

# Awake Yoga Teacher Training



## Awake Yoga Teacher Training

Trainer(s) Sarah , Colin

Session / Topic #	Title	Educational Category	Contact Hours	Contact Hours with Lead Trainer	Total Hours	Trainer
Asana	Core Asana	Techniques, Training and Practice (TTP)	55.00	55.00	55.00	Sarah

### Description

The core asana curriculum will examine thirty core postures that inform all yoga movement. This course will take you through: Standing, back bending, forward bending, inversions, and twisting. The breakdown of the key components of safe and effective movement The progressive movements that build yoga postures The contraindications of each posture to make practices safer for a wider population Variation and options to make practices more accessible The potential benefits and risks of each practice How to link movements and postures through scripting and demonstrating. The lead trainer will deliver the Core Asana component over three intensive weekend courses (two of which will be 18 hours, one of which will be 19 hours.) These workshops will involve lectures, asana practice, and group work. The first weekend will run Friday from 6-9pm and Saturday - Sunday from 9am-6pm for a total of 19 hours. The next two weekends will run Friday from 6-9pm, Saturday 9am-6pm, and Sunday 10am-6pm for a total of 18 hours each.

### Learning Objectives

Students will have an understanding of how to align asana as well as how to adapt asana to meet the individual in a group setting. Students will understand simple and more complex movements, be able to break down asana into its component parts, and understand how to logically sequence asana.

The Seven Principles of Asana	The Seven Principles of Asana	Techniques, Training and Practice (TTP)	2.00	2.00	2.00	Sarah
-------------------------------	-------------------------------	---	------	------	------	-------

### Description

We have developed a unique approach to teaching asana that explores and expands physical yoga practice into our social and emotional lives. The Seven Principles form a tantric approach to movement, creatively interweaving the subtle and physical practices of asana into a cohesive and fulfilling practice. In this workshop we investigate the both the physical and energetic elements of asana and their connection to our experience both on and off the yoga mat. The seven principles of movement offers you a lens through which you may find a richer and more vibrant understanding of yoga asana. Watch what comes together for you as we weave together kinesiology, chakras, and the tattvas (elements.) The leader trainer will deliver this content with a two hour lecture that involves physical asana practice.

### Learning Objectives

Students will better understand the physical and subtle body in asana.

Class Planning and Scripting	Class Planning and Scripting	Teaching Methodology (TM)	8.00	8.00	8.00	Sarah
------------------------------	------------------------------	---------------------------	------	------	------	-------

### Description

Learn how to script and short and long-term lesson planning that will keep your students engaged and help to build a safe, sustainable, and fruitful yoga practice that will keep them coming back for more. Use the tools from the core asana module to build smart, enchanting, and fun lesson plans that progressively build movement and teach valuable skills. This module will not teach you a particular sequence but rather how to build your own powerful sequences. Don't just learn how to put classes together but learn the whys of organizing classes. The

difference between good teachers and excellent teachers usually comes down to who can consistently build and deliver excellent class plans. This workshop will take you from good to excellent.

#### Learning Objectives

Students will know how to script asana in simple and more complex ways. Students will learn how to short and long terms class plan. Students will learn time management.

Demonstrating, Voice, Consensual Adjustment	Teaching Tools	Teaching Methodology (TM)	10.00	10.00	14.00	Sarah
---	----------------	---------------------------	-------	-------	-------	-------

#### Description

Learn the tools necessary to guide students through yoga asana, pranayama, and meditation. Trainees will learn to demonstrate techniques, use a clear voice with invitational language, and how to gain consent when using minimal adjustments. The leader trainer will deliver this content via Powerpoint lectures, examples drawn from YouTube yoga classes online, and asana practice both individually and in groups. Students will prepare and teach a class to a small group of their peers. These classes will be recorded and submitted to the lead instructor for review and feedback.

#### Learning Objectives

Trainees will learn how to use visual, auditory, and kinesthetic cuing to help students move into their practice

Meditation	Unlearning Meditation	Techniques, Training and Practice (TTP)	25.00	25.00	25.00	Colin
------------	-----------------------	---	-------	-------	-------	-------

#### Description

The Meditations: Dharana, Dyana, Samadhi Meditation is not a single tradition or technique. It is rich, complex, and connected to a number of the world's spiritual traditions. The effects of meditation vary depending on the kind of technique you are practicing. In order to safely and effectively share meditation with students, teachers need to be familiar with a number of meditation techniques and their results. The lead trainer will deliver this content over an intensive weekend workshop that includes powerpoint lectures, meditation practice, and group discussions. The workshop will run Friday from 6-10pm, Saturday from 8am-8:30pm, and Sunday from 8am-8:30pm (Sat. and Sun. with two one hour breaks) for 25 hours in total.

#### Learning Objectives

Trainees will be introduced to and have a chance to practice many forms of mediation. Students will learn the fundamentals of how to teach these forms of meditation.

The Subtle Body	A Yogis Guide to the Inner Galaxy	Techniques, Training and Practice (TTP)	10.00	10.00	10.00	Colin
-----------------	-----------------------------------	---	-------	-------	-------	-------

#### Description

A Yogis Guide to the Inner Galaxy: The Subtle Body -Techniques, Training, and Practice Evidence based science is the source for best practices in safe and effective yoga classes. But there are elements of yoga that engage our minds in different ways. Storytelling, mythology, and visualization help to tap into parts of us that, left untouched, can leave our yoga feeling dry or uninspired. Subtle body yoga is the exploration of that which can be felt but not seen. Chakras, koshas, tattvas, vayus, and kundalini are some characters you will meet along the way in this journey through your energetic bodies. The lead instructor will deliver this content via a one-day intensive workshop that includes powerpoint lectures, group discussion, asana, pranayama, and meditation practice. This workshop run from 8am-8pm on a Saturday and includes two one hour breaks.

