

Schedule:

April 2025: 4/11-4/13 (Sequencing1)

May 2025: 5/9 - 5/11 (Anatomy)

June 2025: 6/6-6/8 (Philosophy) & 6/20 - 6/22 (Props & Poses)

August 2025: 8/8-8/10 (Sequencing 2)

September 2025: 9/12 - 9/14 (Slow Flow/Stretch Sequencing **Elective**)

October 2025: 10/4 - 10/6 (Sequencing 3)

November 2025: 11/7-11/9 (Assists & Adjusts)

December 2025: 12/5 - 12/7 (Sequencing 4)

January 2026: 1/9 - 1/11 (Advanced Asana **Elective)

February 2026: 2/6 - 2/8 (Restorative Yoga **Elective)

March 2026: 3/6-3/8 - (Mindfulness Meditation/Self Study **Elective)

Modules TBD & TBS:

- Yin (20 hours)
- Pre-Natal (20 hours)
- Energetics of Yoga (20 hours) - Kriya, Mudra, Mantra

Descriptions:

Sequencing from the Heart - 4 modules (100 hour)

During our time together over the course of 4 weekends, we will examine moving students around the mat in energetic intelligence. We will examine anatomical patterns in the body and create sequences that can be used in a variety of yoga formats (vinyasa, power, stretch etc) We will look at incorporating pranayam exercises, theming, pattern creation, balancing the experience across the koshas & more. Students will create a sequence (or two) we will practice teach & give feedback during these sessions.

a recorded class will be part of the final project to be turned in before graduation

Advanced Anatomy - 1 module (25 hours)

Students will have an opportunity to begging to look at themes of tension vs compression in a variety of bodies and how to adapt anatomical cues from old to support students in their journeys. Black/White alignment does not fit into our yoga world anymore - and we will begin to look at carrying angles, foot pattern placements, hand to shoulder alignment and the spine as it pertains to our yoga practice making it accessible and relatable to real world teaching.

Philosophy - 1 module (20 hours)

We will read the Living Gita outside of the room and students will have a series of questions to answer for discussion on the weekend we meet together. We will examine the themes of the Gita and how we see ourselves in this lens. This sessions ill challenge us to look at our life, our business, our teaching through the lens of the teachings of the Gita as well as the Klesha's in

the yoga sutras. We will participate in active dialogue and healthy debate around the concepts as they challenge us to move beyond our current understanding of self and the world around us. *Students will engage in an outside year long project with periodic check ins. Assignment will be given once students are enrolled*

Props & Poses 1 module (20 hours)

It's exciting to prop our poses and how do we help students overcome the "I'm not good enough therefore I need to..." feeling. Using props in our practice can be extremely rewarding and supportive way to learn more about your own body, places where you might be "cheating your pose" and also leaning into old habits that don't serve growth in the asana. We will look at intelligent ways to incorporate props seamlessly into your classes, address how to set yourself up for success and when/how to use poses to enhance vs support.

Assists & Adjusts - Rethinking the tool (25 hours)

There is an old school format with Assists and there is now more information for us to take into consideration. Many of us *might* be injuring our students and we don't even realize it. This is one of my favorite things to perform in yoga classes and it's also cause me many injuries by poorly performed and ego-tistic assists. We are going to dig in and uncover some of our own patterns and how to actually use our words in a more powerful way to help more people "correct themselves" vs becoming dependant on something from the outside world. (Yes, we will learn hands on adjustments :))

Advanced Asana & Transitions - What is it anyway? (25 hours) *Elective*

What makes a pose advanced? Why do we place so much importance on big looking poses when someone in a child's pose - a seemingly simple pose - is giving them a BIG experience. While we will look at more advanced *technical* poses together - we will also discuss how to not make this such a big deal AND help students get there by refining your own cueing, visual assessment of bodies and use of a healthy structured class that will leave your students feeling like whether they did the big thing or did the thing at all - they did something advanced for themselves. We will look at backbends, standing balancing, inversion(s) and arm balancing

Restorative Yoga - 1 module (25 hours) *Elective*

We will learn how to teach the practice of Restorative Yoga. We will dig into the anatomy of restorative, how to use the props, how to sequence and there will be a lot of practice teaching. You will leave knowing how to guide a 60 minute - 90 minute class.

Slow Flow/Deep Stretch - 1 module (25 hours) *Elective*

What makes them different? How to structure them. How are they different from Vinyasa/Power and what makes them useful? These are part of our "cross training" in yoga. They are important as we have a tendency to create overuse injuries in our bodies (just like any other "sport") and these techniques can even support and help other styles that you teach.

Mindfulness/Meditation & Self Study: - 1 module (20 hours) *Elective*

This module will be one for every yoga teacher who not only wants to teach these concepts but create rituals and routines to support beyond the yoga room. One of the things I re-learned in Coaching School was to have a healthy mindfulness practice to support my coaching.

Something that seems so simple - yet often times evades us as we are immersed in the teachings. We will spend time in nature, spend time in silence, journal, learn some meditation techniques and learn how to hold space within a 60 minute class for our students to have these experiences.

Descriptions Coming:

- Yin
- Pre-Natal
- Energetics

Required Books for CORE Modules

- Anatomy of Yoga - <https://a.co/d/7UtxDVF>
- The Living Gita - <https://a.co/d/dYbpKeK>
- Sequencing - <https://a.co/d/5LCo1r9>
- **Any version of the Yoga Sutras**
- The Tree of Yoga - <https://a.co/d/gPypAKO>

Books for Electives:

- Restorative Yoga: Relax&Renew - <https://a.co/d/0DV6ico>
- Mudras weekend
- Yin weekend
- Pre-Natal weekend

Other required tools:

- Journal