

SAMPLE TOPICS + CURRICULUM

ANATOMY

A deep understanding of biomechanics and how to translate anatomy knowledge into practice and teaching.

ASANA LAB

How to cue, how to modify and how to build up from the base. Learn key alignment actions that can be translated into many other poses.

PHILOSOPHY

Exposure to various yoga philosophies and deepened with lecture, dharma discussion and book club

LANGUAGE

Explore the language of yoga: Sanskrit, chanting, and mantra and learn what type of language feels genuine to you.

MEDITATION

How to teach meditation and how to weave it into your daily life.

SEQUENCING

Design an intelligently sequenced class that incorporates elements such as body mechanics, meditation and pranayama.

ASSISTING

Learn how to give hands-on assists as well as other types of assists that do not include hands-on touch.

HOW TO TEACH

Learn theming, alignment principles, detailed review of asana, cueing, leading savasana and yoga nidra, and offering adaptive practices

SESSION ONE

Introductions & Foundations

Join together as a group for the first time as we get to know each other and the groove of the program, discuss community agreements to maintain throughout training, dive into the yoga practice from a student and teacher perspective and explore anatomy basics in preparation for session 2!

SESSION TWO

Anatomy Intensive

Dive into foundational anatomy knowledge in this clear, accessible, and comprehensive multi-day workshop. In this session we will explore baseline anatomy terminology, bones, and muscles in the context of the yoga practice.

SESSION THREE

Philosophy & Theming

Explore the history and philosophical tenants of yoga, including the 8 limbs of yoga, focusing in particular the yamas and niyamas, and the tantric perspective on the divine. Begin to practice the art of weaving philosophy into your classes and creative theming.

SESSION FOUR

Sanskrit Intensive

Discover how life itself is reflected in the structure of Sanskrit grammar. Engage Sanskrit with joy, curiosity and focus! This multi-day workshop promises to be filled with tradition, humor, depth, heartfelt devotion, and focus.

SESSION FIVE

Sequencing & Assisting

While previous sessions will have time devoted to sequencing and assisting, spend this session diving deep into methodology, practice, and teaching large and small groups - you've got this!

SESSION SIX

Slow it Down

Take this opportunity to quiet your practice and learn about the subtle body as well as the history & basics of leading meditation, pranayama, restorative yoga, and yin yoga. You will not receive certifications to teach these specialized practices over the course of these introductory sessions, but you will receive tools for how to incorporate some of their components into your teaching.

SESSION SEVEN

Expanding Your Toolbox & Honing Your Skills

What do you do when a student arrives in class 8 months pregnant? How do you teach beginners who have never done yoga before? How is teaching in your community and unconventional environments different than teaching in the studio? How might you transition your teaching to those seated in a chair? Expand your teaching toolbox in this session of introductory workshops for new teachers!

SESSION EIGHT

Diversity + Inclusion Training

Share Your Voice, Live the Practice, Be the Change: Culture, Diversity and Inclusion Yoga Teacher Training based on Susanna Barkataki's curriculum. Explore how to have courageous conversations, embody equity diversity and yogic values, and integrate visionary leadership into your classes and practice.

SESSION NINE

Accessible Yoga

How do you make the teachings of yoga available to everyone, regardless of their level of physical ability? In this session, we will begin to explore the many ways that yoga practice can be modified to suit students who don't feel comfortable in a regular class.

SESSION TEN

The Business of Yoga + Graduation

How do you market yourself as a teacher – posters, website, business cards, Instagram – oh my! In your final session, we will examine how to promote what YOU uniquely as a teacher have to offer, establish your mission, and discuss ethics around teaching. Then, it's time to celebrate!!!!