

AYURVEDA YOGA TEACHER TRAINING 300 HR SALES PAGE & CURRICULUM

OVERVIEW

The focus of this Yoga Teacher Training is on the essential principles of Yoga as they relate to Ayurveda. Learn to envelop Ayurveda into a Yoga class followed by integrating Yoga and Ayurveda, how to balance the Doshas, and give students a deeper understanding of their body constitution.

Both the 200 & 300 hour Ayurveda Yoga Teacher Training courses are unique for those students who want to study Ayurveda & Yoga together in a traditional way. This intensive course includes both Yoga & Ayurveda theory & practical applications as well. You will study how we can combine Yoga & Ayurveda in therapeutic way, learn to balance & transform yourself and your students with traditional Ayurveda & Yoga techniques.

This journey of both personal transformation and a deep expression of your true gifts, inside of an amazingly supportive community of people who come together to learn, to love, to grow and to heal.

This 300-hour training course is a gateway into the world of Ayurveda & Yoga for healing, beyond asana & beyond the studio, designed to raise the bar for our Yoga professionals.

WHAT WILL YOU LEARN?

- ***Asana for the Doshas***: how to customize a Yoga class for balancing the Doshas and elevate your ability to cue and teach the postures.
- How to teach ***one-on-one Yoga sessions*** applying Ayurvedic & Yoga principles.
- ***Pranayama, Pratyahara and Dhyana***: Learn a powerful approach to breath control for consciousness development. Use Yoga, Meditation, and Pranayama to address imbalances and techniques to resolve them.
- Class ***Sequencing & Linking***: learn to teach seasonal flows, especially for the transitions between the seasons or transient travelers.
- Teach classes that are designed by time of day as well as how the basic concepts of Ayurveda relate to life by time of day.
- Learn to offer private sessions to help people develop a personal yoga practice suited to their unique constitution.
- ***Hands-on Adjusting & Marma Points***: Learn how to use the ancient system of Marma Points in the Yoga postures to open the Nadis and further balance the Chakras.
- Learn how to sequence classes for group, semiprivate, and private settings, by season, sun or moon, and by Dosha.
- You will learn 5 different Vinyasa flows from an Ayurveda Dosha balancing perspective, a restorative sequence, and be able to use Ayurvedic principles to design your own class structure.

OUR 300 HR CURRICULUM

The 300-hour Ayurvedic Yoga Teacher Training is comprised of Foundations of Ayurveda followed by uniting Yoga and Ayurveda together, with a strong emphasis on teaching Yoga in order to *balance the Doshas*. You will strengthen your ability to teach the postures, provide more intelligent sequencing, learn to teach Pranayama and Guided Meditation for transformational Yoga Teaching. The curriculum builds on your existing knowledge of posture, pranayama, and other yogic techniques.

CURRICULUM MODULES:

01 TECHNIQUES, TRAINING AND PRACTICE (TTP) - 120

This module will reinforce and deepen both the practice of and ability to teach the finer and more detailed aspects of asanas, pranayamas, kriyas, mantra, meditation, and other traditional yoga techniques. These hours will be a mix between:

- 1) Technical & analytical training in how to teach and practice the techniques, and
- 2) Guided practice of the techniques themselves

We will have daily Meditation instruction, advanced theory & extensive practice, and a special emphasis will be placed on restorative and Ayurveda Dosha classes, learning & practice. Designed with both personal and professional development in mind, this course is a journey of personal growth that furthers your own practice on a physical, mental and spiritual level. The asana component is an essential part of the curriculum and will provide a solid foundation in the principles and practice of working with basics, intermediate and advanced postures, variations, and props. There will also be an introduction to reading body posture, alignment, and injury prevention.

- Advanced practice, asana clinics and intensive asana practice focusing on posture modifications and variations
- Principles of teaching restorative yoga and how to use a variety of props to support the body in various asanas, includes assisting in restorative classes
- Examination into how yoga poses and practice can be modified and adaptive for everybody. Includes anatomy, observation, adjustment and use of props.
- Exploration of subtlety and nuance of pranayama and approaches to meditation, includes instruction on how to teach and integrate both pranayama and meditation
- Learn about more complex pranayama and frequently asked questions about meditation and pranayama.

We will undertake a methodical exploration of the classical pranayama as a way to build and direct one's vital energy, including Kriyas & Mudras and how to practice and teach them safely. Traditional meditation techniques as well as mindfulness practices and relaxation techniques will be an essential component of the training to broaden the scope of Yoga practice and teaching. Modern scientific research will be presented and studied to validate the importance and value of this practice.

