

## Alignments and Adjustment 8 Day Training

70 contact hours Alignment and Adjustments

6 Noncontact Hours

- 34 hours Technique, Training, and Practice
- 12 hours Teaching Methodology
- 1 hour Yoga Philosophy, Lifestyle, and Ethics
- 2 hour Teaching Practicum
- 20 hours Anatomy and Physiology
- 6 noncontact hours Technique, Training, and Practice for Reading

Required Literature

- Chakras, Energy Centers of Transformation; Harish Johari; The Subtle Body, Cyndi Dale; The Key Muscles of Yoga, Ray Long and Chris Macivor; Yoga Anatomy, Leslie Koffman; The Anatomy Coloring Book, Wynn Kapit and Lawrence Elson: Color the selected pages

34 Hours Technique, Training, and Practice

- Students will participate in 2 practices daily that are approximately 2 - 2 1/2 hours each focusing on physical alignment and its correspondence to the energetic alignment that will be discussed more in Teaching Vinyasa Yoga. The physical alignment within the asanas will be a primary focus in these daily sessions. The Vinyasa sequences will sustain an anatomical theme that will flow into our anatomy and physiology sessions.

12 hours Teaching Methodology

- Students will learn principles for structuring practices that incorporate anatomy and alignment on both a physical and subtle level.
- Students will spend 1 - 1 1/2 hours daily in teaching sessions and discussion groups that focus on how to set students up for anatomical success by using props, verbage, and sequencing in ways that prepare the body over the course of the yoga journey for success in the more difficult postures many people are seeking to learn. We will also learn how to support students by practicing adjustments and ensuring that the students are able to make safe and beneficial physical adjustments for students who are open to being adjusted.

1 Hour Yoga Philosophy, Lifestyle, and Ethics

- Students will participate in a short daily meditation to set the pace for the day. We will also have a minimum 30 minute session on ethics focused on students feeling comfortable in the environment, particularly when it comes to adjustments

2 Hours Teaching Practicum

- Students will teach in pairs or small groups at the end of the week. They will prepare a sequence focused on a particular anatomical feature and the partners or groups will give feedback to one another. These sessions will be observed by the lead trainer.

20 Hours Anatomy and Physiology

- Students will spend about 2 1/2 hours daily in anatomy and physiology sessions and discussions groups where they will learn/revisit the anatomy that they studied in the literature. There will also be anatomical worksheets in the workbook that will help spark discussion

focused on how muscles are activated in particular asanas as well as the ways that muscles contract and lengthen, different types of contractions, and sequencing in ways that support muscle strengthening and lengthening. Students will also learn and work with the respiratory system and experience this in pranayama exercises.

#### 7 Noncontact Hours

- Students will read the literature and write summary's or reflections on the books. They will also color selections from the Anatomy Coloring book as well as participate in a photo comparison project and a video project.