

Yoga Awakenings
200-hour Teacher Training

&

Yoga Intensive



Suzanne Morgan Yoga

“Yoga believes in transforming the individual before transforming the world. Whatever change we want to happen outside should happen within. If you walk in peace and express that peace in your very life, others will see you and learn something.” – Sri Swami Satchidananda

“We can only give to others what we already have. Give yourself the gift of love, equanimity and balance. Come; join me on the yogic path.” – Suzanne Morgan



Yoga Awakenings 200 Hour Teacher Training & Yoga Intensive

- ♥ There is a strong therapeutic focus in my teacher training program. The educational content focuses on practical solutions on how participants can live a healthy, balanced life and how to offer yoga solutions to others.
- ♥ This program is a wonderful foundation to help you teach yoga at a paid or service level. However, many if not most who seek certification do not intend to teach yoga. This course is perfect for those who simply want to deeply enrich their own practice and live a yogic life.
- ♥ This is a loved infused program. If the word “love” seems super icky to you, you may want to pass on this program. If love (and in particular, self-love) seems a little scary, but you are ready to gently open your heart, mind and body to yoga then you are in the right place. If your heart is already wide-open and you can’t wait to share the benefits with others, then sign up right away!
- ♥ I am an Ayurvedic Practitioner and healer as well as a seasoned yoga teacher. This program has a strong therapeutic focus and incorporates the healing methods and practices of Ayurveda, yoga’s sister science of health.
- ♥ I’m also deeply steeped in nature. This program draws from a deep respect of the natural world and the lessons it teaches.
- ♥ One of my specialties is customizing your training to help you meet your personal goals.

Yoga Awakenings Teacher Training and Yoga Intensive is a [200-hr Registered Yoga School with Yoga Alliance](#). At completion of the program, graduates are eligible to register with Yoga Alliance as a [Registered Yoga Teacher](#) (RYS).

Yoga Awakenings Teacher Training Program and Yoga Intensive will help you more deeply connect with your body, tame your mind and let your spirit soar. ***This program offers practical solutions both for those seeking to teach yoga and for others who simply want to deepen their yoga practice.***

Learn tangible therapeutic, energetic, yoga skills to help yourself or others who suffer from illness and pain, stress or a mind that won't seem to quiet. This 200 hour program is firmly grounded in yoga philosophy. It offers very practical applications for how to teach yoga and therapeutics for healing the body. It will help you build confidence that you can apply to all areas of your life. Living and teaching from a place of authenticity and love is the heart of this program. It's a passionate playground where awareness, inspired action and wellness skip hand-in-hand. Come and join me on the playground. You'll laugh – I promise.

Overall Learning Objectives

At completion of this program, you will:

- (1) have practical knowledge to enable you to start teaching beginner and all-levels yoga;
- (2) have a solid understanding of the fundamentals of yoga therapy;
- (3) have learned the history and basic philosophy of yoga. You'll learn how to begin to teach these fundamental principles in a yoga class and/or how to apply it to your life;
- (4) learn specific skills on how to become an effective and ethical yoga teacher;
- (5) become a more adept yoga practitioner having learned different tools, styles and energetic practices to open the body and calm the mind.

If you have benefited from yoga and would like to deepen your practice, consider joining me on this spectacular journey. I welcome all inquiries and will not discriminate based on your age, race, weight or current profession.

This is a foundational course that is meant to help you deepen your own practice so that you can share the love (in a classroom of your own someday or in the supermarket) with others. If you are interested, please sign up today! **The first intensive weekend starts in February 19, 2016.**

Namaste,
Suzanne

What you will receive:

- An abundance of nurturing, mentoring and support to help you live a happy, healthy life
- A teacher training program infused with love helping you make your “weaknesses” your strengths and helping you live and/or teach with authenticity
- Over 200 hours of contact with me as your advanced yoga teacher/leader which provides consistency and full knowledge of what you can expect
- A total of 230 hours for the entire program – exceeding Yoga Alliance requirements
- Direct one-on-one mentoring, including one or more personal Ayurvedic health consultations
- Group size is small, usually with eight participants. This allows me to work with you at a deeper level and to customize some of the content for your needs.
- I am skilled at creating an atmosphere of support and love within the entire group. Each participant is valued and nurtured equally.
- *Hasta Mudras for Health & Healing*, book by Suzanne Morgan
- *Simple * Healthy * Comfort Food*, book by Suzanne Morgan
- You will receive an extensive course manual (over 250 pages) that will help you organize and prepare for your training sessions. You will also be given monthly resources and guidance on how to extend your training beyond the scope of this program.
- After completion of the program, you will receive a 200 hour teacher training certification.
- This program **meets Yoga Alliance’s Standards for a 200 Hour Teacher Training Program**. My program sailed through the registry process with Yoga Alliance fully meeting and exceeding its rigorous standards. Suzanne Morgan Yoga is now a Registered Yoga School (RYS).

Prerequisites:

- Strong desire for growth and self-love
- A desire to share the benefits with others and be of service
- Willingness to create and maintain a personal meditation and asana practice
- I am not looking for participants to have perfect yoga poses. While this program will teach you all you need for alignment and the beauty and benefits of the asana (pose) practice, this program is steeped in the larger message of yoga. That is determining your dharma, living a life of integrity, becoming more peaceful and loving, connecting to consciousness and being of service in the world.
- I welcome all body sizes and physical abilities. However, to participate you must know enough about yoga to know that this program will take you beyond a physical practice. Be prepared to have your life changed in the most beneficial ways!