For 20 Non-Contact Hours, students will deepen their self-practice into advanced Asana, Pranayama, meditation, and self-study, and reading of the practice. They will write an essay on their experience.

- Reviewing and deepening the proper alignment, breath work, & drishti in Asana. Demonstrate and verbalize appropriate cues for teaching modifications, advanced prop usage, and corrections. To be able to effectively and safely provide hands-on adjustments
- Pranayama; Anuloma Viloma (alternate nostril breathing), Full Yogic Breath, Kappalbhati (breath of fire), UjjayiBasic Sivananda Asana Class, Surya Namaskar (sun salutations), Savasana (final relaxation), Opening & Closing Mantra
- The therapeutic benefits of the 12 Basic asanas and their variations & application of Ayurvedic Yoga Therapy: Sirshasana (headstand), Sarvangasana (shoulderstand), Halasana (plough), Matsyasana (fish), Paschimothanasana (forward bend), Bhujangasana (cobra), Salabhasana (locust), Dhanurasana (bow), Ardha Matsyendrasana (half spinal twist), Kakasana (crow), Mayurasana (peacock), Pada Hasthasana (standing forward bend), Trikonasana (triangle), & Savasana (final relaxation)
- Thai Yoga adjustment & assisting techniques
- Application for various imbalances according to Ayurveda

02 TEACHING METHODOLOGY (TM) - 85

In a group environment, how to address the specific needs of individuals and special populations, to the degree possible. The theory and guidelines of demonstration, observation, assisting and correcting. Understand teaching styles and the qualities of a teacher and the student learning process. And the fundamentals of the business role of teaching yoga.

Special emphasis will be placed on how to structure a sequence for specific Ayurveda Dosha, for both group, semi-private, and one-on-one private Yoga teaching. Students will deepen their understanding, practice, and ability to teach advanced asana, pranayama techniques, kriyas (cleansing rituals), contemplation and meditation. In addition, students will consider how to integrate these practices into class instruction. This module will also cover foundational and new approaches to assisting and adjusting, how to see subtler misalignments, and how to invite a student to transform within a pose and the courage to speak from experience.

For 10 Non-Contact Hours, students will explore in group and through writing essays on how to construct a class-structure appropriate to specific populations and individuals. This exercise will help us find common ground with people, as well as celebrate diversity in a physical and psycho-spiritual sense.

To be able to communicate effectively while leading a class, managing class time, and expectations of student participation, safety and alignment. How to effectively observe, demonstrate and provide verbal and physical adjustments to a class. And how to envelop the student-to-teacher relationship within learning styles.

Fundamentals of Ayurvedic Yoga Therapy:

A Holistic Integrated Self-Care Health System. The program explores these questions:

- How does Yoga Therapy determine what imbalances exist within the body?
- How can Yoga Therapy stabilize your Doshas?
- How can Yoga Therapy monitor progress?
- How does Yoga Therapy support your: Vayus, Dhatus, Malas, Prana, Tejas and Ojas?

03 ANATOMY & PHYSIOLOGY (AP) - 35

Topics in this category will include human physical anatomy and physiology, such as bones, muscles, bodily systems, & organs, and will also include energy

anatomy and physiology such as the Chakras, Nadis, and the Ayurveda Marma Points. This study is inclusive to both the study of gross and subtle anatomy, along with its application to the Yoga practice, its benefits, contraindications, healthy movement patterns, and Marma Points, and to learn how to use the ancient system of Marma Points in the Yoga postures to open the Nadis and Chakra balance.

- Ayurvedic & Yoga Anatomy will explore dhatu formation, srotamsi, agni, ama, and rojas, as we examine the fundamentals of Yoga Asana, Pranayama, and Meditation and its effects. For 10 Non-Contact Hours, students will read relevant books and articles, and watch video on gross and subtle anatomy.
- To grasp a full understanding of the human anatomy as it applies to the practice of Yoga, the student must be able to demonstrate the bones and muscles in relationship to Yoga postures, and to understand the energy anatomy, although it cannot be seen.
- For centuries, scientists, Rishis, Yogis, Siddhas and Buddhists have the opportunity to study and meditate directly on the human body. We will visit a human anatomy lab for further exploration.

In our studies of the human body, we can still see the Vata, Pitta and Kapha patterns. We can observe the Dhatus, organs and systems balances and imbalances, and have a holistic picture from the interior.

04 YOGA PHILOSOPHY, LIFESTYLE & ETHICS (YPLE) - 40

The study of Yoga and Ayurveda philosophies and traditional texts, such as the Yoga Sutras and Hatha Yoga Pradipika Yoga & Ayurveda lifestyle, such as the precept of non-violence (ahimsa), and the concepts of dharma and karma.

