

YOGA TEACHER TRAINING

Healthy foundations Flow

200 hr



MOVEMENT &
HEALTH STUDIES

YOGA SCHOOL

Intention

The Movement & Health Studies Yoga School seeks to empower individuals as impactful yoga teachers in their community. Trainees are encouraged to adopt a sense of curiosity as they approach health and wellness, enriched by the holistic practices of yogic philosophy and further explored through evidence based research. The school facilitates support among trainees and provides individual quality mentorship. Each trainee will anchor their awareness in the present moment, build knowledge in mind and body and cultivate an authentic practice; one they may share with confidence as a newly certified yoga instructor.

Begins June 25th, 2023

Yoga Philosophy

Eight Limbs of Yoga

The physical poses make up 1 small part of *Yoga*. Patanjali defines the 8 limbs that make up Ashtanga Yoga in the *Yoga Sutras*.

We'll explore the 8 limbs of yoga through reading, experiential learning, deep conversations, research, and self-exploration...

1. Yamas - 5 personal restraints
2. Niyamas - 5 universal observances
3. Asana - physical poses
4. Pranayama - breath control
5. Pratyahara - awareness within
6. Dharana - meditation, introspection
7. Dhyana - meditation, contemplation
8. Samadhi - connection, peace

Required Reading

Trainees must read the first 2 required reading books- you can start reading these asap! The third is a great reference for learning anatomy. A complete list of other recommended books is sent to you in the Welcome Guide.

1. *The Four Agreements* by Don Miguel Ruiz
2. *Burnout* by Dr. Emily Nagoski
3. *Science of Yoga: Understand the Anatomy and Physiology to Perfect Your Practice* by Ann Swanson; OR *The Key Poses of Yoga, Scientific Keys, Volume II* by Ray Long

Live Lesson Schedule

10 weeks of Live Zoom Sessions

The curriculum is broken up into 10 modules- corresponding to a different *Yama* or *Niyama*. Ever other week we'll hold ourselves accountable to incorporate these ethical guidelines into our lives on and off the yoga mat. After the live sessions, trainees are expected to finish their self-paced learning lessons, complete their research assignment, written assignment, and coordinate with each other to complete their one-on-one practice teach sessions. Trainee's graduate with their final graduation class!

June 25th - Nov 1st

Sunday & Wednesday calls every other week

Sunday's 10:30am-12pmPST*

Group Practice Teach Sessions

Trainees teach each other different techniques to practice their teaching voice and delivery of cues.

Wednesday's 10:30am-12pmPST*

Live Lesson + Q&A

Live learning lessons on the topic of the week. Q&A on another assignments. Make-up group practice teach as needed

****When training group is finalized, we'll vote on exact days and times for maximum attendance!****

Trainees are expected to attend to at least one a live class each week.

Prioritize the Sunday Group practice sessions!

Graduation Requirements

Live Lesson Participation

You must attend at least 60% of the Live Zoom Sessions in order to graduate. Live sessions will be recorded so you can watch any that you miss. If necessary, Courtney will work with you on an individual basis to make up practice teach sessions.

Self-Paced Lessons

You are responsible for completing the self-paced lessons, which are a variety of video lessons, quizzes, and exploratory assignments.

Research Assignment

Try a style of yoga that is completely different and new to you. You will take a class in this style (online or in-person) and then do a little research into the background of this style of yoga. You will then record an oral report video on this yoga style, and teach something you learned.

Final Written Assignment

Graduation Essay: Write a one page essay on your journey of becoming a yoga teacher

Final One-on-one Office hours

Meet with Lead Trainer to review lessons, graduation flow sequence, and cues for poses

One-on-one Practice Teach

Coordinate with your fellow trainees and find a time to practice teaching 60min classes with each other and offer feedback. In order to graduate, you must teach 3 classes, and take 3 classes.

Final Graduation Class

Plan and coordinate a 60min yoga class. It must be on Zoom to invite Trainers & fellow trainees. You're encouraged to invite friends & family. They can join you in-person or on Zoom (or both). This marks the completion of your training!

Curriculum

Module 1

Personal Practice · *Ahimsa* - non-harming

Live Group Practice Teach · Sun, June 25

- Practice Teach- Getting to Know You

Live Lesson · Wed, June 28

- Welcome! Setting Your Intention + Q&A/practice teach catch-up

Self-Paced Lessons

- Yamas Discussion: Ahimsa - non-harming
- Cultivating a strong personal practice
- Healthy Foundations Flow Master Class
- Sequencing - Create Your Own Daily Practice
- Grounding Yoga Poses: Asana Techniques & Methodology
- Intro to Mindfulness Meditation
- Diaphragmatic Breathing
- Intro to the Musculoskeletal System
- What does Yoga mean to you?
- Yoga History- beginnings, evolution, & defining *yoga* in the modern world

Module 2

Breath & The Subtle Body · *Satya* - Truthfulness

Live Group Practice Teach · Sun, July 9

- Practice Teach- Teach What You Know

Live Lesson · Wed, July 12

- Finding Your Authentic Teaching Voice + Q&A/practice teach catch up

Self-Paced Lessons

- Yamas Discussion: Satya - Truthfulness
- Blindfolded Yoga Flow Master Class
- Sequencing - Breath Work Practice

- Pranayama Sequencing
- Introduction to the Subtle Body
- Integration Poses: Asana Techniques & Methodology
- Pranayama Techniques
- Ancient Yogic Texts
- Muscles, Bones & Joints of Yoga