Required texts:

- *The Yoga Sutras of Patanjali*, Sri Swami Satchidananda
- *The Key Muscles of Yoga: Scientific Keys, Volume 1*, Ray Long
- *Teaching Yoga: Essential Foundations & Techniques* by Mark Stephens
- *Hasta Mudras for Health & Healing*, Suzanne Morgan * (do not purchase; this will be given to you)
- *Simple * Healthy * Comfort Food*, Suzanne Morgan * (do not purchase; this will be given to you)

Note: For the required texts, please purchase the printed copies of these books, as opposed to the kindle version, so that you can easily follow along in class. You can look for used versions on Amazon to save

money. Also, for the required books, you don't need to purchase these books right away. I will give you advance notice for when we will be using the books in our training.

We will reference many other books in our extensive training. I will provide plenty of additional book recommendations for the specific topics that we cover, but I don't want you to feel overwhelmed by all the options. You'll find that you will be drawn to further exploration of some topics as opposed to others. Therefore, don't go out and buy a bunch of books (unless you have the strong desire and plenty of money to spend!). I will make personal recommendations to you on other helpful books, videos and resources based on your personal goals and your development in the program. You will be given a resource guide on how to extend your training beyond the scope of this program.

Requirements for participation:

- There is a lot of content to cover in nine months, so it is important that you **show up on time for all meetings. It's also important to stay to the end** of the meeting as testing will commence at the end of most classes.
- While it's never ideal to miss our intensive weekends, you may miss up to two full weekend intensives with no penalty, but you will be required to do makeup homework. An option for missed weekends is to participate via Google hangouts or Skype.
- Take a minimum of one yoga class with Suzanne Morgan each week (for a total of 30 classes over the period of the training).

Location of Training

Unless otherwise specified, all intensive weekends will be held at my pretty home yoga studio at 2100 N. Potomac Street, Arlington, VA 22205.

I create a lovely homey environment where we all bring delicious healthy food.

Your weekly classes will be held at Arlington Community Church, 6040 Wilson Blvd, Arlington, VA 22205

To find our space at ACC, park in the parking lot at the back of the church. When facing the back of the church, walk around to the right side of the building. Enter the door on the right side of the building, walk up the stairs and our room is on the left side.

GMU participants can take free weekly classes with me at the Fairfax campus (Johnson Dance Studio) on Mondays and Thursdays at noon or at the Arlington campus on Tuesdays at noon.

For your weekly class with me, see my class schedule [here](#).

Cost of the Program

- Application fee: There is no application fee. Once you've been accepted into the program, you'll secure your spot with a \$300 deposit.
- The total cost of the program is \$3,000. You can receive a 10% discount (\$300) by paying in full before February 1, 2016. **If paying in full, your payment is \$2,700.**
- In many cases **I can accept monthly payments for the course.** Please contact me regarding this but do know that I have strict requirements for those wanting to pay monthly:
 1. Know that your fee will be slightly higher. **You will pay \$300 per month for 9 months, plus the deposit of \$300 for a total of \$3,000.**
 2. I cannot offer refunds for any reason. If for any reason you must discontinue the program, **you are still financially responsible for all payments.**
 3. **Those paying monthly: Monthly payments must be received by the 15th of each month – starting with February 15th.** It's very important that you make these payments on time and without my prompting. It is preferable to set up a direct deposit from your banking account.
 4. I accept payment by credit card if you need that option.
- If you carefully compare the pricing of my program to others, you will see that my program is very cost effective. Many other programs require that you purchase hundreds of dollars in additional books and additional workshops. Their required additional workshop fees in particular can add a significant price to the training.
- The only other additional fees for my program is that you are required to attend my open yoga classes once a week for 30 classes during the program. **The cost for these 30 classes is \$330 (when you purchase class cards at \$11 a class) or you can pay for each class at a time for \$13 or buy a class pack of 10 for \$110. DO NOT purchase a Groupon class card for my classes.** If you are enrolled in a corporate or University class that I teach, your weekly classes may be free.
- Make checks payable to: **Suzanne Morgan Yoga** and mail to 2100 N. Potomac Street, Arlington, VA 22205
- Unfortunately, once the program starts no refunds can be given. This program depends on group participation. If you need to drop out, or go on sabbatical, you will be issued credits based on your attendance at the time, but you are still responsible for monthly payments.

Registration Process:

To submit an application for the 2016 Yoga Awakenings Yoga Intensive and Teacher Training Program, please send an email to suzannemorganyoga@yahoo.com and include the following information:

1. Submit your name, mailing address, phone number, email address, age and gender.
2. Let me know how you found out about this program.
3. How long have you been practicing yoga? What type/style of yoga have you practiced? Do you have a home practice? Do you take classes with a teacher? How often, where?
4. Do you have a meditation and/or Pranayama practice? Please describe.
5. What are some of the benefits that you've personally experienced from yoga and/or meditation thus far?
6. Why do you want to take part in this program? What are your expectations for this training?
7. Please acknowledge acceptance of our policies:
 - a) I understand that all students of this program are required to complete 180 contact hours with the primary teacher, Suzanne Morgan, in order to receive a Yoga Alliance approved teacher training certification.
 - b) I understand that I must make up any missed training in order to receive a Yoga Alliance approved certificate.
 - c) I will pay all program fees on time.
 - d) I understand that no sexual harassment, bullying, verbal or written abuse and/or exclusion of fellow teacher students or the teacher (in person, email or social media) will be tolerated.

