MI) through a health coach certification program resulting in a Certified Health Coach designation after her successful exam completion. This new training is incorporated into the curriculum of yoga and health and wellness classes as well as the new 200-hour Yoga Teacher Training Certificate program and the Fitness, Nutrition, and Health Certificate program.

## **G. Appendices**

1. 300 Hour Yoga Teacher Training Certificate
2. Yoga Alliance 500 hour RYT Registry Card
3. Health Coach Certificate
4. Written Report