

Yoga Trekking International Teacher Training Syllabus

Program Objectives

Students will understand yoga as a concept: unity in the mind, body, and spirit as well as the greater cosmos. Students will see yoga as connection that eliminates separation.

Students will understand and be able to use yoga terms confidently; Sanskrit, English, and Anatomical for both the asana/vinyasa practice as well as the spiritual practice.

Students will understand the History of Yoga, Philosophies that have evolved into what we know as Yoga today, and the Ethical practices that will sustain positive student/teacher relationships.

Students will be able to create sequences and classes that incorporate flow directed toward a specific objective whether it be Elemental, Chakral, or Anatomical in nature.

Students will feel confident and ready to begin their journey as new Yoga Teachers in today's growing Yoga Community.

Elemental Vinyasa Experience 21 Contact hours 5 noncontact hours

Each student will practice in the style of Elemental Vinyasa experiencing the body as a microcosm of the macrocosm that is the earth. We will cover the 5 elements, earth, fire, water, air, and space in each practice and how the asanas relate to this flow.

Understanding the elements, earth, fire, water, air, and space, and how they relate to the asanas as well as the flow of energy in the body.

Satisfied by: Elemental Vinyasa Retreat, Teaching Vinyasa Yoga, and homework

Chakra Vinyasa Experience 15 Contact hours 6 noncontact hours

Students will experience the connection that the asana practice evokes through the chakra system.

Students will learn the chakras in an experiential way and discover ways to open the chakras through the Vinyasa practice. They will learn which asanas are related to which chakras and experience ways to create a balanced practice that will align the chakras.

Satisfied by: Teaching Vinyasa Yoga, Root to Rise, Core Connection, homework

Alignment and Adjustment 34 Contact hours 12 noncontact hours

Practices will focus on the proper alignment of the body in asanas, incorporating anatomical terms. Flows will also focus on specific areas of the body and students will experience deeper opening or strengthening based on the type of flow in each practice.

Students will learn to associate muscle groups with the asanas, chakras, and elemental experiences in the practice. This will help students to begin to connect the physical, subtle, and astral bodies through the Vinyasa practice. Proper alignment, the embodiment of the Asanas will open students to the experience of yoga.

Satisfied by: Alignment and Adjustment, homework

Core Connection Vinyasa 10 Contact hours 2 noncontact hours

Students will establish the core as the center of fire in the body that both burns and sustains. They will experience practices that focus on the core as a stabilizer for the entire body and the abdominals as a protectant layer for the spine thus enhancing the experience of raising Kundalini energy through the Sushumna Nadi.

Students will focus on strengthening the core, recognizing it as a protective coating for the spine and be able to connect this experience to Kundalini energy rising in the body.

Satisfied by: Core Connection Vinyasa and Alignment and Adjustment

Teaching Elemental and Chakra Vinyasa 12 Contact Hours 1 noncontact hour

Students will learn 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 verbiage 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.

Students will learn to sequence practices based on energetic alignment. They will also learn how the embodiment process contributes to the enhanced flow of energy and ways to adjust students both verbally and using hands on assists.

Satisfied by: Teaching Vinyasa Yoga and Alignment and Adjustment

Teaching Anatomical Alignment and Adjustment 12 Contact hours 1 noncontact hour

Students will learn how to set students up for anatomical success by using props, verbiage, 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. Students will also learn how to support their 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.

Students will learn the proper anatomical embodiment of the postures and how to create the embodiment experience in students that they teach through the use of props, verbiage, sequencing, and physical hands on adjustments.

Satisfied by: Alignment and Adjustment

Anatomy and Physiology 28 Contact hours and 7 noncontact hours

Students will learn physiological processes and their connection to the yoga practice such as the respiratory systems involvement in the use of pranayama. They will also learn anatomical alignment in the asanas and how physiological processes such as the cardiovascular systems contribute to enhancing the opening and strengthening of the musculoskeletal system through the Vinyasa experience. This session will also focus on how correct anatomical alignment keeps students safe during the asana practice.

Students will learn safe and effective anatomical alignment and the role of physiology in the Yoga Practice.

Satisfied by: Alignment and Adjustment, homework

Yoga Philosophy and Lifestyle 25 Contact hours 5 noncontact hours

Students will discuss literature that includes the History of Yoga, Yoga Masters, and Yoga Philosophy by authors such as Desikachar, Shiva Rea, Swami Rama, and Donna Farhi. Students will participate in activities such as guided meditations, pranayama exercises, and connect their inner rhythms to the external rhythms of the cosmos.