Also included: ethics for yoga teachers, such as those involving teacher – student relationships, healthy boundaries, and community service.

Understanding the value of teaching Yoga as a service and being of service to others (Seva). Students will build confidence in providing Ayurvedic diet, Yoga Asana, breath-work, and lifestyle choices in this module. We will roll play and

discuss the ethics and conduct between a Yoga teacher and student, and how a teacher must honestly respond to reasonable questions about his or her qualifications and credentials, for both a group class and one-on-one private Yoga work.

We will cover advanced topics to determine what imbalances exist within the body, how Yoga can stabilize your Dosas, how to see and monitor progress, how Yoga supports our Vayus, Dhatus, Malas, Prana, Tejas and Ojas.

For 10 Non-Contact Hours: reading, practice, and observations homework is assigned and due by the following module live training. Reading assignments include: *Yoga and Ayurveda: Self-healing and Self-Realization*; by David Frawley, and *The Yoga Tradition: It's History, Literature, Philosophy and Practice*; by Georg Feuerstein, Ph.D. These readings will be discussed as it relates to the history and current day Yoga Philosophy, life style, and ethics as a teacher. Self/group practice and observation is assigned and evaluated by a written essay of the students' observation of practice and ethical conduct.

Learn, and demonstrate through a Seva project, the total aspect of service without reward. To embark on the study of the philosophy and to embody its teachings into your life, in service to others, and to community.

Ayurveda & Yoga Philosophy, & the Yoga Sutras in daily practice & life:

- Yamas & Niyamas in depth
- Concepts of Prakruti & Vikruti
- Prana, Tejas, Ojas
- Sattva, Rajas, Tamas (3 Gunas)
- Pancha Mahabhutas, Gunas (20 Opposing qualities of Ayurveda)
- Ayurvedic Diet, Lifestyle, Herbs, Branches of Ayurveda
- Tri-Dosha Theory (Vata, Pitta, Kapha), and their Sub Doshas, their locations, qualities, common disorders

05 SUPERVISED TEACHING PRACTICUM - 50

Special Requirements: Each student must spend a minimum of 5 contact hours of practice teaching as the lead instructor emulating a class environment.

Practice teaching does not include assisting, observing or giving feedback. Students in this track will have the opportunity to take classes with the lead trainer to explore different forms of Yoga from the Ayurveda Dosha perspective. Students will write an essay paper based on their experiences and observations of the classes.

- Students will have the opportunity to work with other YTT students and participate in group demonstration and presentations.
- Students will practice teaching an entire class as a lead teacher; receive feedback and fine tune leading a class within a peak wave structure: beginning, warming up, building to the peak; sustaining and then cooling down and into final relaxation.
- All students will observe peers and groups, and provide constructive feedback.
- Students will have the opportunity to creatively design and build their own safe class sequences, receive feedback on those sequences, and structure them following the Ayurvedic path of Dosha, for both classes and private students.

Students will offer hands-on assists during classes taught by one of the lead instructors. They will also be called upon to teach individual poses or sets of poses as they are learning them to reinforce learning and begin to find their voice in a live class. They will submit a written sequence of the classes taught, as well as a written self-evaluation of how the classes went and any feedback received from the attendees.

06 SEVA PROJECT:

"Be a light unto your community, your family, & yourself. If you light a lamp for somebody, it will also brighten your path. Happiness never decreases by being shared." – The last teachings of the Buddha as he was dying.

Yoga Activism & Seva Project:

As a group, you will create and complete a community Seva project. Additionally, we will discover where we can be more on an individual or community level in creating a cleaner energy future.

COURSE REQUIREMENTS:

This is a great opportunity for anyone interested in pursuing Ayurveda & Yoga professionally or personally. You will learn the foundational concepts of Ayurveda, including its philosophical approach and its practical applications and how to approach your Yoga practice and teachings from this light. You'll participate in a six-month journey with approximately two weekends per month, encompassing six modules.