#### Learning Objectives

Trainees will have a better understanding of the chakras, koshas, tattvas, vayus and kundalini. You will be better able to understand how to include these concepts and practices around them into your classes.

Pranayama	Demystifying Pranayama	Techniques, Training and Practice (TTP)	8.00	8.00	8.00	Colin
-----------	------------------------	---	------	------	------	-------

**Description**

Demystifying Pranayama Almost every yoga teacher will tell you that the breath is important in yoga. Some of the oldest and most venerated practices in yoga involve the observation and regulation of the breath. Understanding pranayama starts with the recognition that it is not about controlling your breath but allowing it to be free from control. This course provides students with the science of pranayama and the practical experience you will need to integrate breathing into your yoga classes. The lead trainer will deliver this content in a one day workshop that includes lecture, light asana practice, and learning/practicing pranayama techniques. The workshop will run from 8-5pm with a one hour lunch break for 8 hours total.

**Learning Objectives**

Trainees will be introduced to pranayama, learn the basic techniques, and develop an understanding of how to teach them techniques.

The Business of Yoga	Becoming a Yoga Professional	Teaching Methodology (TM)	5.00	5.00	5.00	Colin
----------------------	------------------------------	---------------------------	------	------	------	-------

**Description**

Marketing, sales, administration and finance are fundamental to any small business. Yoga business is not any different. This course provides some basics of yoga marketing and sales. The lead trainer will use a combination of Powerpoint lectures, handouts, and group discussions in a five hour workshop. This will be an afternoon session from 12-5pm.

**Learning Objectives**

Graduates of this course will understand how to attract new students and retain regulars by integrating smart marketing and sales strategies adapted to new and emerging yoga markets.

Anatomy, Physiology, and Kinesiology	Connected Anatomy, Physiology, and Kinesiology	Anatomy & Physiology (AP)	25.00	25.00	25.00	Sarah
--------------------------------------	--	---------------------------	-------	-------	-------	-------

**Description**

Movement is complex and the way the body moves is intricately interconnected. Piecing out the body into individual muscles and bones makes little sense for yoga teachers or anyone working with movement. Learn key terms but more importantly learn about the body's subtle interconnections and how we can teach smart healthy movement. Understand how yoga influences the muscles and connective tissue, the nervous system, the lymphatic system, circulation, and so much more. More importantly, this workshop will show you how all of these things are interconnected and how when we influence one part we influence the whole. The lead trainer will lead an intensive weekend workshop with the full twenty-five hours consisting primarily of powerpoint presentations and lectures. The workshop will run Friday from 6-10pm, Saturday from 8am-8:30pm, and Sunday from 8am-8:30pm (Sat. and Sun. with two one hour breaks) for 25 hours in total.

**Learning Objectives**

Students will gain a better understanding of the physical body, the interconnectedness of the body systems, and how that relates to yoga.

Philosophy, History, and Ethics	A Yoga Teachers Guide to the History and Philosophy of Yoga	Yoga Philosophy/LifeStyle Ethics (YPLE)	22.00	16.00	30.00	Colin
---------------------------------	---	---	-------	-------	-------	-------

**Description**

Everybody knows that yoga is so much more than the poses. A huge part of learning about yoga is learning about new ways to think about yourself and about the world. The mythology, metaphysics, and great philosophical debates in many ways form the backbone of what makes yoga so special. When we imagine ourselves as a yogi, we do so standing on the shoulders of generations of some of histories brightest and most expansive minds. Exploring the rich history and philosophy of yoga enables a connection to yoga that is deeper and more fulfilling than

strictly performing yoga postures. This course covers a massive span of history from Brahminical Orthodoxy all the way to the big brands of modern commercial yoga. This training goes way beyond the eight limbs of yoga in effort to find a meaningful grounding of contemporary practice in historical context. The lead trainer will deliver the history and philosopher lectures over a weekend workshop with Powerpoint presentations and group discussions. Students will have required reading and essays to prepare during their non-contact hours. Essays will be evaluated by their ability to clearly demonstrate their understanding of some of the essentials of yoga philosophy. The History and Philosophy modules will be taught with a two day intensive (Saturday, 9-6pm and Sunday, 10-5pm) and two online courses (4 hours each), one on the Yoga Sutras and one of the Bhagavad Gita. The ethics module will be led by Kendra Kembel, a yoga teacher with a specialty in social work and conflict resolution. The ethics module involves a six hour course on professional responsibilities, scope of practice, integrity, respect, competence, and the Yoga Alliance Code of Ethics.

**Learning Objectives**

Students will have an understanding of the fundamentals of yoga history and philosophy, including the influential texts, teachers, and traditions that continue to shape modern yoga in theory and practice. Students will also demonstrate familiarity with the ethical principles put forward in the yamas and niyamas of Patanjalian yoga.

Practicum- Teaching and Peer Review	Practicum	Practicum	10.00	10.00	18.00	Sarah
-------------------------------------	-----------	-----------	-------	-------	-------	-------

**Description**

After class planning and scripting students will teach yoga classes, peer teaching, and peer review. In addition to serving as in-class assistant to the lead instructor in classes, each student will spend five hours being observed by the lead instructor while they teach their own class. Students will teach five classes with either Sarah or Colin in attendance. The lead instructor will provide notes and suggestions on how to improve and refine the teaching and check to ensure that the notes and suggestions are being integrated into each successive class in order to demonstrate an ability to learn and improve as a teacher.

**Learning Objectives**

Trainees will gain practical experience in front of a yoga class as well as constructive feedback from peers and lead instructors.