Schedule & Training Dates:

9 monthly intensive weekends

Friday 6:00-9 pm, Saturday 11 am – 4 pm & Sunday 10 am – 3 pm

February 19-21, 2016

March 18-20, 2016

April 15-17, 2016

May 13-15, 2016

June 3-5, 2016

July 8-10, 2016

August 5-7, 2016

September 9-11, 2016

September 30-October 2, 2016 (Final Exam and Graduation)

- Each weekend intensive provides about 15 contact hours with your primary teacher, Suzanne Morgan. = 150 hours
- In addition, each month there is a short monthly meet-up for 2-3 hours. Each meet-up will be led by Suzanne Morgan. The monthly meet ups will be scheduled with input from the group. It's usually held on a Thursday evening, but we can decide as a group. = 25 hours
- Weekly yoga class with Suzanne Morgan – 30 classes = 30 hours
- Approximately 5 hours of personal one-on-one mentoring –These mentoring sessions will be tailored to you meet your personal goals and the areas that you need to strengthen over the course of the program. Some of the things you might like to work on might include: alignment in your poses, setting up your yoga business, or a personal therapeutic issue such as addiction recovery, physical ailment, etc. = 5 hours
- About 4 to 5 hours each month for homework, reading and self-study = 40 hours

Updated January 2016

Your Instructor:

This program will be taught by senior teacher, Suzanne Morgan.



About Suzanne Morgan

The roar of laughter is often heard inside Suzanne's yoga classes. Suzanne works with her students on the qualities of joyfulness, peace, self-acceptance and love. Her styles of vinyasa flow and hatha yoga are sometimes challenging, but she doesn't ask her students to do well, she asks that they *be well*.

Suzanne teaches full-time throughout the Metro DC area. She has a 700 hr. yoga certification and has been teaching for eleven years. She also has E-YRT-500, the highest teaching designation from Yoga Alliance, demonstrating that she has taught over 2,000 hours as a yoga teacher. She has taught over 3,500 hours of yoga classes and workshops.

Suzanne has a Masters in Ayurvedic Digestion and Nutrition. She incorporates Ayurveda healing practices into her yoga classes, teacher training programs and helps clients in a private clinical setting.

Suzanne teaches Vinyasa Flow, Hatha Yoga, Teen Yoga, Corporate Yoga, Yin Yoga, Therapeutics, Yoga Nidra and Restoratives.

She is the author of the yoga book, *Hasta Mudras for Health & Healing* and the cookbook, *Simple * Healthy * Comfort Food*. She developed a unique Yoga for Your Dog program that focuses on the energetic connection between a dog and her person.

Suzanne lives in Arlington, VA with her Whippet Olivia and rescue kitty Simone.

Contact information:

Suzanne Morgan Yoga
2100 N. Potomac Street
Arlington, VA 22205
703-626-8349
suzannemorganyoga@yahoo.com
Skype: suzanne.morgan7

Evaluating a teacher training program:

- Make sure that the primary teacher (s) in the program you are considering resonates with you. Do you want something that this teacher has? Do you see the teacher (s) leading you in the direction you'd like to go?
- Look at all the costs of the program. Compare the costs of required texts and books. You only need to purchase three books for our training program.
- Compare the payment plans. I can accommodate a monthly payment plan if you need it.
- Compare the costs of ongoing classes or workshops held by outside teachers that are required for certification. Weekly classes and required workshops from outside teachers could add an additional \$1,000 or more to the total cost of certification.
- Compare the testing and evaluation process. A big stumbling block to getting certified is taking the final test and additional requirements such as a paper or project. When I took my initial teacher training program (then a 300 hour course), the open-book test took me 40 hours to complete. **Many, many participants get stumped by the final examinations.** I offer testing as you go tailored to simplify, demystify and expedite the training program. At the end of each training class, you will take a mini-test that counts as a segment of the final completion. You will see immediate results. At the end of the training, you will take a practicum with Suzanne Morgan, in a fully-supported, helpful environment.
- My program offers great consistency and organization. It's a beautiful, in-depth program that will thrill those with an open heart and mind. It truly is exceptional and life-changing.

Syllabus Overview

* Note: Classes are grouped according to category, not necessarily in the order that classes will be taught. Each weekend will be a mix of philosophy, practicum, techniques, methodology and anatomy.

Yoga Philosophy Lifestyle & Ethics for Yoga Teachers (P)		Total Hours	Contact Hours
History of Yoga & Introduction to Yoga Philosophy	P1	5	4
The Yoga Sutras of Patanjali	P2	5	4
Hatha Yoga Pradipika	P3	4	3
Lifestyle of a Yogi	P4	3	3
Nutrition/Ayurveda	P5	6	4
Ethics for Yoga Teachers	P6	4	4
Seva - Serving Others	P7	2	2
Dharma & Samskaras	P8	2	2
		31	26
Anatomy & Physiology (A)		Total Hours	Contact
Basic Anatomy for Understanding Yoga Poses (A) Muscles	A1	4	3
Basic Anatomy for Understanding Yoga Poses (B) Bones	A2	4	3
Organs of the Body	A3	3	2
The Energetic Body - Chakras	A4	4	3
Subtle Energy - Prana, Nadis, Bandhas, Gunas, Doshas, the Five Sheaths	A5	3	2
Observing the Difference in Students Bodies	A6	3	2
		21	15
Teaching Methodology (M)		Total Hours	Contact
How to Structure a Yoga Class & The Art of Sequencing	M1	4	3
How to Use Touch Appropriately	M2	2	2
Hands On Adjustments	M3	3	2
Using Voice & Verbal Cues to Assist Students	M4	2	2
How to Start Teaching - Business Basics	M5	4	3
How to Handle Yourself in the Classroom	M6	2	2
How to Give Effective Demonstrations	M7	2	2
Teaching Beginner Students	M8	3	2
Teaching Intermediate Students	M9	3	2
Teaching Advanced Students	M10	2	1
		27	21

