**Meditation**

*(Fundamentals in the 200 hr, Advanced in the 300 hr Program)*

*Breathing, Somatic, Mindfulness and Compassion*

Cultivating a regular meditation practice is essential for any individual in search of long term happiness, health and success. As yoga educators, this is where students find their roots. Through this practice, the relationship with the self and with others will be transformed. In this module students learn the connection between the Breath, Body, Mind and Perception. This transformation, as a result of direct experience, is the most helpful tool for serious yoga practitioners and teachers. Students gain the ability to observe and cultivate healthy and harmonious qualities aligned with nature through the awareness of breathing, physical body, Mind / Matter relation and subtlest realities of existence. This training invites a deeper look into the inner life and empowers students to integrate these practices into the daily routine and ultimately into teaching environments.

**Vinyasa Krama System and Hatha Yoga**

*(Fundamentals in the 200 hr, Advanced in the 300 hr Program)*

*Principles of Asana and Alignment*

Regular personal practice is the core of great yoga teaching and the link to innate wisdom. This allows the expression of truth from the heart. Daily practice includes exploration of traditional yoga postures through creative sequencing techniques suggested by various classical and modern yoga schools. Excellent teaching is founded in dedicated practice over a long time with consistent attention to daily asana (postures) practice. In this module, students gain a working understanding of the postures and the sequence. By the end of the program, students have a solid personal practice based on their needs and their lifestyle. Teachers in training acquire the skills to design and modify transformative teaching sequences to share teachings from direct experience.

**The Art and Science of Alignment and Prop Integration**

This module will build upon knowledge of Asanas to explore the concept of alignment energetically as well as anatomically. It will explore the mechanism of breath movement in the body based on Vinyasa krama system and the movement mechanisms of life-force based on the Ayurveda system. Students learn the practical use of Bandhas to control the circulation of energy as well as learning how to withdraw the senses to cultivate internal focus in movement. Also, the use of props to
enhance alignment and steadiness of the asanas will be outlined and how to effectively cue for enhanced alignment.

**Adjustments and Hands on Assists**

Yoga teachers, guide, assist and educate their students verbally, visually and through adjustments. This module enhances the ability of assisting students, offering creative and knowledgeable modifications with variations for all levels. Understanding touch as one of the most powerful tools a Yoga teacher has. Teachers in training learn about the quality of the touch, directive, affirming or therapeutic, and develop safe and effective skills to communicate with their students. Understanding various modifications and individual anatomy in relationship to asana largely increases the ability to appeal to students who are looking for more challenge in their practice, and to assist those who have limitations or injuries.

**Yin and Restorative Yoga**  
*(Fundamentals in the 200 hr, Advanced in the 300 hr Program)*  
**Principles of Yin and Restorative Asanas**

Teachers in training will experience Yin and Restorative Yoga. This helps them to achieve a sense of oneness and stillness through the breath and open them to new states of physical and emotional awareness through the release of deep connective, fibrous tissues in the body from the inside out while gently increasing the body’s range of motion from those tension and stress-impacted states. Using a combination of passive yin and restorative poses are held for up to five minutes at a time. This enhances the awareness of breath by bringing increased attention to inhales and exhales within this practice, allowing the body to open and relax into the deepest and most dense areas, targeting the thick spider webs of fascia. Yin practice enables an experience of deep release both in body and mind.

**The Art and Science of Yin and Restorative Practice**

In this module, a general overview of traditional Chinese Medicine and its strong connection to the yogic practice is conducted. The basics of energy (known as ‘chi’ in Chinese medicine) and the subtle bodies are outlined using up-to-date study material to maintain academic, as well as, practical integrity. Students look at how the Chinese meridians function and the points affected in various poses. Teachers in training also learn how the energy flows and moves within the practice, physical and emotional releases that may be released by a student during a practice, and the application and use of mindfulness meditation as an essential component to these yogic practices.
Application of Yin and Restorative Yoga

Yin and Restorative can be used as a therapeutic treatment, and is calming and meditative for all levels yogic practice. It is especially valuable to athletes and individuals recovering from surgery and/or accidents, and practiced regularly can release stress and assist in meditation. In this module students learn the benefits, contraindications, modifications, hands-on adjustments, prop utilization, sequencing for health benefits, and therapeutic application of Yin and Restorative Yoga poses. Students delve into the physical benefits of this practice within structured medical establishments, to aid patients suffering from chronic ailments.

