



Advanced +300HR Curriculum Overview

Technique Refinement: Asana, Pranayama, and Meditation

- Deepen and refine your own yoga practice and find new levels of awareness and embodiment.
- Explore your practice with expert cues on alignment, connecting with the subtle body, and working with advanced variations.
- Exposure to a variety of styles and forms of practice beyond vinyasa that will expand the breadth of your knowledge and make you a truly an “advanced” teacher.
- Dive deeper into the Yogic practices including Kriyas, Pranayama, and Restorative practices.
- Analyze several poses including asana benefits, alignment, contraindications, variations and modifications.
- Raise the octave of your meditation practices by regular and guided practice, the exploration of varying styles, and learning accurate instruction that draws on ancient yogic and Buddhist lineages.
- Find more meaningful and embodied ways to embed your yogic practice and lifestyle into your daily spiritual life.

Anatomy, Physiology, Healing, and the Mind:

Unifying Eastern & Western Wisdom

- Further expand your knowledge and wisdom of the body through intensive Anatomy & Physiology study.
- Directly relate how anatomy affects asana alignment, how to cue this with ease and refinement, and learn effective modifications.
- Deeply study differences in people and their anatomical structure to further inform how to sequence with elevated intelligence, adjust with accurate touch, and cue with accessible language.
- Take a deeper dive into how the asana practice impacts our physiological systems, while also expanding wisdom of the spiritual elements on our physical being.
- Become more intelligent in learning the relationships of yoga on the body's various systems, with emphasis on the nervous system.
- Go beyond the basics of chakras and nadis to learn of the subtle body.

Teaching Methods: Making the Transition from Teacher to Advanced Teacher

- Advance your cueing and language that transcends the "every day" teaching language to reflect wisdom, accuracy, clarity and precision.
- Rapidly expand your repertoire of cues that is informed with advanced levels of dharma, philosophy and anatomy.
- Practical refinement of teaching qualities that includes your presence, style, energetic being, sense of space and overall awareness.

- Undo habitual teaching patterns that do not serve you and replace with more present awareness.
- Learn to teach “off the mat” so you can move and be present in your classes.

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 elements of authentic transmission of this wisdom to your students that is honest, truthful and vulnerable.
- Practice teaching philosophy as a woven element in your sequences that is relatable and accessible.
- Find greater ease in transmitting embodied dharma talks to your students with vulnerability and truthfulness.

Authentic Presence:

The Greatest Gift You Can Offer to Others

- Creating a grounded and intelligent inner structure as a person and teacher that allows an authentic experience of who you are.
- Raise the octave of understanding compassion, empathy and honesty in your life and your teaching.
- Become deeply embodied in your yogic, spiritual practices that goes beyond the mat.
- 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 sound and practical elements of business and operationalize your career path.
- Set clear and identifiable steps to your career aspirations that include higher levels of business acumen and wisdom.

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

- Further advance your “eye” as a teacher being able to see beyond the obvious to more subtle levels.
- 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:

Leading Classes

- Take your teaching to the next level with intense practice, practice and more practice!
- Create innovative sequences that breakthrough old habits and find new forms and levels in your teaching repertoire.
- Learning to fully engage your class both at an individual level and at a group level, holding space for each person and where they are at.
- Letting go of teaching from where you are, to learn to teach where your students are.