- Students are required to attend all modules
- All textbooks are required
- 100% participation
- Teaching and sequencing abilities
- Your understanding of the Asana, Pranayama & Meditation
- Your understanding of foundational Ayurveda in its relationship to Yoga
- All homework & assignments on time
- Pass all quizzes and tests, written or oral
- Observe at least 1 class, approved by staff
- Assist in at least 2 classes, approved by staff
- Must take Rishi's class, weekly
- Payment of the course

TEXTBOOKS AND MATERIALS

In addition to a complementary manual students receive on the first day of training, the following texts are required (bring all books to every session):

- *Ayurveda and the Mind*; by David Frawley
- *Yoga and Ayurveda: Self-healing and Self-Realization*; by Dr. David Frawley
- *The Yoga Tradition: Its' History, Literature, Philosophy and Practice*; by Georg Feuerstein, Ph.D.
- *Ayurveda and Marma Therapy: Energy Points in Yogic Healing*; by Dr. David Frawley and Dr. Subhash Ranade

- *Ayurvedic Yoga Therapy*; by Mukunda Stiles
- *Healing Depression the Mind-Body Way: Creating Happiness with Meditation, Yoga, and Ayurveda*; by Nancy Liebler and Sandra Moss
- *Marine on the Mat: Patanjali's Eight Limbs of Yoga - from Parris Island to Mysore India*; Rishi Eric Infanti
- *Ayurveda Yoga Therapy, Yoga Chikitsa: Yoga as a Therapy*; Rishi Eric Infanti

LOCATION, DATES AND COST

Prerequisite 200-hour yoga teacher certification from a Yoga Alliance-approved training.

SOUTH FLORIDA – POMPANO BEACH

Yoga4Life Studios
 East Studio
 814 N Federal Highway
 Pompano Beach, Florida 33062

SAMPLE CLASS SCHEDULE: (WEEKEND TRACK)

FRIDAY EVENING:

- 6-7 pm – Yoga & Mediation Class
- 7:30-9 pm – Ayurveda, Asana Clinic (theory & practical session)

SATURDAY:

- 12-3 pm – Ayurveda, Asana Clinic (theory & practical session)
- 4-6 pm – Anatomy & Physiology, according to Ayurveda and Yoga

SUNDAY:

- 12-3 pm – Ayurveda, Asana Clinic (theory & practical session)
- 4-6 pm – Ayurvedic Aromatherapy, herbalism, & whole food nutrition

WEDNESDAY EVENING:

- 6-8 pm – Group Phone Coaching (optional yet strongly recommended)

Note: Class time can be changeable depending on season & year.

WEEKEND FORMAT DATES:

- March: 31 – April 1 & 2
- April: 7-9, & 28-30
- May: 12-14, 19-21
- June: 2-4, 16-18
- July: 7-9, 21-23
- August: 4-6, 18-20
- September: 8-10, 22-24

COST:

- Program cost: \$4,500 paid in full
- Early Registration: \$4,000 with deposit received by or on March 12, 2017
- Work-trade options might be available. Contact Rishi for info.
- \$500 Non-Refundable/Non-Transferrable Deposit Due Upon Application.
- Call or Click to register, a \$25 application fee is assessed.

PAYMENT OPTIONS:

- Option 1: Early Registration, a one-time payment of \$4,000 with deposit received by or on March 12, 2017
- Option 2: \$4,500 if paid in full after March 12, 2017
- Option 3: 6 Monthly payments of \$708, auto pay only. This is a total of \$4,750, minus the \$500 deposit, divided by 6 months.

CANCELLATION POLICY:

We understand that Yoga Teacher Training is a large commitment of both time and finances. With that in mind, and to offer our teacher trainers a full and supported program, we have created the following cancellation policy: Following your purchase of teacher training tuition, you have a 30-day grace period. If you decide teacher training is not right for you during that time, we will happily refund everything except your \$500 deposit. Following the 30-day grace period, your tuition will not be refunded.

ALL WEEKEND SESSIONS INCLUDE:

- 45-75 minutes of an invigorating, powerful, detoxifying Gentle Yoga Class
- Postural alignment, Pranayama & Meditation
- Lecture and learning integration
- A manual to take home

REGISTRATION & APPLICATION:

To apply, please click on the "Apply Now!" link to the right. Your application will appear after the \$500 application fee has been paid. Our admissions office will be in touch with you after the application and \$25 fee has been submitted.

LEARNING FORMAT

- Two weekends per month encompassing 6 modules - 300 Total Hours
- Live In-Class, Recorded Video, or Live-Streamed options
- Combined integral learning; Lectures, Practicum, Projects & Home Study
- Weekend Intensives & Virtual Classes are all live-streamed and recorded for later viewing. High-speed Internet connection obviously required

INTERNSHIPS & WORK-STUDY

Intermittent work-study internships are available for this program. Continue your learning experience and practice with hands-on experience with an opportunity to support your Yoga studies by trading your time while gaining support for your tuition. In the process, students will learn about the daily workings of the business and practice Karma Yoga. Inquire with Rishi for more information, eric@Yoga-WOD.com.

FREQUENTLY ASKED QUESTIONS

Application Process

ACCREDITATION