

YOGA TEACHER TRAINING

200 Hour Registered Yoga Teacher



Start Date: Sunday Sept 25th 2011 – March 18th, 2012 (26 weeks)

Times: Each Sunday 11:00am to 4:30pm (excluding Dec 18, Dec 25, Jan 1)
Plus 3 extended weekends - Oct 8&9, Jan 7&8, Feb 25&26
(other required hours please inquire)

Payment: In full before July 31, 2011 -- \$2700.00 + HST
After July 31, 2011 -- \$2850.00 + HST

Payment plan available in 5 equal payments of \$644.10 including HST (\$100.00 deducted from first payment). Payment dates are Sept 25, Oct 30, Nov 27, Jan 7, Feb 5.

\$100 deposit required to secure spot in training

INTRODUCTION

We at Namaste Yoga believe Yoga is for everybody. Whether you are eager to teach or wish to deepen your practice, this retreat style training offers an incredible opportunity to immerse yourself in yoga. This program is open to anyone with a basic foundation in Yoga and is especially suitable for body-workers, health care professionals, and therapists.

Namaste Yoga Centre Teacher Training will focus heavily on posture and alignment as well as the main styles of Hatha Yoga and the differences between them. Each participant will be encouraged to find their own creative style by deeply exploring ``Yoga`` off the mat. You will begin a journey to develop a deeper connection to yourself and others. This Training will increase your confidence as a teacher/practitioner and give you insight on how to read a class as a whole and individually.

This deep exploration of the physical and nonphysical aspects of Yoga will be developed throughout the following workshop based weekends.

OUTLINE

YOGA ANATOMY and PHYSIOLOGY

- Benefits of physical asana (internally and externally)
- An deep understanding of each asana as well as subtle adjustments to enhance the benefits of specific asana
- Anatomy of asana
- Understanding the fascial matrix and its importance in the body as it relates to yoga through pranayama and asana.
- The endocrine system (hormones) and neurochemicals and their effects on the mental and emotional bodies.

PRANAYAMA, BHANDA'S, MUDRA'S and MEDITATION

- Pranayama: We will discuss all types of breathing techniques and how they are performed as well as the benefits and contraindications of each.
- Bhandas: Energy locks used to retain and channel prana (energy) through the body.
- Mudra`s: Specific hand positions used to assist pranayama, calm the mind and heal emotional trauma. There are hundreds of mudra`s we will cover the most common ones.
- Meditation: We will discuss and experiment with all styles of meditation to help find which works best for you. Also, the physiological and neurological benefits will be discussed. As well as techniques to integrate these practices into your life.

THE FINE ART OF ADJUSTING & TEACHING METHODOLOGY

- Reviewing anatomy of asana
- How to safely adjust someone as corrections and to assist in the deepening of the practice. We will also discuss when you should not adjust.
- Teaching beyond words, learning to reconnect to oneself, practicing the art of listening with our heart, refining skills of how to read our students in order to deliver an effective and safe class.
- Practice remaining in the moment.
- Posture and positioning while teaching, as well as voice projection.

INTRO TO BUDDHIST AND YOGIC PHILOSOPHY

- Study of the ancient texts “The Yoga Sutra” and “Bhagavad Gita”.
- Basic understanding of how these relate to today's world and how to integrate the core principles into your own life.
- Yamas and Niyamas: We will explore how to live ethically on and off the mat.

SPECIALTY STYLES AND CHAKRA'S

- Restorative, prenatal, Yoga Nidra and Partner yoga: We will review benefits, basic teaching principles, modifications, and contraindications.
- Chakra system: learn which postures affect which chakra`s and apply this concept to your classes or personal practice. The emotional and mental benefits will also be discussed as well as Cl`s.

Nutrition and Health

- What is Ayurveda, Chinese medicine and homeopathy. How does they relate to yoga.
- Nutrition 101
- Determining which asanas, diet and sleep habits are best suited for each Dosha/Constitution.

FINISHING SEQUENCE

- Inversions, backbends, standing postures and vinyasa /sun salutation.
- Will cover teaching methods, and adjustments for the classroom.
- Benefits, contraindication and modifications.
- Will review anatomy and alignment within vinyasa.