Students understand the history of yoga, the philosophers and styles that have evolved through the practice of yoga by different cultures and how those cultures have influenced the evolution of yoga. They will also learn to see yoga as a lifestyle rather than something that is done a couple of hours a week through the experience of Sadhana.

Satisfied by: Teaching Vinyasa Yoga, Sadhana, Elemental Vinyasa Retreat, Alignment and Adjustment, Online Sessions

Teaching Practicum 11 Contact hours 1 noncontact hour

Students will assist for 10 hours and they will have a 1 hour class that they need to teach and be observed after which they will receive feedback.

Students will actively learn to teach yoga through the experience of assisting as well as having to develop a class and teach the class.

Satisfied by: Assisting hours, Teaching Vinyasa Yoga and Alignment and Adjustment, homework

Root to Rise 10 Contact hours 2 noncontact hours

Developing a strong foundation at the roots that rises up with the seasons. This course provides a foundation for the development of each students teaching career. It covers goal setting and how to use the seasonal shifts as a way to maintain balance and sustainability as a teacher.

Students will set goals from their roots and use the foundation of the chakras, elements, and cosmic seasons to establish balanced practices that assist in the goal setting and achieving process creating a sustainable development for teachers.

Satisfied by: Root to Rise, online sessions

Yoga Sadhana 6 Contact hours 6 noncontact hours

Students will participate in a week long Sadhana practice where they will meditate collectively, participate in pranayama exercises, be required to explore their own daily asana practice, daily readings, and journal about their experience on a daily basis. There will be an ongoing online discussion group throughout the week for support and a final verbal discussion group at the end of select weeks.

Students will experience yoga as lifestyle and how this type of sadhana enhances the Yogic Experience.

Satisfied by: Online Sadhana, Elemental Vinyasa Retreat, and homework

Required Literature

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
Wheels of Life, Anodea Judithg
The Subtle Body, Cyndi Dale
Teaching Yoga, Donna Farhi
How to Meditate Using Chakras, Mantras, and Breath, Dennis K. Chernin, M.D., M.P.H.
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

Reading Projects: Read each of the books below and write a 1-2 page reflection or summary to turn in; Attend at least 2 book discussion groups by conference call or live if you are in the area. Choose a book (not on the list) on yoga that you would like to share and write a 1-2 page promotional article.

The Anatomy Coloring Book, Wynn Kapit and Lawrence Elson: Color the selected pages

Teacher Training Homework for Noncontact hours

Practice Teaching:

Choose a friend or a group of friends and teach a class. Then write a reflection of your experience in your journal to incorporate into your Reflective Experience Project and participate

in a Reflective Practice Teaching Discussion with your lead trainer individually or by conference call with a group.

Video Project:

Video of Surya Namaskar A and B as well as the 5 Prana Flow Elemental Vinyasa Namaskars; A practice that focuses on alignment from either a musculoskeletal perspective or an elemental perspective; A video meditation. Your practice and video meditations will be turned in and then can be posted at your choice on any social media you like to help develop your business. No more than 30 seconds of any prana flow sequence can be posted on social media due to copyrights.

Photo Comparison Project: Embodying the Asanas

Take a picture of yourself in each of the postures and over the course of your training evaluate your progress of embodiment. Then, take a picture of yourself at the end of your training and post the pictures next to each other in a comparative before and after style display.

Tadasana
Utkatasana
Adho Mukha Svanasana
Urdva Mukha Svanasana
Plank Pose
Chattaranga Dandasana
Virabhadrasana 1 and 2
Anjanyasana
Trikonasana
Side Plank
Urdva Danurasana or Septu Bandasana
Malasana
Sukasana or Padmasana

Yoga Teacher Training Journal Sadhana:

Keep a journal over the course of your training; Write in your journal at least every week recording your yoga journey, feelings, transformations, goals, achieved goals, and reflections. This will be used for your final Reflective Experience Project.

Karmic Exchange: Participate in an outreach based project - fundraising event, outreach class, national or international exchange event during a retreat. Organize your own outreach based project and write about your experience - how you promoted the event, the statistics of your event (such as; how many people came, how much it cost, how much money you raised), how you felt before, during, and after the event, and how you plan to continue to support your cause.

Reflective Experience Project:

When you have completed your training and have all of your materials together it is time for your Reflective Experience Project.

- Using your journal, materials you read, the photo comparison project, Karmic Exchange project, Video project, and your own feelings and emotions at this moment choose a path to express the reflective experience of your journey.
- This creative experience should include both reflections of the journey you have taken, the present experience, and your hopes, dreams, and goals for your future as a yoga teacher.
- You can make a video, a photo journal with captions, write a paper, or complete an art project of your choice to share your Reflective Experience...