

SOYA 300 HOUR ADVANCED UPGRADE TEACHER TRAINING CURRICULUM

TWO 12 day Immersion retreats:

October 6-17, 2019 in Traverse City, Michigan, and March 13-24, 2020 in New Smyrna Beach, Florida.

MODULE 1 **INCLUSIVE AND SPECIALTY YOGA:**

Making Yoga Inclusive for All *Specializing Yoga to be more safe, sensitive, and inclusive*

- Trauma sensitivity in Yoga: Learn the basic elements to creating and leading a trauma sensitive class where students feel safe and welcome.
- Consent Based Yoga – Demonstration, Cueing, and Using Light Hands on Assists: Learn the importance of demonstrations for visual learners, effective cues for auditory learners, when and how to offer light, safe and helpful hands-on assists. Plenty of practice time in a permission-based atmosphere incorporating “Yes/No” chips.
- Common Misalignments: Effectively observe common misalignments in the 6 kinds of poses, accounting for anatomical differences in body types. We will discuss misalignments and refine our observation skills in the misalignment game, putting our wisdom into practice.
- The Magic of Using Props: Learn appropriate and creative ways to offer props for basic modifications and alignment as well as restorative classes.
- Teaching Specialty Classes: Explore creative ways to make your yoga inclusive such as essentials in Prenatal Yoga, creative classes for Kids Yoga, Restorative Yoga, Yoga with the Wall, Chair Yoga (including Seniors Yoga & Yoga for the Office), and other specialty groups.
- Ayurveda - The Science of the Doshas: Discover how the Indian Ayurvedic methods determine your body type and quality of mind, offering balance through various foods, asanas and kriyas for each dosha. It’s all about the doshas!
- The Upanishads: Study the gems hiding within the Vedas, the most ancient Hindu texts known today.
- Life-Changing Teachings for Your Yoga Path: Review the Key teachings from the Bhagavad Gita & Patanjali’s Yoga Sutras – life changing wisdom offered in simple terms.
- Bridging the Gap - Ancient Techniques in Modern Times: Integrate ancient philosophical concepts and extrapolate their relevance to current day to day life. Find themes within the ancient studies and bring these topics into classes with the ability to convey the wisdom and relevance of the teachings to your students in modern times. Concepts may include the 3 gunas, koshas, karma, sacrifice, yamas/niyamas, components of the mind (manas, buddhi, ahamkara), the kinds of thought waves we have, etc.

MODULE 2 **ADVANCING TEACHING SKILLS: Creative Sequencing, Building Themes, & Finding Your Market Niche. *The Power of Voice and Body Language***

- Anatomy of Movement: Review practical aspects of yoga anatomy followed with practices of defining what is occurring anatomically in specific poses based on the chart at the end of the lesson in the manual.
- Anatomy Targeted Sequencing to the Peak Pose: Practice a systematic approach to readying the body for peak poses (be it advanced asana or simply the peak pose in your lesson), and then finding the right counter pose to rebalance the body. Students work in small groups. This approach can be expanded beyond short sequences into full class creation, such a Yoga for Cyclists.
- Principles of Safe/Creative Sequencing: Investigate the world of sequencing from different lineages and understand the methods behind their systems, such as Sivananda, Anusara, Iyengar, etc). Create a class in a group with basic sequencing, including the 6 kinds of poses to qualify for IYTA full membership.
- Building Themes into a Yoga Class. Discuss and practice how to systematically weave a theme through your yoga class from beginning to end. Themes can range from Peace, Joy, and Love to Inversions, Athletes and Chair Yoga. Take the theory into practice and create a themed class, then teach it in small groups. The final practical exam will be teaching a theme-based class or workshop.
- The Power of Voice and Body Language: Explore the art of holding the seat of the teacher and the implications of posture, cueing, and the command of your voice. Many opportunities for leadership in our daily practices of pranayama, mantra, chanting, and meditation will be provided. Teaching “off the mat” is as potent as what you do on the mat – what professionalism means in the true culture of yoga.

- Creating a Private Session: Discuss the importance of intake interviews, class content, giving handouts for homework, and appropriate fees. Private Sessions are a potential revenue stream for yoga teachers as well as an opportunity for connecting deeply with your students.
- Creating Workshops & Planning Retreats: Learn the fundamentals of creating workshops including finding a theme for the workshop, the perfect location, effective use of time, marketing, etc. Learn the similarities and differences in creation of workshops and retreats. This ties in with the final practical exam.
- Creating Sacred Space – Explore what is sacred space and create it! Acquire a deeper understanding of the importance of sacred space in the classroom, workshops, and retreats. Rituals such as arati and puja will be discussed and woven into the session.
- Personal Energy Management & Self Care: Integrate how to bring balance into our lives through the knowledge of the practices we have learned, in order to keep ourselves healthy and inspired as teachers
- Finding your Market Niche: Discuss the business aspects of yoga, including expanding your teaching opportunities beyond the yoga studio, marketing yourself, and realistic goals for income as a yoga teacher.

