

Elevated Yoga Studio

2017 Yoga Teacher Training Course Program

"The mediocre teacher tells. The good teacher explains. The superior teacher demonstrates. The great teacher inspires.", William Arthur Ward

I. Yoga Teacher

1. What/Who is Yoga Teacher
2. Role of the teacher (sacred)
3. Yoga Teacher - Student Relationship:
 - a. Mentor
 - b. Healer
 - c. Parent
 - d. Friend
4. Ethics and Ethical Behavior
5. What we teach

II. Introduction to Yoga

1. Yoga History
2. Yoga Ethics
3. Yoga Philosophy
4. Yoga Related Literature, scriptures
5. Other Books and Teachings
6. Yoga Lifestyle - Eight Limbs
 - a. 10 Living Principles
 - b. 6 Meditative Principles

III. Physical Body

1. Skeletal and Muscular Anatomy
 - a. Bones and ligaments
 - b. Connective Tissue
 - c. Vertebral Column (Spine)
 - d. Lower Extremity (pelvis, hips and legs)
 - e. Trunk (abdomen and diaphragm)
 - f. Upper Extremity (shoulder girdle, neck, arms, hands)
 - g. ROM (Range of Motion)
 - h. Muscle Movements
 - i. Breathing System
2. Physiology
 - a. Nervous System
 - b. Immune System
 - c. Lymphatic System

- d. Endocrine System
 - e. Digestive System
 - f. Circulatory System
 - g. Respiratory System
 - h. Urinary System
 - i. Genital System
 - j. Integumentary System
- 3. The Brain and Mind
 - 4. Moving Principles

IV. Subtle Body and Ayurveda

- 1. Koshas
- 2. Nadis and Chakras
 - a. Philosophy
 - b. Working with Chakras
- 3. Meridians
 - a. Description
 - b. Identifying Meridians and acu-points
 - c. Association with inner organs
- 4. Ayurveda
 - a. Doshas
 - b. Gunas
 - c. Dhatu, Ojas and Tejas
 - d. Prana
 - e. Agni

V. Mudras and Asanas

- 1. Mudras
- 2. Asanas
 - a. Commonalities
 - b. Posture Phases
 - c. Movement/Flow ('tapas' points, rebound)
 - d. Inner Exploration
 - e. Physical sensations
 - f. Breath
 - g. Emotions
 - h. Mind (placement, thoughts)
 - i. Purpose and Use of Props

VI. Yoga Postures

- 1. Standing
 - a. Studying postures

- b. Practicing postures
 - c. Teaching postures
 - d. Assisting and Correcting
- 2. Sitting
 - a. Studying postures
 - b. Practicing postures
 - c. Teaching postures
 - d. Assisting and Correcting
- 3. Kneeling
 - a. Studying postures
 - b. Practicing postures
 - c. Teaching postures
 - d. Assisting and Correcting
- 4. Prone
 - a. Studying postures
 - b. Practicing postures
 - c. Teaching postures
 - d. Assisting and Correcting
- 5. Supine
 - a. Studying postures
 - b. Practicing postures
 - c. Teaching postures
 - d. Assisting and Correcting
- 6. Inversions
 - a. Studying postures
 - b. Practicing postures
 - c. Teaching postures
 - d. Assisting and Correcting

VII. Pranayama

- 1. Principles
- 2. Types of pranayama
- 3. Practicing Pranayama
- 4. Teaching Pranayama

VIII. Meditation

- 1. What is meditation
- 2. Meditation Types
- 3. 'Practicing' Meditation
- 4. Teaching meditation

