

500 hour WISDOM FLOW YOGA Teacher Training Curriculum

Asana

We will dive deeper into the template of our sacred biometry and learn to direct students into balanced and growth. We will explore new innovations and developments to evolve and expand the alignment descriptions using dynamic imagery. Rather than learning to regurgitate old methods we explore fresh philosophical perspectives and leading edge techniques.

Instruction will include:

- Daily co-teaching of morning class
- Using seven classes of asana (standing poses, forward bends, backbends, Inversions, twists, balancing poses, moving sequences)
- Balanced Asana - the dance of control and surrender
- Advanced Flow Sequences – Preparing to go further
- Advanced Teaching Techniques – Guiding students into revelation
- Offering Therapeutic Variations – Giving “Homework”
- Creative Use of Kriyas – Making movement more meaningful
- Working with subtle energies – The five Koshas
- Deepening understanding and use of Bandhas
- Interweaving Body Spirals – The Physical Sutras
- Creating Brand New Asanas! Make known the unknown
- Mastering Hands-on Adjusting
- Developing a lifelong personal yoga practice

Pranayama

Breath (Ha) is life. The Hawaiians call our divine fire Haloa and it is our Ha that stokes the fire like a bellows. Without strong Ha we cannot burn through limitations and grow fervently. Learning playful engaging teaching techniques that get students obsessed with deep breathing is the greatest gift you can bring them. We will explore several aspects of pranayama including: anatomy of deep breathing, strengthening and extending breath, using breath to move energy, and using breath to enter altered states.

Instruction will include teaching techniques for:

- Kapalabhati, Nadi Shodhana, Tri-Bandha and Kumbhaka
- Consciousness and Energy Manifestation Breathing
- Pranayama and Sounding Techniques in Asana

Meditation

The third book of the Sutras is called the Vibhuti Pada – the path of Abundance. It could be called “mastering the art of deliberate creation” or “Using meditation to allow abundance to flow in”. Meditation is the art of releasing resistance. Once resistance is dispelled, meditation then becomes the empty canvas onto which we paint our brighter future. Understanding these foundational elements of meditation are key to teaching it in a way that empowers students. Our advanced training will include

- Understanding Darhana, Dyhana and Samadhi
- Learning to describe these three aspects of meditation
- Leading meditation using these three levels
- Weaving meditations into asana classes
- Developing a lifelong meditation practice – build your workshop!

Therapeutics

Part of becoming an advanced yoga teacher means we develop a deeper understanding of human anatomy and physiology. In the advanced training we will meet with Physical Therapists and other medical professionals to learn the relationships between nervous system, blood chemistry, joints, muscles and bones. We will study the most common limiting factors in human freedom of movement and learn to address them effectively for our students. We will cover:

- Intervertebral Disc Health and Healing
- Pinched Groin and Sciatica
- Carpal Tunnel Syndrome and Wrist Pain
- Neck Pain and Headaches
- Fallen Arches, Plantar Fasciitis, Bunions and hammer toes
- Rotator Cuff Issues

Philosophy

The word philosophy means “the study of Love”. As yogis we are studying what makes love flow strong and what causes it to get stuck. We see the soul as pure love that wants to flow freely through mind and body but tends to get pinched off by fear and limiting stories. The crux of philosophy is the study of how to un-stick the stuckness. We take this simple but profound understanding into our teaching and the asanas become so much

more than physical fitness. They are moving prayers the free the flow of love within us and inspire goodness around us.

In the philosophy section of the advanced training we will learn to see the underlying matrix of ancient wisdom, from several paths and blend it playfully with contemporary metaphors and lingo to inspire and empower our students. We will dive into the four chapters of Yoga Sutras, Unravel the complex messages of the Baghavat Gita and read aloud the Ramayana to understand the brilliant way these parables and aphorisms teach us to shed resistance and keep our love flowing.

Building Community with Yoga

Ultimately, yoga is a community building practice. When we connect with our inner being we feel our oneness with all life and a natural urge to reach out and co-create with others arises. When your teaching is heart-centered, strong and consistent you will become a community leader without even trying. In this training will conjure playful ways to build this community spirit into waves of betterment for our communities. Seva is the Sanskrit word for community service. Seva is meant to be joyful and satisfying (not obligatory). With a group of empowered students you have the perfect team for building community celebrations and projects.

- Offering Workshops
- Offering Free introduction to yoga classes
- Inviting students to assist in your classes
- Bringing yoga to troubled youth or senior centers
- Organizing volunteers for tree-planting or soup kitchen work
- Giving community-building projects to your students
- New ways to create community celebration