MODULE 3 **SUBTLE ANATOMY OF YOGA – ADVANCED ENERGETIC TEACHINGS AND**

TECHNIQUES: Practice and Implementation: *Chakras, Koshas, Vayus, Lokas, Granthis, Mantras, Mudras, Karma and more*

- Sanskrit: the Language of the Gods: Learn to pronounce and write the beautiful Devanagari script, while connecting the alphabetical sounds to the chakras and specific areas of the body.
- Advanced Pranayama: Learn the purpose of advanced pranayama and practice daily various techniques from the Hatha Yoga Pradipika and Letters from the Yoga Masters. Study the science of Svara Yoga and the alchemy of the elements. Establish skills in teaching and leading pranayama safely.
- Chakras, Granthis, Koshas and Lokas: The Many Layers to our Being: Explore the wheels of energy in small groups, investigating the relationship between the chakras and the senses, colours, elements, organs, endocrine glands, mantras, koshas, granthis and lokas! Learn about the layers of our being, through the five sheaths (food, energetic, mental, intellectual and bliss), as well as the three bodies (physical, astral and causal), and the interplay between them all.
- Hatha Yoga Pradipika: Study the ancient philosophical text of the origins of Hatha Yoga, including asana, pranayama and mudra as tools toward enlightenment.
- Hand and Body Mudras: Understand the science and experience the power behind mudras, the most evolutionary knowledge about the relationship between energy flows in the tissues, nerve channels and organs. Mudras “gesture” the mind and the prana, opening and closing circuits in the subtle body. Learn full-body as well as a variety of hand mudras. Students research and teach a mudra to the class from various resources including the manual and text books.
- The Mythology of Yoga: Learn the symbolism of the most common deities and what they represent within ourselves. We will explore some of the myths of the gods and goddess, practice mantras related to them, and learn how Hinduism is truly monotheistic vs perceived polytheism.
- Mantras: Practice daily these energy based sounds and experience the interaction of the vibrations and the forces underlying them. Understand the purpose of many mantras, how to select mantras for specific needs or goals, and learn very important mantras in the world of yoga.
- Karma and Reincarnation: Investigate the energy behind our actions, repetitive behaviours and how to overcome the obstacles these can create in our lives.
- Seva: Put Karma Yoga into Practice. How can we serve others? Discuss how we can and do offer our services to the underserved – those with disabilities, in prisons, in seniors homes, other cultures, etc Karma yoga keeps the ego tamed and allows us to focus outside of ourselves. “What have I done for others today?” **Includes doing some yoga service free of charge in the community.**

300 HOUR PROGRAM DETAILS:

The **SOYA 300 hour Advanced Upgrade** extends over TWO 12 day Immersion retreats: One October 6-17, 2019 in Traverse City Michigan, and one March 13-24, 2020 in New Smyrna Beach Florida. Each immersion provides detailed instruction and practice in three core areas: **Inclusive Specialty Yoga, Advancing Teaching Skills, and The Subtle Anatomy of Yoga**. You will participate in and take the leadership role in various meditations, mantras, chanting, and pranayama.

We specialize in guiding you through group discussions and experiential exercises to shed light on the philosophical gems within the ancient texts. The SOYA training is known for its in-depth study of yogic philosophy and wisdom, and how it relates to current daily life. Therefore, you will have assignments in philosophy and anatomy to do at home *prior to* each immersion.

During daily asana classes you will experience various styles of Hatha Yoga such as **Sivananda, Vinyasa, Gitananda, Restorative and Yin**.

We will draw many techniques from the book *Letters From The Yoga Masters* by **Mugs McConnell**, which is rich with wisdom passed on to us through centuries of experience and effort, and through practice you will have the opportunity to experience the power behind these techniques.

Upon completion you will receive a 500 hour certificate and be eligible for registration with Yoga Alliance as a **RYT500** (Registered Yoga Teacher – 500 Hr)! Additionally, all SOYA 500 hour graduates are eligible to apply for Full Teaching Membership with the International Yoga Teachers' Association (IYTA) without writing these intensive exams!

Billeting is available at each location for \$25 per night if you are from out of town. Lunches will be provided daily.

A SAMPLE DAY IN THE TRAINING We are immersing ourselves in a classical ashram lifestyle. We will have a ½ day off part way through each immersion retreat.

- 6-7am morning Kriyas, Meditation, Mantra & Pranayama
- 7-8:30am Asana class
- 8:30-9am prepare your own breakfast
- 9am-12noon philosophy studies
- 12-1pm Lunch and questions and answers
- 1-4:30pm Practical Sessions such as Teaching skills, Mudras, Anatomy, Advanced Asana, Restorative Yoga, and more
- 4:30-6pm Asana class
- 6-7:30pm Advanced Pranayama practice, Meditation, Chanting, Mantra
- 7:30 close for the day

COST: \$3225 US plus accommodation. Includes all textbooks, manual, and vegetarian lunch daily. Payment plans available. Register here for a great training! <https://soyayoga.com/300hr-usa-yoga-teacher-training-registration-cc/>