Module 3

Chakras, Mantras, & Mudras · *Asteya* - non-stealing

Live Group Practice Teach · Sun, July 23

- Practice Teach - Breath Work & Integration

Live Lesson · Wed, July 26

- Teaching Guided Meditation + Q&A/practice teach make-up

Self-Paced Lessons

- Yamas Discussion: *Asteya* - non-stealing
- Chakra-Based Yoga Flow Master Class
- Introduction to the Chakras
- Sequencing - Meditation
- Activation Poses: Asana Techniques & Methodology
- Introduction to Mantras & Mudras
- Mantra & Sound-Based Meditation
- Yoga Poses for the Chakras
- Injury Prevention & Safe Movement
- Body mapping exercise

Module 4

Own Your Power · *Brahmacharya* - moderation/ restraint

Live Group Practice Teach · Sun, Aug 6

- Practice Teach - Guided Meditation

Live Lesson · Wed, Aug 9

- Body Awareness & Trust Exercises + Q&A/practice teach catch-up

Self-Paced Lessons

- Yamas Discussion: Brahmacharya - moderation/restraint
- Alignment Principles & Bandhas
- Sweat & Flower Power Yoga Master Class
- Sequencing - Chakra Healing
- Energizing Poses: Asana Techniques & Methodology
- Teaching Silent Meditation
- Powerful Pranayama for Energy
- Intro to the Respiratory & Cardiovascular Systems
- Ayurveda 101

Module 5

Body Awareness · *Aparigraha* - non-attachment

Live Group Practice Teach · Sun, Aug 20

- Practice Teach - Main Points for Public Classes

Live Lesson · Wed, Aug 23

- Anatomy Lessons with Dr. Rose Schlaff + Q&A/practice teach catch-up

Self-Paced Lessons

- Yamas Discussion: Aparigraha - non-attachment
- Yoga for Body Awareness Master Class
- Sequencing - Pelvic Floor Practice
- Balancing Poses: Asana Techniques & Methodology
- Pace & Sequencing for a Whole Body Experience
- Teaching Breath Count & Gazing Meditations
- Exploring Vedic/Tantric Traditions with a Puja for the goddess Kali
- Introduction to Sanskrit
- Taoism for Self-Reflection
- Pelvic Floor Yoga Practice Techniques
- Intro to the Endocrine & Digestive Systems
- Anatomy of Touch - Self-Massage

Module 6

Mental Health · *Saucha* - purity

Live Group Practice Teach · Sun, Sep 3

- Practice Teach - Peak Postures

Live Lesson · Wed, Sep 6

- Mental Health & Yoga with Raphaelle Cuenod, LCSW + Q&A/practice teach catch-up

Self-Paced Lessons

- Niyamas Discussion: Saucha - purity
- Guided Meditation & Breath Work Master Class
- Teaching to Physical Restrictions
- Teaching Modified Classes
- Backbends & Heart Openers: Asana Techniques & Methodology
- The Art of Assisting
- Inclusive Language & Being an Ambassador to Yoga
- Introduction to the Nervous System
- “Shake it Out” Yoga for Mental Health & Nervous System Reset

Module 7

Restorative & Yin Yoga · *Santosha* - acceptance

Live Group Practice Teach · Sun, Sep 17

- Practice Teach - Restorative Yin Yoga Class

Live Lesson · Wed, Sep 20

- Props & Tools for Adaptive Yoga Classes + Q&A/practice teach catch-up

Self-Paced Lessons

- Niyamas Discussion: Santosha - acceptance
- Restorative Yin Yoga Master Class
- Introduction to Teaching Restorative & Yin Yoga
- Sequencing - Yin Yoga for Bedtime
- Deep Stretches & Twists: Asana Techniques & Methodology
- Restorative Yin Yoga Poses

- Assisting a Restorative Yin Yoga Class
- Exploring Yoga Deities - Archetypes for Self-Reflection
- Chair Yoga & Adaptive Yoga Modifications

Module 8

Mindful Movement & Flow · *Tapas* - self-discipline

Live Group Practice Teach · Sun, Oct 1

- Practice Teach - Adaptive Yoga Class

Live Lesson · Wed, Oct 4

- Create Your Unique Offering + Q&A/practice teach catch-up

Self-Paced Lessons

- Niyamas Discussion: Tapas - self-discipline
- Mindful Movement & Flow Master Class
- Adding more Flow to your flow
- Create a Meaningful Experience for your students
- Hip-Openers: Asana Techniques & Methodology
- One-on-One Practice Teach
- Basics of Prenatal Yoga

Module 9

Nature & Connection · *Svadhyaya* - self-study

Live Group Practice Teach · Sun, Oct 15

- Practice Teach - What's Your Special Touch

Live Lesson · Wed, Oct 18

- Teaching Advanced Poses Safely + Q&A/practice teach catch-up

Self-Paced Lessons

- Niyamas Discussion: Tapas - self-discipline
- Nature-Inspired Yoga Master Class
- Yoga to Connect with the Natural World
- Make a Yoga Playlist

- Core Strength & Stability: Asana Techniques & Methodology
- Eye Gazing Exercise
- Anatomy of Touch - Partner Massage
- Partner Yoga
- Intro to Acro Yoga
- One-on-one Practice Teach

Module 10

Business of Yoga · *Isvarapranidhana* - divine connection/inner-knowing

Live Group Practice Teach · Sun, Oct 29

- Practice Teach - Celebratory Flow

Live Lesson · Wed, Nov 1

- Becoming a Powerful Teacher - Cacao Ceremony & Alumni Initiation + Q&A/
practice teach catch-up

Self-Paced Lessons

- Niyamas Discussion: *Isvarapranidhana* - divine connection/inner-knowing
- Professionalism in the Yoga Business
- Music-Inspired Fun Flow Master Class
- Inversions: Asana Techniques & Methodology
- Yoga, Technology, & Marketing
- Credentialing & Legal Matters
- Teaching Advanced Poses
- One-on-one practice teach