



AWAKENED TRANSITIVE YOGA®



## Awakened University - RYT 200 Training Overview

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### Welcome to Awakened 2019 RYT200 Training.

Philosophic understanding of yoga incorporates body positioning in an attentive, more aware way— thus opening the body energy to meditative practice. The transitive approach goes even deeper, showing you how you can thrive by learning to live through the eyes of your own emotional heart, bringing compassion and kindness to yourself and to all humanity by shifting your daily life choices.

The Transitive Yoga® approach involves a gradual, individual ownership of the three embodiments-Physical, Emotional/Mental, and Spiritual. Each Training Module integrates physical work, theorem, self-assessment, and quiet group multidimensional meditation. Our curriculum incorporates an extensive body of written material that you get opportunity to digest at your own pace over the coming months. Each module follows a theme and introduces you to texts and reading that may expand your knowledge of that theme and your personal training library. I have decided this year to have a library check out of books at the studio. I know that some of you are here strictly for the multi dimensional transformation so you can take whatever information here as you wish.

**I. In-Studio** - curriculum combines yoga practicum, multidimensional theory, self transformational tools, and reviews the following general texts used throughout the course foundation. These are required reading for trainees desiring Yoga Alliance Certification:

- What is Lightbody?; Tashira Tachi-ren (Author), Archangel Ariel (Author), 1999
- Wheels of Life: A User's Guide to the Chakra System; (Llewellyn's New Age, 1st edition 2012) by Anodea Judith
- Yoga Anatomy, by Leslie Kaminoff and Amy Matthews 2nd Edition 2011

We will provide you with a course journal, student handbook, required lecture handouts and homework summaries for each module. You may desire to bring additional writing paper or notepad and your favorite writing tool and/or highlighters for your lecture focus. You will find additional resources on the reading list which you may find beneficial as you progress through your training.



**II. Online** - mandatory, proctored participation for each module in Anatomy, Physiology, and Nutrition takes place on our website ([www.awakenedyogainchico.com](http://www.awakenedyogainchico.com)) for all trainees desiring Yoga Alliance certification. On our website, under the RYT-200 tab, you will find all required videos.

**III. Personal Comfort** - Our daily sessions are a full immersion process (9a-9p). Please be ready to keep your in-studio and outside-studio contact and conversation as limited as possible. Please bring your yoga mat(s), a blanket, pillow if required, folding chair for use during lecture or break if you require. Please dress in modest, comfortable layers is highly recommended.

**IV. Food Considerations** are an integral part of your maximum learning benefit. Please be well prepared in this area. Bring nutrition-appropriate, energizing snacks to eat throughout the day as your body requires and a light dinner. We have a refrigerator, and microwave available. We recommend some of the following food considerations for your first weekend's light eating to complement grounding and strengthen the lower-body energy centers.

- \* Animal protein (jerky, etc.)
- \* Vegetable proteins (beans, lentils, peanuts, peas)
- \* Root and leafy green vegetables (carrots, sweet potatoes, yams, raw kale, collards, parsnips, rutabaga, beets, radishes ...)
- \* Tofu
- \* Mineral rich dairy and iron
- \* Red / Orange/ Yellow foods (berries, pomegranate, tomatoes, peppers, apricots, mangoes, papaya, peaches, passion fruit, squash, pumpkins, oranges, lemons, grapefruit, bananas, pineapples, sweet corn)
- \* Hemp Seed is a clean, complete protein great that is great for the blood and lymph system. (Look for in granola bars etc. along with Flax seed.)
- \* Water. Water. More Water! Please keep yourself well hydrated.



## V. Module Overview - All sessions 9AM to 9PM - Friday through Sunday

### Weekend I – Chakras One through Three

- Module 1: Minding Your Own Space
- Module 2: Transitive Yoga® Defined
- Module 3: The Art of Personal Power

### Weekend II – Heart Chakras

- Module 4: Calling the Soul Home
- Module 5: Learning How to Listen to the Higher Self
- Module 6: Integrate and Apply Intuition to Yoga Teaching

### Weekend III – Chakras Five through Seven

- Module 7: The Gateway to Healing I
- Module 8: The Gateway to Healing II
- Course Review and Group Ceremony

Please visit our Yoga Alliance Profile for additional course details at:

<https://www.yogaalliance.org/SchoolPublicProfile?sid=45718did=5662>