



Graceful Embodiment Yoga Teacher Training & Personal Immersion (200 Hr)



CANADIAN YOGA ALLIANCE

At Graceful Living Yoga, Lifestyle & Mystery School, you will learn how to teach gentle Hatha Yoga with a further specialization in chakra yoga and subtle energy awareness (additional 50 hours: See **COMPASSION** Track).

You will study yoga as a conscious attunement to energy, physical alignment while tracking breath, and sensation as a path toward concentration, focus, and deep integration.

Our training covers the eight limbs of yoga, yoga philosophy, anatomy, educational methodology (examining the learning process), and inquires into our relationship with the 5-elements as a path toward greater wholeness.

COURSE OUTLINE

Techniques (105 Hours):

- Extended practice times
- 40 Postures with hands-on assistance for deepening awareness
- Integration of 5 Radiance Yoga sequences
- Variations and modifications on asanas for different skill bases
- 5 Pranayamas
- Energetic effects of mantras & mudras
- Integrating 3 Bandhas into practice
- Incorporating five meditations and five pranayamas into teaching
- 250-Page Manual



Lana
BOYUK

Graceful Embodiment Hatha Yoga Teaching Methodology (23 Hours):

- Methodology for creating experiential learning environments
- Focus on design and delivery skills for various styles of classes
- Precision and clarity in languaging
- Sequencing flows for varying effects, fitness levels
- Incorporating hands-on assistance & modifications
- Choreographing elements of timing, use of music and voice to create experiences
- Designing for mixed-level classes
- Designing 6 Week Courses for Beginner Levels Classes
- Nurturing creativity in the learning process
- How to teach a new posture to beginners
- Leading Vs. Teaching
- Finding Personal Style in Content & Delivery
- Assessing Individual Needs
- Facilitating effective communications

Anatomy, Physiology, Kinesiology (20 Hours):

***Virtual training with David Keil**

- Physiological and energetic effects of asanas, pranayama, meditation, and relaxation
- Benefits and contraindications for all techniques
- Effects of structural alignment on overall health
- Muscle Physiology
- Physiology of stress
- Avoiding common injuries in yogic practices
- Using props and variations to individualize practices
- Body-Mind Prana relationship

Philosophy, Psychology & Lifestyle (22 Hours):

- Philosophical foundations comparing 5 Yoga Systems
- Body-Mind-Prana Relationship
- Teaching as a spiritual practice
- Psychology of Creativity in adult learning





Philosophy, Psychology & Lifestyle (Continued):

- Introduction to Patanjali's Yoga Sutras
- Selected Sanskrit: Asanas, practices, mantras, etc.
- Exploration of the Teacher-Student Relationship
- 5-Layers of Self: The Koshas
- Yamas and Niyamas as an ethical basis in the teacher-student relationship

Practicum (25 Hours):

- Design and teach one 60-minute Graceful Embodiment Yoga Class
- Giving and receiving feedback
- Design a 60-minute Hatha Yoga class to share with your classmates
- Design a 6-session course in Beginner Hatha Yoga
- Practice teaching exercises in small groups
- Co-mentoring and self-evaluations
- Audio and video recordings of your practice sequences

Business of Yoga (5 Hours):

- Practicalities for marketing private and group Inner Mystic Yoga classes
- Canadian Yoga Alliance Registry
- Insurance and Liabilities
- Pursuit of Modern Medicine Woman Mentorship (facilitator & guide) Path
- Continuing education & Building community
- Membership in Teacher Organizations

Self-Awareness & Personal Development (20 non-contact hours):

Focus is on self-discovery in relationship to what either blocks or supports you in becoming a healthy, integrated, aware person/yoga teacher. This is supported by a 1:1 life coaching session and weekly journaling assignments.

200-Hour Hatha Yoga Training Investment:

\$3333 (Payment plans are available)

