

MODULE 1 | Ashtanga Vinyasa

History & Philosophy of Yoga

The 5 Daily Disciplines

The Yamas & Niyamas

Ashtanga Yoga: Techniques, Training and Practice Short Form Ashtanga Teaching Methodology

MODULE 2 | Anatomy & Physiology

Anatomy & Physiology

Types of Adjustments

Hands-on Assisting

Proper Alignment

Pranayama

MODULE 3 | Vinyasa Flow

Vinyasa Teaching Methodology

Intelligent Sequencing

Subtle & Energetic Body

WHY Vinyasa Flow Rhythm, Pacing & Style

MODULE 4 | Deep Vinyasa & Healing Vinyasa

The Complete Yoga Breath

Guidelines for Making Connections

Contraindications & Modifications

MODULE 5 | Yin Yoga & Adjustments

Principles of Yin

Postures of Yin

MODULE 6 | Articles & Homework

The Business of Yoga

Ethics of Yoga

Business of Teaching

Building Community

MODULE 7 | Study Guide Questions

Wrap-up

Graduation