

I AM YOGA PRESENTS

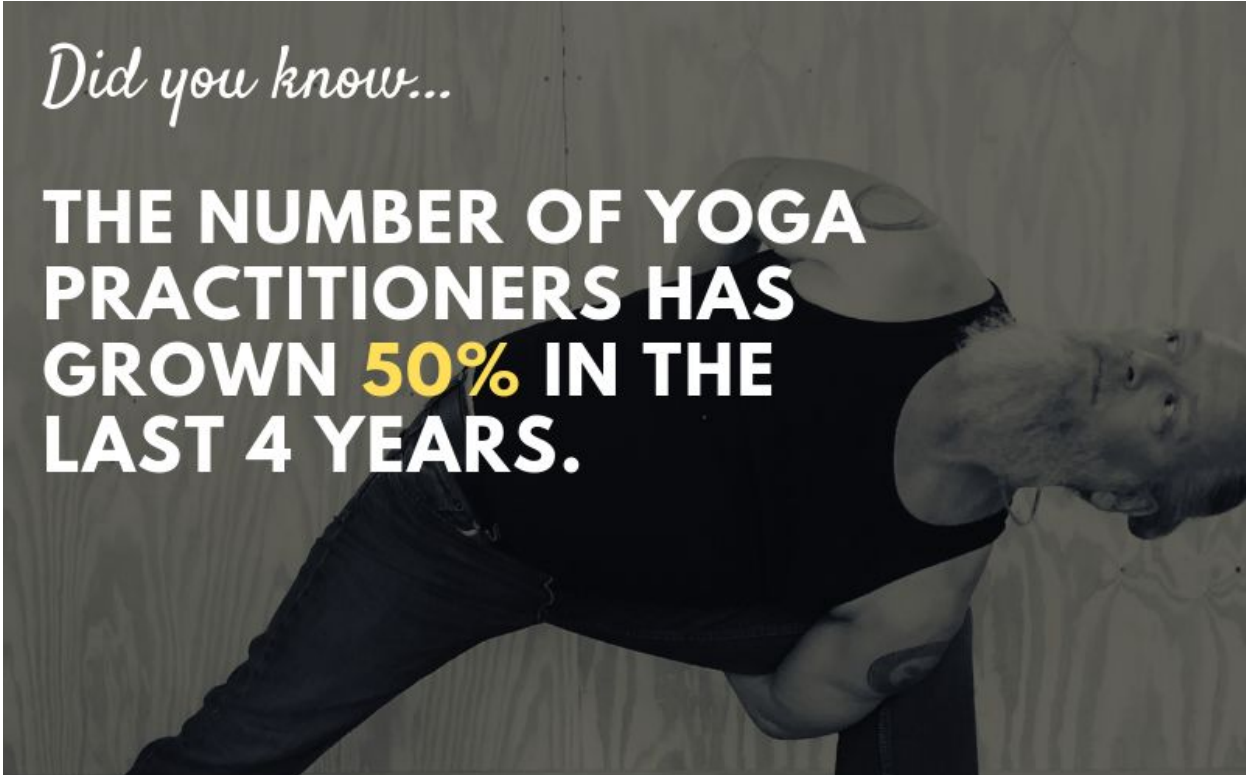
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VINYASA YOGA TEACHER TRAINING

COURSE CATALOG

Did you know...

**THE NUMBER OF YOGA
PRACTITIONERS HAS
GROWN 50% IN THE
LAST 4 YEARS.**



March 2019 - June 2019
WWW.IAMYOGASCHOOL.COM

200-HOUR YOGA TEACHER TRAINING



WEEKEND MODULES

MARCH 2019

TITLE	DESCRIPTION	SCHEDULE
Introduction to Vinyasa Yoga (2 hours)	This session serves as an overview that intends to give a historical perspective, informed by current practices, in order to create a standard for which we will instruct Vinyasa yoga - this is a seminar discussion with Q&A.	March 7th 7 pm - 9 pm
Anatomy + Physiology (20 hours)	In these class periods, participants will gain the requisite understanding of basic Western Anatomy - vocabulary, OAls, kinesiology, applied physics and all other aspects that are required to enable a participant to sequence, observe, guide, give critical feedback, and develop student's physical awareness and autonomy. Physiology components will include but are not limited to: CNS, Sympathetic and Parasympathetic states, glandular and hormone systems as they relate to wellness, the 'relaxation response' and how to cultivate dynamic homeostasis in the students.	March 8th 8 am - 9 pm March 9th 8 am - 6 pm
Pranayama for Yoga (2 hours)	This session will cover the basics of 'yoga breathing' with an emphasis on those techniques that support Vinyasa as well as Mindfulness and Meditation. This session will be an interactive participatory seminar.	March 9th 7 pm - 9 pm
The Study of Sun Salutations (8 hours)	These sessions will cover the history, application, intentions, theory and practical considerations in teaching Sun Salutations - as the basis for Vinyasa yoga, participants will model, participate, assess, assist, lead and teach under supervision.	March 10th 8 am - 5 pm