Techniques, Training & Practice (TTP)		Total Hours	Contact
Styles of Yoga	TTP1	2	2
50 Key Yoga Poses	TTP2	20	20
Keys to Proper Alignment of Poses	TTP3	3	3
Svasana	TTP4	4	4
The Use of Props	TTP5	2	2
General Categories of Poses	TTP6	3	3
Mudras for Health & Healing	TTP7	3	2
Vinyasa/Flow Yoga	TTP8	2	2
Yin Yoga	TTP9	2	2
Pranamaya	TTP10	10	5
Meditation Techniques and How to Incorporate Meditation Into Your Life and Your Classes	TTP11	8	8
Classroom Etiquette & Creating a Sacred Space	TTP12	2	2
Prenatal Yoga	TTP13	2	2
Restoratives and Yoga Nidra	TTP14	4	4
Therapeutic Focus - Common Injuries/Ailments	TTP15	2	2
Therapeutic Focus - Structural Limitations	TTP16	2	2
Therapeutic Focus - Depression, Anxiety & Stress	TTP17	2	2
Teaching Standing Poses	TTP18	3	2
Teaching Core Poses	TTP19	3	2
Teaching Backbends Poses	TTP20	3	2
Teaching Forward Folds	TTP21	3	2
Teaching Hip Openers	TTP22	3	2
Teaching Inversions	TTP23	3	2
Teaching Svasana	TTP24	3	2
Teaching Seated Poses	TTP25	3	2
Teaching Twists	TTP26	3	2
		100	85

Practicum (PR)		Total Hours	Contact
Practice teaching with lead instructor & teacher trainees	PR1	31.5	31.5
Observe lead instructor teach	PR2	4	4
Assisting lead instructor /demos	PR3	4	4
Practice teaching as the lead instructor	PR4	6	3
One-on-one Mentoring with the Lead Instructor	PR5	5	5
		50.5	47.5
		231	185

Class Descriptions

* Note: Classes are grouped according to category, not necessarily in the order that classes will be taught. Each weekend will be a mix of philosophy, practicum, techniques, methodology and anatomy.

Yoga Philosophy, Lifestyle & Ethics for Yoga Teachers (P)

History of Yoga & Introduction to Yoga Philosophy (P1)

This session covers a brief history of yoga and an overview of these ancient texts: Vedas, Upanishads, Bhagavad Gita, The Yoga Sutras, The Hatha Pradipika, Gheranda Samhita, Shiva Samhita and Tantra. Participants will learn from lecture, discussion and reading parts of the texts as selected by the lead instructor.

Learning points – You’ll learn:

1. The origin of yoga and how yoga has evolved over time
2. The differences in how one might experience yoga today compared to the past
3. The importance of having yoga teaching being grounded into the original philosophies
4. Resources for further learning

The Yoga Sutras of Patanjali (P2)

The Yoga Sutras are the keystone in understanding the big picture of yoga and the basis of this teacher training program. Practicing the principles of the Sutras leads to joy and a purposeful, fulfilled life. Patanjali’s eight-limbed path offers practical ways of “right-living” living to obtain peace. Yoga is experiential, meaning that it is not enough to know history or facts. It’s essential to apply the concepts to one’s life.

Learning points – Participants will:

1. Gain knowledge of the historical perspective of the Yoga Sutras
2. Learn the eight-limbed path
3. Be given examples of to practice each limb
4. Learn the 10 ethical guidelines of the yamas and niyamas
5. Learn how to incorporate the yamas and niyamas in your own life
6. Learn how to introduce the Yoga Sutras into your teaching

Hatha Yoga Pradipika (P3)

The Hatha Yoga Pradipika is one of the most influential of all the surviving texts of Hatha Yoga. Participants will learn by lecture and discussion the history of the Pradipika, it’s importance and how the Pradipika has shaped modern yoga.

Learning points - You will walk away knowing:

1. How asana, pranayama and Samadhi is defined by the Pradipika
2. Concepts such as shatkarma, mudra, bandhas, kriyas and kundalini
3. The 3 purposes of Hatha Yoga
4. The meaning of hatha

5. The six cleansing techniques
6. Why Hatha Yoga starts with opening the body first
7. Which 4 of the 15 asanas defined in the Pradipika are most important

Lifestyle of a Yogi (P4)

Here's an in-depth look at models for right-living as defined by the Yoga Sutras. This lecture and discussion is a practical session designed to inspire participants toward personal growth outside the classroom.

Learning points - You will walk away with real-life examples for:

1. Self-care
2. Managing relationships with friends, family and the community
3. Participating in environmental sustainability

Nutrition/Ayurveda (P5)

Participants will listen to lecture on an overview of Ayurveda and then how it relates to dietary recommendations. They will learn how the three gunas and the chakras relate to Ayurveda. Participants will determine their own dosha (mental and physical) and explore applying dosha-oriented food choices for correcting imbalances in the body. This lecture and discussion also details different nutritional lifestyles that some yogis follow such as vegetarian or vegan and how nutritional choices can be viewed through the Yoga Sutras. Participants will sample dosha-balancing foods and recipes.

Ethics for Yoga Teachers (P6)

Yoga is a powerful tool that allows students to heal the body, mind and spirit. When students can be vulnerable they are able to work at the deepest levels. This vulnerability must never be taken advantage of. Therefore, it is the utmost responsibility that yoga teachers offer a safe haven for students. In addition, yoga teachers must respect that students are affected (sometimes deeply) by the energy, intentions and actions of the teacher.

