

What Our Training Will Cover

10 Weekend Sessions: 20 hours each

- * Weekend 1: Anatomy and Psychology
 - * What is Yoga?
 - * What is psychology?
 - * Intro and logistics of program
 - * structural anatomy
 - * systems of the body
 - * nervous system
 - * neurobiology intro
- * Weekend 2: Pose Categories
 - * anatomy review
 - * 6 pose categories
 - * Hands-on adjustments
- * Weekend 3: Vinyasa Krama
 - * learn wise progression of sequencing
 - * class blueprints
 - * elements of a complete practice and practice progression
 - * basic teaching principles (practice teaching)
 - * anxiety and depression overview
- * Weekend 4: Energetics and Ayurveda
 - * Basic energetics
 - * Chakras
 - * human development overview
 - * doshas and gunas
 - * Ayurveda
 - * prana vayus
- * Weekend 5: Pranayama
 - * learn various breath techniques and effects
 - * breath ratios
 - * breath and the nervous system
 - * bandhas
 - * give out Self-Report for Personal Practice
- * Weekend 6: Mudra, Mantra, Sanskrit, Yoga Nidra
 - * Sanskrit Basics
 - * 5 Koshas overview
 - * Mantra and Mood (Kraftsow mantras)
 - * Mudras
 - * Yoga Nidra
 - * Practice Teaching (words)
 - * Review Self-Report
- * Weekend 7: Mindfulness, Meditation, Restorative Yoga
 - * concepts of mindfulness and application
 - * sample meditation practices
 - * restorative yoga
 - * individual meetings for Personal practice
- * Weekend 8: Yoga Sutras and Yoga Psychology
 - * Fathers of Yoga and Psychology (Patanjali and Freud)
 - * Sutra 1
 - * Yoga Sutra 2,3,4
 - * Yamas and Niyamas
 - * Kleshas
 - * Give out practice case studies
- * Weekend 9: Business and Ethics and Special Populations
 - * marketing and educating health professionals
 - * ethical guidelines
 - * obesity
 - * elderly
 - * children
 - * pregnancy
 - * chronic illness.
- * Weekend 10: Case Presentations
 - * final case presentations and practice teachings
 - * graduation

Contact Information:

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How To Apply:

A \$50.00 application fee is due at time of application submission. Once accepted, \$350.00 deposit is due to hold your spot. 60 days prior to the start date, the remainder of the \$350.00 fee is due.