

A Yoga Life: Teacher Training Curriculum

Developmental Movement Patterns	Embodied Anatomy & Embryology	Asana	Yoga	Teaching Techniques
Cellular Breathing <ul style="list-style-type: none"> • Internal/External • Lung breathing • Cellular Breathing 	Cells <ul style="list-style-type: none"> • Anatomy of a Cell • How to recognize the cellular self • 3 Diaphragms 	Restorative Postures	The Ground of Being <ul style="list-style-type: none"> • Essence • Presence • Awareness 	How to Listen <ul style="list-style-type: none"> • With an open heart • Understanding through Silence
Naval Radiation <ul style="list-style-type: none"> • Where is Center • Core to Distal/Distal to core 	Skeleton of Lower Limbs <ul style="list-style-type: none"> • Pelvis • Legs • Feet 3 Layers of Bone	Standing Postures	Introduction to Yoga <ul style="list-style-type: none"> • What is Yoga • Types of Yoga • History 	How to see with neutral eyes <ul style="list-style-type: none"> • Purusha/Prakriti • Samskara • Pravritti
Mouthing <ul style="list-style-type: none"> • Gut Tube • Embryology of the 3 Germ Layers 	Organs <ul style="list-style-type: none"> • Of the gut • Secondary 	Backbends	The Yoga Sutras <ul style="list-style-type: none"> • Ashtanga Yoga • 8 Limbs • Origin 	Neutral Touch <ul style="list-style-type: none"> • Sensing • Feeling • Action
Pre-Spinal <ul style="list-style-type: none"> • Yield and Push 	Axial Spine <ul style="list-style-type: none"> • Head to Tail • Coccyx/Sacrum • Hyoid/Crown 	Sun Salutations <ul style="list-style-type: none"> • Yield/Push • Sequencing of Movement 	Pranayama <ul style="list-style-type: none"> • Ujjayi • Breath as Initiator 	Language <ul style="list-style-type: none"> • Verbal Skills • Finding one's voice • What is Enough?
Continued <ul style="list-style-type: none"> • Reach and Pull 	Fluid System <ul style="list-style-type: none"> • Fascia • Lymph • Blood 	Alignment of the Bones <ul style="list-style-type: none"> • Reach/Pull • Following the wave 	Yamas & Niyamas Behavior Toward Ourselves and Other	Asking Questions <ul style="list-style-type: none"> • Skillful curiosity • All possibilities • Letting Go
Homologous <ul style="list-style-type: none"> • Body Half • Upper/Lower 	Skeleton of Upper Limbs <ul style="list-style-type: none"> • Shoulder Girdle • Arms • Hands 	Jumping Inversions	Avidya & Duhkha <ul style="list-style-type: none"> • Definition of • Four Expressions • 3 Gunas 	Putting together a Class <ul style="list-style-type: none"> • Theme • Level Identification • Sequencing

Developmental Movement Patterns	Embodied Anatomy	Asana	Yoga Philosophy	Teaching Techniques
Homolateral <ul style="list-style-type: none"> • Right/Left • Feminine/ Masculine • Balance 	Endocrine System Glandular Support in Asana	Balance Poses	Pratyahara Dharana Dhyana Samadhi	Adjustments <ul style="list-style-type: none"> • Safety First • Touch • Alignment Based • Quality vs Quantity
Contralateral <ul style="list-style-type: none"> • Body Half • Stable/Mobile 	Nervous System	Twists	Obstacles on the Yoga Path	Propping <ul style="list-style-type: none"> • Safety • Demonstration • Variations
Integration Asana Practice from a Body Systems Perspective	Muscle Body <ul style="list-style-type: none"> • Anatomy of • Basic Muscle Theory • The coupling Actions of Muscle 	Iliopsoas Complex Muscles of Upper/Lower Abdomen and Spine	Dharma	Contraindications <ul style="list-style-type: none"> • Medical • Physical • Emotional

Extras	
Bandhas	Pelvic Bowl
Kleshas	Embryology
Teaching Yoga to special populations	Ayurveda
The Yoga Profession	Ethics
Meditation	Chakras

Curriculum

1. **Developmental Movement Patterns** – We learn the DMP from the work of Bonnie Bainbridge Cohen. The 8 Developmental Movement Patterns remind us of our inherent belonging in this body and the evolution of movement throughout our lifespan and the ages. The patterns teach us our embryological development from conception through the first year after birth. Learning where we came from and how we formed creates a larger context of knowledge and wisdom that we can apply toward healing and total health.
2. **Embodied Anatomy** - Embodied Anatomy is primarily taught by guiding you into a direct experience of your tissues and structure. Through explorative meditations, guided movement, and hands on work - you will come to know yourself through these tissues and know the qualities that make them unique. We will also use anatomy books, hand outs, videos, and a fully articulating skeleton to help assimilate and digest the knowledge of our anatomy.
3. **Embryology** - This training studies the embryological beginnings of our human form, the evolution of that form over a lifespan, and the evolution of movement throughout the development of the species.
4. **Yoga** - Through the years the practice called Yoga has been watered down. The word itself has come to define a plethora of techniques that fall way outside the defining Truths of YOGA. This course will give you a strong foundation in understanding the true discipline of Yoga. From it's history and origin, to the 8 limbs of Patanjali's yoga, and how to integrate the True meaning into a modern expression without losing its authentic voice.
5. **Teaching Techniques** - The graduates of **A Yoga Life Teacher Training** will come away with the knowledge necessary to express and teach the truths of the ancient Practice of Yoga with honor and grace. We believe this journey begins with the exploration of the question, “Who am I?” From this ground we develop the skill to be within our Presence. We learn to be with our students in an honest way. We will learn to see with neutral eyes, touch from our neutral being, and cultivate our curiosity. When we open doors to a deeper examination of the true expression of Yoga, we create a vibrant connection to our teachings and relationships that arises from our open heart.

A quality teacher flows with the dynamic changes that take place within a classroom. Each class is different and with each group a teacher finds ways to impart skills and knowledge that directly apply to each group in every moment. The curriculum outline above will shift and change according to the specific individuals within a group and the dynamics of those relationships. Learning happens when teachers and students are both committed to showing up for the teachings - in their heart, mind and body and who are willing to ask fresh, engaging questions along the way. Together an atmosphere of delicious learning unfolds, resulting in students who bring the finest of themselves to the practice and teachings of Yoga.

Teacher Training Class Structure

In this training:

- We meet one weekend a month for 7 times
- There are seven separate weekend trainings within a calendar year
- This training meets Yoga Alliance 200 hour Teacher Training Certification requirements

Out of classroom activities include:

- Homework - to be turned in each month
- Readings - out of assigned books
- Design and turn in a six week yoga course
- Observe 2 yoga classes and turn in a write up on each class
- Teach a yoga class and receive feedback

Required Books:

1. Linda Hartley - Wisdom of the Body Moving
2. TKV Desikachar - The Heart of Yoga
3. Donna Farhi - Yoga Mind, Body, and Spirit
4. A copy of the Yoga Sutras - some of my favorite translations listed below:
 - a. The Path of the Yoga Sutras: A Practical Guide to the Core of Yoga - by Nicolai Bachman
 - b. Yoga: Discipline of Freedom: The Yoga Sutra Attributed to Patanjali - by Patanjali and Barbara Stoler Miller
 - c. The Essence of Yoga; Reflections on the Yoga Sutras of Patanjali - Bernard Bouanchaud
 - d. The Secret Power of Yoga: A Woman's Guide to the Heart and Spirit of the Yoga Sutras - by Nischala Joy Devi