Learning points – You will walk away knowing:

1. The essential ethical standards for yoga teachers covering responsibilities for
 - a. equal access (non-discrimination)
 - b. managing personal lives in a way that is representative of the profession/practice
 - c. maintaining healthy and truthful business practices
 - d. continuous education in yoga
 - e. Maintaining a personal practice
 - f. the ethics of managing relationships with students inside and outside the classroom, including the explicit understanding that sexual behavior or harassment is unethical
 - g. guarding students' information with confidentiality
 - h. not misrepresenting or exaggerating the benefits of yoga
 - i. representing personal qualifications truthfully
2. How to apply these ethical practices in your own life

Seva – Serving Others (P7)

Seva means altruistic service for the betterment of others. Voluntary selfless service is a key to living a purposeful life. Participants will learn how selfless community service is an integral part of yogic philosophy.

Learning points - You will walk away knowing:

1. The theory and benefits of seva
2. Real-life examples of seva
3. How to incorporate selfless service in your everyday life and as a yoga teacher

Dharma & Samskaras (P8)

Participants will learn by lecture, discussion and practice exercises dharma as defined by the Bhagavad Gita. They will learn the role a yoga teacher has in influencing students' contemplation of dharma and samskaras.

Learning points – You'll learn:

1. Concepts such as:
 - a. Kleshas
 - b. Karma yoga
 - c. Jnana yoga
 - d. Bhakti yoga
2. The connection between samskaras and addiction
3. How to introduce the concepts of dharma and samskaras in a yoga class
4. Practice exercises to uncover your dharma and become aware of the samskaras that cause suffering.
5. The five ways to unleash negative samskaras

Anatomy & Physiology (A)

Basic Anatomy for Understanding Yoga Poses (A) Muscles (A1)

Basic Anatomy for Understanding Yoga Poses (B) Bones (A2)

A1-2

Participants will learn by lecture, then identifying and labeling basic anatomy. They will learn 25 general anatomy terms as it relates to placement on the body or a specific action of the body. They will learn 21 major bones, the four curves of the spine, the major bones and joints of the hips & legs, the major muscles of the legs, hips, back, arms, shoulders, and abdominals. They will participate in discussion of students' common ailments of arthritis, repetitive stress injuries, rotator cuff injury, plantar fasciitis, back and neck pain.

Organs of the Body and Detoxification (A3)

By listening to lecture and engaging in discussion, participants will review the 78 organs of the body and learning how yoga asana and pranayama detoxify and serve the body. They will locate and label the major glands and organs and learn their major functions. They will learn and practice specific poses designed for detoxification and coordinating Pranayama. Discussion will also include menstruation, infertility and menopause – specifically theories on which asanas or Pranayama if any may be helpful.

The Energetic Body – Chakras (A4)

This session explores the seven chakra system and how it provides insight into one's physical, emotional, mental, pranic and spiritual bodies. Participants will learn the basics of the seven chakras and how getting rid of blocks and having balance in each chakra enables an individual to lead a happy, healthy life full of meaning and purpose. Participants will explore each chakra by contemplating the elements of each chakra and then participate in a practice of Pranayama, asana, visualization and meditation for each chakra.

Learning points - You will walk away knowing:

1. The location of each chakra
2. The color, elements, energetic qualities, areas of the body governed by the chakra, aliments, asanas and healing linked to each chakra
3. The imbalances, either too much or too little (or overcompensation/avoidance), that can occur
4. Basic skills for using yoga to create balance in the chakras
5. Ideas for how to incorporate teaching chakras in class

Subtle Energy – Prana, Nadis, Bandhas, Gunas, Doshas, the Five Sheaths (A5)

Many yogic concepts are practiced and taught through symbolism to help students enrich their health and transform their lives. This session is an overview of the major energetic theories of yoga. Participants will learn from lecture and discussion. They will also practice with these concepts:

- Klesha/avidya
- Prana vayus
- Nadis
- Bandhas
- Gunas
- Doshas
- Chakras
- The Five Sheaths

Chakras will be addressed again in greater detail in a later session.

Observing the Difference in Students Bodies (A6)

Understanding the differences in students' bodies enables yoga teachers to guide students in modifying and exploring asanas on an individual basis. Body weight, size and bone structure can significantly change the shape and ability to access certain poses. Teachers who have this understanding can let go of any attachments to poses looking a certain way and know why some poses are inaccessible or difficult to some students. Participants will actively look at the difference in bone structure within the group, participate in a discussion of what they may encounter in class and discuss options for modification.

Learning points - You will walk away knowing:

1. How different each body really is
2. How to see the shape of the major bones in the body (spine, arms, legs, neck)
3. How to convey to students why certain poses may be difficult and help them explore modifications
4. Help students whose structure best fits certain poses go deeper

Teaching Methodology (M)

How to Use Touch Appropriately (M1)

The proper use of touch can assist a yoga student in bringing awareness to a body part, help release tension, inspire the breath or feel alignment more quickly. The improper or inappropriate touch can confuse a student or make them feel unsafe. Participants will observe proper touch, will practice with other participants and engage in a discussion the appropriate uses and times to touch, listening to real-life examples of being helpful vs. not helpful.

Learning points - You will walk away knowing:

1. Asking permission
2. Where to touch
3. How the amount of pressure can convey different meanings
4. How to become aware of which students like to be touched and who does not
5. How to set intentions to receive the best outcome
6. How to keep your own needs out of the classroom

How to Structure a Yoga Class and the Art of Sequencing (M2)

A well-structured yoga class with thoughtful sequences enables a yoga student to achieve the maximum benefits. Participants will learn how to structure a yoga class with a logical linear progression from the initial centering (intention, mudras, Pranayama and/or dharma), warm-up, peak poses(s), cool-down and savasana. They will explore sequencing from different perspectives (sequencing steps of a pose, building to a peak pose, sequencing a class, sequencing a series of classes, sequences based on themes (i.e. physical, therapeutic, spiritual, etc.)