Practical Philosophy and Mindfulness Studies
(Fundamentals in the 200 hr, Advanced in the 300 hr Program)

In this module, with the aim of establishing awareness and developing living wisdom through the understanding of Oneness, Dharma and the Art of Liberation, students witness subtler experiences. Sharing circles and open discussions empower participants to express their insights and intuitions from a very subtle reality in a safe and comfortable environment. In the practical philosophy discourses, the art of living, existence and liberation will be discussed through the eyes of different sages, philosophers, schools, and cultures. Also, teachings of liberated mystics in the form of art will be decoded to enlighten the universal and non-sectarian aspects of the practice. In depth studies of the Eight-Fold Path and some of Buddha’s discourses (Suttas) as well as direct exploration of mind and matter phenomenon are parts of this module.

Yoga Anatomy & Physiology
(Fundamentals in the 200 hr, Advanced in the 300 hr Program)

“How does yoga work?” is the question answered by looking at functional anatomy within the practice of yoga to understand its effects from the outermost layer of the body to its most subtle realm. In this module, students research human physical anatomy and physiology, as well as energy anatomy and physiology (Chakras, Nadis, Bandha and Koshas). This training will increase understanding of the musculoskeletal system; tissue types; connective tissue; muscles and bones and joint/ligament complex alongside other bodily systems, and the relevance of these systems to yoga. Teachers in training explore what the Yoga tradition describes as seven subtle energy centres in the human body called Chakras, the mind-body characteristics of each Chakra and their application in life. When these energy centres are balanced, the path to yoga is clear. Students also look at energetic meridians and the myriad of different energy-based healing techniques.
Yoga Philosophy, Mythology and Yogic Scripture  
*(Fundamentals in the 200 hr, Advanced in the 300 hr Program)*

Studying and working with Yoga philosophy is a means to visualize the innermost being, as well as to create a method of living in this world. This module is a detailed study of the origins and development of Yoga. Students investigate the ideas of Vedanta and Samkhya and the teachings on Yoga found in the Upanishads, Bhagavad-gita, and Yoga Sutras as well as a thorough review of the Tantric roots of Hatha Yoga practice. This course gives a detailed understanding of the principles upon which the practice of Yoga is based, and the ways it has developed during the ensuing millennia. Teachers in training get an in-depth view of its social, religious and cultural connotations. The objective is to assist the practitioner in using philosophy to foster an awareness of the self as an individualized being intimately connected to the unified whole of creation.

Pranayamas, Bandhas and Kriyas  
*(Fundamentals in the 200 hr, Advanced in the 300 hr Program)*

Pranayama, the practice of ancient yogic breathing techniques, consciously controls the flow of energy in the body. A regular, balanced Pranayama practice increases Prana (life energy), thereby inviting greater mental clarity, heightened healing potential and deeper self-understanding. Pranayama is particularly helpful in the preparation for deeper meditation. This training invites a richer look into being through the practice of Pranayama techniques, and their solid integration into the daily practice and ultimately, into the teaching environment. In this module students learn the most essential Kriyas (Cleansing techniques) to include into the daily practice. Bandhas and their functions are also explained with more details.

Yoga Psychology and Yoga Nidra  
*(Fundamentals and Advanced in the 300 hr Program)*

Yoga Nidra draws upon the ancient practice of Pratyahara (withdrawal of the senses) in which the state of relaxation is reached by turning inwards, away from outer experiences towards Dharana (concentration). Yoga Nidra helps people to release chronic patterns of stress, to boost immune systems and overall health, to sleep better, and to lead more contented lives. In this module teachers in training practice and learn how to facilitate a transformative in-depth Yoga Nidra journey.

Kids and Teens Yoga  
*(Fundamentals and Advanced in the 300 hr Program)*
This fun training includes yoga poses, breathing, movement, mindfulness practices, games, music, art, and always, relaxation. In this module, students learn how to teach children to be more aware of their bodies and to be more confident, help them stay attuned to their feelings, and learn how to respond to them in a healthy way. Students explore how yoga can help children to feel more comfortable socially and communicate effectively. Yoga helps kids to gain self-knowledge from an early age, and develop access to their natural abilities and talents when attention that supports their wellbeing is provided to them. There are exercises based on age groups. Kids Yoga is all about having fun while helping children to stay healthy, peaceful and feel good about their bodies.

**Therapeutic Sequencing**  
(*Fundamentals and Advanced in the 300 hr Program*)

Therapeutic Sequencing helps to maximize the benefits of the yogic practice for stress relief, pain management, anxiety and a myriad of physical and metal dis-eases within the body. This form of yoga profoundly creates healing and inward transformation on a cellular, muscular, energetic and physical level while increasing blood flow through the body as teachers in training learn to target the nature of their students discomfort. Sequenced postures bring calmness to the mind, body and spirit. Teachers in training use a combination of passive and active Asanas, enhancing awareness of breath in this practice and expanding upon the use of Pranayama. Students use sequences from this module as a springboard to a therapeutic treatment to aid wellbeing.