IX. Bandhas

1. Philosophy
2. Types of Bandhas
3. Practicing Bandhas
4. Teaching Bandhas

X. Teaching Principles and Methodology

1. What do we teach?
2. Respect and compassion
3. Respect for where they are
4. Voice (calm, not disruptive)
5. Instructions (passive, active, concise instruction giving students time to explore)
6. Language and prompts (body movement, posture name, both)
7. Prompting inner inquiry (general, specific, leave experience to the student)
8. Allowing a self-practice of asana flows (one side, the whole flow, allow for changes)
9. Demonstrating
10. Using a model
11. Assisting and adjusting
12. Timing (holding time, timing prompts, number of postures and posture types)
13. Program and content based on where the group is at the moment
14. Observation and assessment (how to, passive, active)
15. Sequencing of asana flow (principles, building up and relaxing)
16. 'Personalizing' the class (individual or group modifications, changing program)
17. Modifications and use of props (different props, mods with or without props)
18. Other: chanting, inspirational readings and talks, contemplations, etc.
19. Designing class program (centering, warm-up, asanas, pranayama, mantras, savasana, meditation)

XI. Designing and Structuring a Yoga Class

1. Who are the students?
2. Type of yoga
3. Sequencing
4. Class segments
5. Holding Time
6. Duration

XII. Different Yoga Types

1. Yin Yoga:
 - a. Principles
 - b. Benefits
 - c. Holding time
 - d. Postures (focus, affected body areas, holding time)
 - e. Teaching Yin Yoga
 - f. Sample Class
2. Restorative Yoga:
 - a. Principles
 - b. Benefits
 - c. Holding time
 - d. Props
 - e. Postures (focus, affected body areas, holding time)
 - f. Teaching Restorative Yoga
 - g. Sample Class
3. Iyengar Yoga:
 - a. Principles
 - b. Benefits
 - c. Holding time
 - d. Props
 - e. Postures (focus, affected body areas, holding time)
 - f. Teaching Iyengar Yoga
 - g. Sample Class
4. Vinyasa Flow:
 - a. Principles
 - b. Benefits
 - c. Teaching Vinyasa Flow
 - d. Sample Class
5. Acu-Yoga:
 - a. Principles
 - b. Benefits
 - c. Teaching Acu-Yoga
 - d. Sample Class
6. Energy Medicine Yoga:
 - a. Principles
 - b. Benefits
 - c. Teaching Energy Medicine Yoga
 - d. Sample Class
7. Yoga Nidra

XIII. Yoga as Therapy

1. The Spirit of Yoga Therapy
2. Observing
3. Yoga for Neurological Ailments and Imbalances
4. Yoga for Medical Ailments and Imbalances
5. Yoga for Orthopedic Ailments and Imbalances

XIV. Miscellaneous Subjects

- a. Spirituality
- b. Four basic aims in life
 - Dharma
 - Artha
 - Kama
 - Moksha
- c. Buddhism
- d. Hinduism
- e. Taoism
- f. Zen
- g. Yoga Teachers: historical, most influential, contemporary

XV. Becoming a Yoga Teacher

1. Why we teach
2. Lifestyle and ethics for yoga teachers
3. Teaching yoga as service
4. Being a Yogi/Yogini vs. Being a Yoga Teacher
5. Developing your own teaching practice
6. Owning a studio - 'business' suggestions
7. Additional readings and studies
8. Group discussion:
 - a. What is the most important thing I have learned?
 - b. What is the most inspiring thing I have learned?
 - c. What is that I need to continue studying?
 - d. How do I feel about teaching yoga?
 - e. I can teach now! I will _____ (tell us about your plans, if any)
9. Insight Meditation

XVI. Practicum

1. Practicing flows
2. Teaching short classes to other students (5 classes)
3. Teaching Complete Class (2 classes)

XVII. Tests

1. Written tests (5)
2. Teaching Test Classes - Two Different Classes

Required Books:

1. Yoga Sutras of Patanjali
2. Yoga Mind, Body & Spirit, by Donna Farhi
3. The Science & Philosophy of Teaching Yoga and Yoga Therapy, by Jacqueline Koay and Theodora Barenholtz
4. Yoga Anatomy, by Leslie Kaminoff
5. The Heart and Science of Yoga, by Leonard Perlmutter
6. Anatomy for Yoga, by Paul Grilley (DVD - studio copy)
7. More resources will be available from the studio library