Learning points - You will walk away knowing:

1. The natural arc of a yoga class
2. How to create classes that build skill from session to session
3. How to move from your goal or intention for the class to creating the full practice
4. Which poses are good counter poses
5. How to choose neutral poses to rest and support mindfulness
6. General rules of thumb in sequencing such as selecting cooling poses after active or heating poses instead of the other way around

How to Give Hands on Adjustments (M3)

This session follows How to Use Touch Appropriately. Knowledge of hands-on adjustments can help students with alignment, feel the subtle energy of a pose and/or help them to work deeper.

Learning points - You will walk away knowing:

1. How to ground your own body and keep safe
2. How the size and strength of the student compared to your own may change the way you approach the adjustment
3. The difference between an adjustment and a “correction”
4. When to give a hands-on adjustment vs. a verbal suggestion
5. To emphasize working on the primary alignment from the spine and the breath

6. The balance between helping with refining alignment vs. getting attached to the outcome of a student's pose
7. Working with the lines of energy in the body

Using Voice & Verbal Cues to Assist Students (M4)

The tone and modulation of the teachers' voice paired with clear and concise instruction can turn a so-so yoga class into a beloved experience. Participants will observe constructive and unconstructive examples of how to use the voice, including the use of descriptive language and the proper modulation to pair with different types of movement/breath and savasana. They will practice using language and tone that conveys authority in the classroom, as well as inflection to match appropriate movement.

Learning points – you will walk away knowing:

1. How to make verbal instructions concise and meaningful
2. How to match the quality of the voice with the movement
3. How to modulate the voice to set mood or the intensity of the practice
4. When and which instructions to repeat
5. How to give specific instruction to one student without embarrassing them or causing confusion with the others
6. How to avoid talking too much or using verbose descriptions
7. How to avoid confusing students with language that is too technical for the audience or that makes you appear to be unsure of yourself
8. Allow students minds to rest
9. Acknowledging when you are wrong

How to Start Teaching – Business Basics (M5)

This session is designed to help participants get started teaching, but it can also build skills and be a confidence builder for those who decide not to teach.

Learning points – You'll learn:

1. The basics of building a personal brand
2. Teaching with authenticity
3. How to teach in different settings and to different populations (prenatal, kids yoga, seniors, corporate)
4. The value of apprenticing
5. How to develop teaching opportunities
6. Basics of starting a business
7. Invoicing
8. Working as an independent contractor
9. Resources for further learning

How to Handle Yourself in the Classroom (M6)

Yoga students are deeply impacted by the energy and actions of the teacher. Yoga teachers can be a great example of how to take yoga "off the mat and into the world" by the way they manage themselves and situations that arise in the classroom. A yoga teacher is expected to not only uphold proper ethics, but also

establish a safe environment. Participants will listen to real-life examples and then discuss topics with the group.

Learning points – you will walk away knowing:

1. How to enter the yoga space in a way that contributes to the well-being of the group
2. How to weigh the pros and cons of sharing personal information & how much to share
3. How to keep the focus on the students
4. How to handle interruptions, upset students, giving praise to and “unyogic” behavior from students
5. How to encourage students to take yoga off the mat and into the world

How to Give Effective Demonstrations (M7)

Many yoga students are visual learners and mimic the actions of the teacher. Giving effective demonstrations can allow students to then concentrate more on themselves once the demo is over. Teachers can also use demos to emphasize certain points with the breath or the body.

Learning points – You’ll learn:

1. How to encourage students to look closely
2. How long to demo to keep the students’ attention
3. Keep the appropriate focus on the students
4. The benefits vs. drawbacks to talking while you are demoing
5. How to demo a sequence
6. Leading students through a sequence by demoing parts then combining
7. When to demo
8. The art of demoing poses the “wrong” way, then “right”

Teaching Beginner Students (M8)

Teaching Intermediate Students (M9)

Teaching Advanced Students (M10)

M8-10

These sessions address the typical characteristics of beginner, intermediate and advanced students and how to structure yoga classes built on their separate needs.

Learning points – you will walk away knowing:

1. The temperament, body awareness, skill, and ability to focus for each level
2. Poses that are suitable for each level
3. How to modify poses in an all-levels class
4. How to acclimate new/beginner students to yoga
5. How to challenge advanced students

Techniques, Training & Practice (TTP)

Styles of Yoga (TTP 1)

The differences from one style of yoga class to the next might be startling. When taking a yoga class, sometimes there is no clear delineation of the style as many classes cross-over into more than one category. Ultimately, the end result is strongly determined by the teacher's training & experience. Having an understanding of the styles can help a participant understand how they fit into the different major models available in the U.S.

Learning points – you will walk away knowing:

1. What to expect when you take a class that offers a different style
2. How to explain the benefits and differences of the style you teach.
3. Participants will listen to lecture, watch video segments and discuss these categories:
 - a. The overall umbrella of Hatha yoga
 - b. Vinyasa or flow yoga
 - c. Ashtanga
 - d. Power Yoga
 - e. Jivamukti
 - f. Iyengar
 - g. Integral
 - h. Kundalini
 - i. Kripalu
 - j. Anusara
 - k. Hot Yoga
 - l. Bikram
 - m. Viniyoga
 - n. Yin
 - o. Restorative

50 Key Yoga Poses (TTP 2)

Participants will learn the fifty most important yoga poses. They will learn by lecture, discussion and watching the lead instructor demonstrate. They will also practice the poses.

Learning points – you will walk away knowing:

1. The 50 Key Yoga Poses (framed by which ones are the most commonly used)
2. The key elements of the posture (which aspects of the pose are most important)
3. The benefits of each pose
4. The Sanskrit and English name for each pose and any other name variations that are common

Keys to Proper Alignment of Poses (TTP 3)

This session teaches participants how to keep students safe. Participants will learn by lecture and discussion the areas that are most prone to injury (or reinjury) including: overstraining muscles and the joints of the knee, shoulder, wrist, ankle, feet and neck.