**Mindful Teaching Methodology and Class Management**  
(*In the 300 hr Program*)

This module provides an overview of how to design various styles of classes, considerations for the physical environment where a class may be held, establishing protocols, the use of music, physical safety considerations, dealing with class dynamics, being present, alert and attentive, as well as the power of words and phrases that create the right experience in a class.

**Business and Ethics of Yoga**  
(*In the 200 hr and in the 300 hr Program*)

Currently, Yoga is a $27 billion industry! In this module teachers in training learn how to truly be successful in the yoga business. Growing a career in yoga teaching, remaining anchored with integrity and in the reality of an abundant and competitive industry. Learn tools for effective and creative use of social media, explore branding and practical tools for the day-to-day management of a yoga business. Students are provided with the foundation to build quickly, with or without a physical location, and with or without funding. Allocate time to build a business, be fully focused for future students and clients, and be present as a service provider. The ethical considerations of
teaching yoga are also discussed. This involves the student-teacher relationship and its complexities, the Code Of Conduct for yoga teachers, the roles and responsibilities of yoga teachers towards their students and also towards themselves.

**Specialized Sequencing - Pre-Natal**  
*In the 300 hr Program*

In this module, students learn that the best way to support a mother-to-be is through the practice of yoga. Teachers in training learn about the benefits and necessary precautions of yoga during pregnancy while noting the physiological and anatomical changes in pregnancy for each trimester. Students look at the effects of pregnancy on the body and the ensuing physical and emotional changes that occur, high risk pregnancy conditions to be aware of for both the practitioner and teacher, yoga sequences to support a healthy pregnancy, structuring yoga class sequence plans for each trimester and how to safely modify the mother to be using props during pregnancy.

**Yogic Diet**  
*Fundamentals in the 200 hr, Advanced in the 300 hr Program*

Ayurveda Principles, and Holistic Nutrition

From ancient traditional Yogic diets to modern nutrition, Super-foods, and supplements, one theme remains: Nutrition IS Yoga. Kitchen Yoga is essential to balanced and vital living. In this module, Students are introduced to the basics of Ayurveda, starting with the three Gunas (qualities) of diet: Sattva, Rajas, and Tamas. Teachers in training learn about how to identify Doshas (constitutions): Vatta, Pitta, Kapha, and which food lifestyles are most beneficial to specific types and the variables contained within it. Students discuss vegan, vegetarian, and meat inclusive diets, as well as juicing, super foods, and supplements. Teachers in training gain confidence and knowledge, and learn how to decide what diet and nutrition for themselves, and what to encourage in the diets of their own students on the Yogic journey. Historical and modern methods of fasting is another practice that will be explored. A Holistic approach towards each individual's nutrition is the way to achieve the best health. Based on the concept of Ahimsa (non-harming) students will gain an in-depth understanding of a conscious, well-intentioned approach to cooking and eating.

**Finding Your Voice**  
*In the 200 hr Program*

In this module, students explore the subtle and gross powers of sound and voice. Breathing technique instruction and exercises are employed to deepen the understanding between the breath and the mental content, and between the breath and the physical sensations. Activities such as toning exercises, fluid movements, basic scales, and more leave students feeling more connected to the body, more confident, a better ability to speak their truth, and importantly, learn how to
manage stress through breath control. Teachers in training gain knowledge on the importance of voice projecting methods (both for singing and for teaching a yoga class), and how to cultivate the subtle qualities of voice using volume and tone fluctuations. There are also references to the use of breath to alter states of consciousness in various traditions.

**Mantras and Chanting**  
*(In the 300 hr Program)*

Sanskrit mantras are the main focus of this module. The Vedas are thousands of years old and are regarded as the primary source of sacred knowledge in the Hindu religion. Correct pronunciation and repetition of Vedic mantras are connected with various phenomena in the universe as every sound recited creates a unique and auspicious vibration. Students learn to breakdown various mantras into manageable parts and how to pronounce the sounds and rhythms correctly. Learning their semantic meanings and the sensations that occur in the Mind – Body after a few minutes of chanting, students share experiences with one another throughout this module. Bija (seed) mantras, and Tibetan mantras for peace are also be explored. Teachers in training discover the sound pathways to journey inward and re-align their energetic structures, discover a sense of wellbeing, and generate loving kindness for themselves and all beings.

**Teaching Practice**  
*(Fundamentals in the 200 hr, Advanced in the 300 hr Program)*

In this module, teachers in training learn how to lead an effective, joyful and safe yoga class. Students learn how to assess and shift group dynamics using communication skills, time management, reflective listening with the understanding of bio-mechanics, optimal alignment and verbal and physical adjustments. “What makes a good teacher” is the wisdom that is cultivated and expressed through each individual’s unique humour, language, and perception. Teachers in training develop the skills and confidence to engage, inspire and guide their own students on the path.