

## Teaching Vinyasa Yoga 70 Hours

Reading Materials: Tending the Heart Fire, Shiva Rea; The Heart of Yoga, TKV Desikachar; Light on Yoga, BKS Iyengar; Radiance Sutras, Lorin Roche; Chakras, Energy Centers of Transformation; Harish Johari; The Subtle Body, Cyndi Dale; Teaching Yoga, Donna Farhi

Students will be given a workbook that details the namaskars, foundation for sequencing according to Energetic Alignment, Verbalizing anatomical and energetic alignment cues, Philosophical and Lifestyle prompts to be completed as journaling and discussion exercises; and a private link to an online video library with Namaskars and Vinyasa Practices themed in Energetic Alignment.

### 6 Day Training:

#### 36 Hours Technique, Training, and Practice

- Students will experience Namaskars that invoke an Elemental Vinyasa Experience and/or a Chakra Vinyasa Experience as the opening to practices that focus on the energetic experience of flow within the asana practice. There will be 2 led Vinyasa practices daily; 2 hours each.
- Students will experience 3 hours of meditation broken into daily sessions of 30-45 minutes
- Students will have an observed self practice as a group for 1 hour daily that encourages remembering and adjusting namaskars and practices according to energy levels.
- Students will experience 3 hours of explanation of the techniques and training that they are learning as they sit in discussion groups for 30 minutes daily focusing on the techniques that they are learning (Energetic Alignment, Asana choices, and Namaskar) along with their workbooks where they can ask questions and we can dive deeper into the Specifics of the Vinyasa practices they are learning and how to adjust and adapt them according to their energy levels.

#### 12 Hours Teaching Methodology

- Students will experience 2 hours daily of discussion regarding how to teach Vinyasa Yoga based on the flow of asanas and constructive sequencing patterns that invoke certain energetic alignments based on ideas the literature and practices they are uncovering. Students will discover which asanas create these energetic alignments and how to use their verbage in order to align the physical and mental planes while leading a practice. These sessions will also include hands on teaching adjustments and practice adjusting guided by the lead trainer.

#### 12 Hours Yoga Philosophy, Lifestyle, and Ethics

- Students will experience daily meditation practices, be immersed into the sadhana of yoga over the course of 6 days.
- Students will experience discussion groups on the philosophy of yoga based on Desikachar's, The Heart of Yoga and Shiva Rea's, Tending the Heart Fire. Students will also have a 1 hour session on Yoga Ethics and the Ethics of teaching Yoga based on Donna Farhi's book Teaching Yoga.

### 8 Hours Anatomy

- Students will be challenged by these 1.25 - 1.5 hour sessions that will explore the Subtle Anatomy and Energetic Alignment of the Practices that they are exploring. Students will experience the anatomical alignment and we will discuss ways to deepen this experience by adding the Energetic Element. These will be based on the literature that students will be required to read prior to the training.

### 3 Hours Teaching Practicum

- Students will teach each other or in small groups the techniques that they have been learning to teach.