Learning points – you will walk away knowing:

1. How to quickly access a large group of students

2. Who is most likely to get injured
3. Signs that a student is struggling in a pose
4. Common misalignment
5. Verbal cues to give for safety
6. How to get students to heed warnings

Savasana (TTP4)

For many teachers, savasana is considered the most important asana. Participants will learn by lecture, practice and practice teaching.

Learning points - You will walk away knowing:

1. The health benefits of savasana
2. The meaning of savasana
3. How to set up students for savasana and create a safe environment
4. The placement and timing of savasana, including using it between poses and at the beginning of class
5. Creating a variety of savasana experiences

The Use of Props (TTP5)

The use of props can help students access poses more freely, better feel the energy of a pose or help a student go deeper into a pose. Participants of this session will actively explore poses with the use of blocks, blankets, sand bags and straps noticing the subtle changes of energy and shapes of the poses. They will participate in a discussion of the use of props and learn basic skills for modifications.

Learning points – you will walk away knowing:

1. The basic props used in yoga
2. The benefits of using props
3. Mistakes students make with props
4. Examples of how to use props for therapeutic issues
5. How to modify poses with the use of props
6. How to help students go deeper into poses with props

General Categories of Poses (TTP6)

Participants will learn these basic categories of yoga poses: forward folds, back bends, twists, lateral bends, inversions and balance poses. (They will learn that there are other ways to categorize poses, such as standing poses and seated poses and that an asana may fit within more than one category.) They will identify poses that fit into each basic category and then define the poses within the category from a gross to more subtle perspective. Participants will begin to experience the poses at a more subtle level.

Learning points – you will walk away knowing:

1. Which asanas belong in each major category
2. The physical, therapeutic and energetic benefits of each category
3. The contraindications for each category
4. Understand how an asana can be applied on a group and individual level for health and healing

Mudras for Health & Healing (TTP7)

Mudras are gestures or positioning in the body to intelligently channel and direct energy. They offer practical applications for therapeutic issues and for manipulating the body, mind and spirit. Participants will learn the history of mudras, practice mudras to experience subtle energies and learn how to incorporate mudras in their life and in yoga classes to inspire health and healing.

Learning points – you will walk away knowing:

1. The history of mudras
2. The five types of mudras
3. How mudras work
4. Twelve important hasta mudras to use in your own practice/life and in the classroom
5. How to introduce and incorporate mudras in yoga classes

Vinyasa/Flow Yoga (TTP8)

The Sanskrit translation for vinyasa is to “place in a special way”. Successful vinyasa, or flow, yoga classes emphasize connecting the breath to movement, allowing students to settle their minds and hearts. Participants will practice vinyasa sequences focusing on the subtle benefits. They will then create and cue their own sequences and practice teaching their sequence to the group.

Learning points – you will walk away knowing:

1. The role of the breath in vinyasa
2. The significance of transitioning between yoga poses
3. How to teach students to breathe during this practice
4. The health benefits of wave-like movements
5. How to cue alignment when teaching vinyasa

Yin Yoga (TTP9)

This session teaches some of the basics of yin yoga, including the benefits for the mind and body of this muscularly passive style of yoga.

Learning points – you will learn:

1. The difference between a Yin and Yang practice
2. The difference between Yin and Restorative Yoga
3. Classic Yin poses and their English names
4. How to structure a class focused on Yin poses, including how to set the proper mood, conduct pacing and adjust your teaching style to facilitate the class

Pranamaya (TTP10)

Participants will learn by lecture, practice and practice teaching beginner and intermediate Pranayama.

Learning points – You’ll learn:

1. Anatomy of the diaphragm
2. The best posture for pranayam
3. A progression of Pranayama from simple to more complex
4. The benefits and contraindications for each pranayam
5. How to demo and teach
6. How to include breath work into each class
7. How to coordinate the breath with movement

8. Learn which breaths are suitable for which level student
9. Learn and practice the following:
 - a. Belly breathing
 - b. Complete breath
 - c. Ujjaji breath
 - d. Viloma 1 & 2
 - e. Kumbhakas (antara & bahya)
 - f. Nadi shodana
 - g. Sama-vritti
 - h. Vishama-vritti
 - i. Kapalabhati
 - j. Bhastrika

Meditation Techniques and How to Incorporate Meditation Into Your Life and Your Classes (TTP11)

The spirit of meditation is conscious relaxation. Participants will learn meditation techniques by lecture, discussion and practicing a wide-variety of styles.

Learning points – You'll learn:

1. The difference between dharana and dhyana and between dhyana and Samadhi
2. The health benefits of meditation
3. How to start meditating/how to teach meditation
4. Types of meditation
 - a. Guided verbal
 - b. Dristi
 - c. Meditating on the breath
 - d. One-pointed meditation
 - e. Meditating with eyes open
 - f. Vipassana
 - g. Walking meditation

Classroom Etiquette & Creating a Sacred Space (TTP12)

This session will address ways to create harmony and inspiration in the classroom. Participants will learn how students can be affected by the visual presentation of the class as well as the actions of their peers.

Learning points – you will walk away knowing:

1. Essential yoga etiquette
2. How to teach students to be supportive of each other by sharing space
3. The importance of cleanliness and organization for settling the mind
4. How students should enter and leave the classroom
5. How to manage students who don't honor the rules of etiquette

Prenatal Yoga (TTP13)

By listening to lecture and participating in discussion, trainees will learn general guidelines for how to guide pregnant students in their classes.