APRIL 2019

TITLE	DESCRIPTION	SCHEDULE
Asana Clinic (20 hours)	Asana Clinic sessions are designed and designated to get participants into an 'eyes on, hands on' mentality. Sessions will include workshopping through several asanas using the participants differing bodies in order for participants to be able to appreciate that the asanas are not static, but applied to the body one is working with. These sessions are interactive and require the students to not only demo and model to be assessed, but also to assess, critique, give feedback and further instruct.	April 4th 7 pm - 9 pm April 5th 8 am - 9 pm April 6th 8 am - 4 pm
Science, Ethics and a Modern Approach to Yoga (12 hours)	These sessions will utilize modern understanding of physiology, the glandular and hormone system and the 'relaxation response of the CNS' in order to optimize not only physical wellness, but also augment and support positive mental states and the ability to auto-generate and self-regulate. Science, neuroscience, psychology and aspects of the ethics regarding teaching only what can be established and supported through science	April 6th 4 pm - 9 pm April 7th 8 am - 5 pm

MAY 2019

TITLE	DESCRIPTION	SCHEDULE
Vinyasa Sequencing (10 hours)	These class periods will utilize the anatomical and physiological concerns that are related to teaching in order to enable participants to create and sequence sessions for students that are safe, challenging, effective, and in some cases, specific to a target area. Subject matter included conceptual, theory, practice, hands-on, deep consideration of preparation and compensation, as well as creating group, small group and individual sequences as practice. Concerns on modifications and intensifiers, as well as 'teaching to the students in front of you' will be considered and addressed.	May 2nd 7 pm - 9 pm May 3rd 8 am - 5 pm
Yoga Philosophy: What's relevant today (8 hours)	These sessions will serve to ground and present what is often presented a 'philosophy' through a filter of critical thinking, established philosophy, current societal and personal concerns, with a complete lack of dogmatic approach or magical thinking. This will be interactive seminar formats with Q&A.	May 3rd 7 pm - 9 pm May 4th 8 am - 3 pm
Challenges Yoga Faces in the Modern World (5 hours)	In this module, students will learn the history of yoga, the variety of ways yoga has been integrated into today's society and the challenges that yoga faces as it grows and moves forward including diversity, sexual misconduct, commercialism, etc.	May 4th 3 pm - 9 pm
Practice Teaching with Feedback Sessions (9 hours)	Students will teach portions of a yoga class to other trainees and will receive feedback regarding effectiveness, clarity, ability to follow, demonstration, assisting and demeanor.	May 5th 8 am - 6 pm

JUNE 2019

TITLE	DESCRIPTION	SCHEDULE
Vinyasa Yoga Class Formats (10 hours)	The focus of these sessions will be discussing the options and opportunities available through intelligent sequencing that support teaching safe and effective Vinyasa yoga to specific ends: to a focused point for a group, or to a targeted population. in order to enable participants to create and sequence sessions for students that are safe, challenging, effective, and in some cases, specific to a target area. Subject matter included conceptual, theory, practice, hands-on, deep consideration of preparation and compensation, as well as creating group, small group and individual sequences as practice. Concerns on modifications and intensifiers, as well as 'teaching to the students in front of you' will be considered and addressed.	June 20th 7 pm - 9 pm June 21st 8 am - 5 pm
Blueprint for Teaching Vinyasa Yoga Effectively (16 hours)	These class periods will review the anatomical and physiological concerns that are related to teaching in order to enable participants to create and sequence sessions for students that are safe, challenging, effective, and in some cases, specific to a target area. Subject matter included conceptual, theory, practice, hands-on, deep consideration of preparation and compensation, as well as creating group, small group and individual sequences as practice. Concerns on modifications and intensifiers, as well as 'teaching to the students in front of you' will be considered and addressed.	June 21st 6 pm - 9 pm June 22nd 8 am - 9 pm June 23rd 8 am - 10 am
Practicum (5 hours)	Practicums involve participants demonstrating the skills and abilities need to lead students through a safe, effective and professional session - this would include supervision of sequencing, participant practice teaching in small groups as well as to the entire class, feedback, input from a pedagogical perspective and one on one assessments.	June 23rd 10 am - 4 pm

WEEKNIGHT MODULES

TITLE	DESCRIPTION	SCHEDULE
Mindfulness + Meditation for Yoga (9 hours)	Learn what mindfulness and meditation both are through lecture and experience in this class. Students will also learn multiple techniques that can be used and shared with the general population for an overall sense of wellbeing.	Tues 6:45 - 9 pm March 12th March 26th April 2nd April 9th
Teaching Yoga in a Studio Environment (4.5 hours)	Learn what to expect when teaching in a yoga studio including: setting up the environment, interacting with the public, teaching the format, understanding the studio preferences, engaging with students, etc.	Tues 6:45 - 9 pm April 16th April 23rd
Developing Workshops (5 hours)	In this class, participants will get a deeper understanding developing workshop format events for a variety of topics, people and experiences. By the end of the class, participants will have several workshop ideas, a curriculum developed and a market test completed to see if the workshop has enough interest and how to present the workshop with clarity.	Tues 6:45 - 9:15 pm May 14th May 21st
Challenges Yoga Faces in the Modern World - Part 2 (5 hours)	In this module, students will learn the history of yoga, the variety of ways yoga has been integrated into today's society and the challenges that yoga faces as it grows and moves forward including diversity, sexual misconduct, commercialism, etc.	Tues 6:45 - 9:15 pm May 21st May 28th
Practicum (5 hours)	Practicums involve participants demonstrating the skills and abilities need to lead students through a safe, effective and professional session - this would include supervision of sequencing, participant practice teaching in small groups as well as to the entire class, feedback, input from a pedagogical perspective and one on one assessments.	Tues 6:45 - 9:15 pm June 11th June 18th