



## 200HR Curriculum Overview

### Technique Refinement:

#### Asana, Pranayama, and Meditation

- Create deeper awareness of your own yoga practice and cultivate awareness and embodiment.
- Explore your practice with expert cues on alignment, connecting with the subtle body, and working with where you are.
- Exposure to active vinyasa, slow flow vinyasa and restorative practices that integrates many styles and create your teaching repertoire.
- Analyze several poses including asana benefits, alignment, contraindications, variations and modifications.
- Cultivate a meditation practice with expert guidance that draws on ancient yogic and Buddhist lineages.
- Find your unique yogic practice and lifestyle and integrate that into your daily spiritual life.

## Teaching Methods:

### Making the Transition from Student to Teacher

- Develop skills in cueing and language that reflects simplicity and precision.
- Learn to hold space and cultivate present awareness as a teacher. Practicing embodying the “seat of the teacher”.
- Learn the basics of weaving dharma and philosophy into a yoga class.
- Learn to teach “off the mat” so you can move, adjust and be present in your classes.
- Find ways to integrate music to enhance your class experience.

## Ancient Wisdom, Modern Mind:

### Presenting Yogic Philosophy So It Resonates Today

- Demystify dharma and yogic philosophy to gain personal experience with the subject matter and find ways to live it naturally.
- Learn basic elements of authentic transmission of this wisdom to your students.
- Practice teaching in a way that is relatable and accessible.
- Begin learning how to give an effective and authentic dharma talk.

## Authentic Presence:

### The Greatest Gift You Can Offer to Others

- Cultivate an authentic expression of who you are through self observation.
- Understand the fundamentals of compassion, empathy and honesty in your life and your teaching.
- Find a sense of bravery and courage to express who you are with a “realness” that is uncommon in daily living and allows you to encourage that in others.

## **The Business of Yoga: Classes, Privates, Studios, and More**

- Explore the fears and discomforts of the “business” side of yoga and money.
- Uncover your personal obstacles with abundance and breakthrough to live your life more fully.
- Study the basics of business acumen in the yoga world and how to set your career path with identifiable steps.

## **Adjustments, Modifications, and Props: Working with Individual Anatomies, Mindsets, and Fitness Levels**

- Develop an “eye” as a teacher being able to see students for where they are.
- Self-observe the energetic quality of your touch and the practical alignment aspects to better serve your students in hands-on adjustments.
- Move beyond “one size fits all” adjustments to an understanding that is filled with compassion and wisdom.
- Dropping any hindrances on the use of props to integrate them with your teaching of several poses, modifications and variations.

## **Student Teaching: Adjusting, and Leading Classes**

- Create sequences, practice and lead classes with expert support and encouragement.
- Create innovative sequences that put basic tools in your toolbox for beginning teaching.
- Cultivate an ability to openly accept feedback and compassionately give to others.
- Letting go of teaching from where you are, to learn to teach where your students are.