Learning points – you will walk away knowing:

1. Which pregnant students a teacher may advise against taking yoga
2. Which poses prove difficult for pregnant students
3. Which poses they should avoid and at what stage in the pregnancy
4. Which poses are considered helpful for fertility
5. How to modify poses for pregnancy

Restoratives and Yoga Nidra (TTP14)

Participants will listen to lecture and participate in a discussion of the benefits and keys to effectively teaching restoratives and Yoga Nidra. Participants will learn how to adjust students' bodies for maximum comfort, how to handle students who are restless, how to sequence poses, how to set up props and create an effective mood. Importantly, participants will learn proper pacing and voice control. They will practice being students and then practice teaching with a script.

Learning points – you will learn:

1. How to teach a restorative yoga class
2. How and when to add restorative poses to a general class
3. How to gauge the energy of students and decide whether a restorative pose or class is appropriate
4. Sample different styles of Yoga Nidra
5. Be able to teach a short Yoga Nidra

Therapeutic Focus – Common Injuries/Ailments (TTP15)

Many, many students come to yoga class with injuries or ailments. The first rule of thumb with teaching students is to do no harm. This session helps participants become aware of common injuries and ailments and how yoga can help.

Learning points – You'll learn:

1. That it is unethical to diagnose injuries/ailments as a yoga teacher
2. That suggesting RICE (rest, ice, compression, elevation) might be the best or first option
3. Who is most likely to be reinjured or injured in yoga
4. When students are most likely to reinjure themselves
5. How to engage the bones into the joint for stability
6. How to actively engage the muscles for protection
7. You'll learn modifications/suggestions of poses for the following:
 - a. Wrist injuries (tendinitis, carpal tunnel)
 - b. Shoulder instability
 - c. Lower back pain
 - d. Ankle sprains
 - e. Knee issues (ACL and/or MCL damage, medial meniscus tears)
 - f. Hamstring strain
 - g. Hip bursitis
 - h. Plantar fasciitis

Therapeutic Focus – Structural Limitations (TTP16)

This class will focus on different bone structure in students' bodies and how, unlike ailments or injuries, these structures are not likely to change.

Learning points - You will walk away knowing:

1. Basic anatomy of the spine
2. Spinal abnormalities such as scoliosis, lordosis and kyphosis and how to modify poses
3. How to adapt poses for students with flattened vertebrae in the neck
4. Different bone structures in the feet, legs and arms
5. Adapting poses and keeping students safe

Therapeutic Focus – Depression, Anxiety & Stress (TTP17)

Probably the top reason why people in the U.S. seek out yoga is to reduce stress. Stress/anxiety and depression can be seen as the flip-side of the coin. Stress creates an overproduction of cortisol and an energetic system that is too fired up. Depression creates a depletion of energy, stamina and spirit. Yoga addresses these issues from first looking at the overall energetic state.

Learning points - You will walk away knowing:

1. The states of raja, tamas and sattva and imbalances
2. The role of desire vs. aversion in the energetic system
3. When to use invigorating, flowing pranayam and asana
4. When to use calming, slower pranayam and asana

Teaching Standing Poses (TTP18)

Teaching Core Poses (TTP 19)

Teaching Backbends Poses (TTP20)

Teaching Forward Folds (TTP21)

Teaching Hip Openers (TTP22)

Teaching Inversions (TTP23)

Teaching Savasana (TTP24)

Teaching Seated Poses (TTP25)

Teaching Twists (TTP26)

TTP18-26

These sessions follow 50 Key Yoga Poses and General Categories of Poses. The sessions offer ample time and focus on learning the proper alignment of the poses, including feeling and teaching subtle energy and integrating the breath. Participants will become more adept yoga practitioners.

Learning points – you will learn how to teach:

1. Students how to come in and out of the poses
2. How to combine and sequence poses within and across the categories for intelligent movement
3. Concise verbal cues to help students access poses
4. Variations on poses and how the variations change the energy in the body
5. Know what to look for when viewing poses

Practicum

Practice Teaching with Lead Instructor and Teacher Trainees (PR1)

Participants will gather for nine different sessions (once a month) for 3.5 hours each with their fellow trainees and lead instructor to practice teaching. Each session will have a different focus (anatomical, energetic, therapeutic, etc.). These sessions will be guided by the lead instructor. Participants will also give and receive feedback to/from the group. They will be given specific feedback from the lead instructor on their strengths and weaknesses.

Observing Lead Teacher (PR2)

Trainees are required to observe the lead instructor teach four classes, two of which must be at different student levels (one beginner & one intermediate). They will watch, take notes and be asked to reflect on key elements of the class and how the instructor assisted students.

Assisting Lead Teacher (PR3)

Trainees will assist a yoga instructor in four classes, two of which must be with the lead instructor. Participants will be asked to give short demonstrations to the class and give hands-on adjustments as defined by the lead teacher. They will watch, take notes and be asked to reflect on key elements of the class and how the instructor set the mood, theme of the class and assisted students.

Practice teaching as the lead instructor (PR4)

Trainees are responsible for teaching six hours of classes as the lead instructor. At least two of these hours will be supervised by the lead instructor and can be set up as free classes to encourage a significant class size and sampling. The rest of the classes can be taught in the trainee's community. Participants will be responsible for the creation of the sequences, setting the theme and mood and assisting students.

One-on-one Mentoring with Lead Instructor (PR5)

Personal one-on-one mentoring –These mentoring sessions will be tailored to you meet your personal goals and the areas that you need to strengthen over the course of the program. Some of the things you might like to work on might include: alignment in your poses, setting up your yoga business, or a personal therapeutic issue such as addiction recovery, physical ailment, etc. = 5 hours