

FEEL FREE 200 HOUR YOGA TEACHER TRAINING

In a safe - space & on your schedule, deepen your knowledge base, and perhaps guide others in their journey into yoga. I invite you to build your Yoga Reference Library with some readings, required homework readings for during our training (you determine your schedule as far as these readings), and some reference books for your enjoyment and deepening your knowledge base before or after our course together.

Informational Readings

Light on Yoga: The Bible of Modern Yoga by B.K. S. Iyengar

Autobiography of a Yogi by Paramahansa Yogananda

Homework Readings and Resources

The Yamas and Niyamas : Exploring Yoga's Ethical Practice by Deborah Adele

The Bhagavad Gita (Easwaran's Classics of Indian Spirituality) by Eknath Easwaran

Words of Grace by Bhagavan Sri Ramana Maharshi

The Yoga Anatomy Coloring Book: A Visual Guide to Form, Function and Movement by Kelly Solloway and Samantha Stutzman

Yoga Toolbox for Teachers and Students: 3rd Edition by Joseph & Lillian LePage

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The Yoga Sutras of Pantajali by Sri Swami Satchidananda

An Evolving List of Yoga Texts for your Personal Library (Optional)

The Heart of Yoga: Developing a Personal Practice by T.K.V. Desikachar

Yoga Anatomy by Kaminoff & Matthews

Chakra Yoga by Anodea Judith, PhD

Yoga Sequencing: Designing Transformative Yoga Classes by Mark Stephens

Eastern Body, Western Mind by Anodea Judith, PhD

OTHER PREPARATIONS

During your training, do your best to do the following:

1. Practice Yoga at least 3X per Week - Although Daily Practice is Recommended.
2. Cut back on meat consumption. If you eat meat, take a moment to show gratitude for your meal before consuming it.
3. Practice Daily Meditation.

4. Engage in regular self-care practices such as Breathwork, Coaching, spending time in nature, etc. Email Natanya at feelfreeinstitute@gmail.com if you would like more information on, or suggestions of where to do these practices.

1. Overall Learning Objectives

- ▪Learn and understand the fundamental knowledge and 8 limbs of Yoga – what is it all about?
- ▪*Hatha* and *Vinyasa* – learning the differences and benefits of each style, and how they are meant to work together.
- ▪Learn, in-depth, over 80 poses and their benefits, modifications, etc.
- ▪Learn the basics of Pranayama, the yogic art of breathing.
- ▪Build and develop your own yoga practice.
- ▪Learn to teach others with clarity, precisions, and confidence.
- ▪Learn the importance and use of props.
- ▪Study ancient and modern day Yogic Philosophy and study of texts (The Yoga Sutras of Patanjali, the Bhagavad Geeta, and more!).
- ▪Subtle ethics of yoga, and how to integrate this lifestyle into the modern world of yoga.
- ▪Understand different types of students, bodies, needs, climates, and build smart, innovative, and safe sequences for all.
- ▪Gain practical and hands on experiences in teaching.
- ▪Gain a lifelong resource for any and all future endeavors

while on your yoga journey.

2. Yoga Philosophy

What is yoga? This is where we discuss what yoga is all about. Where and when did the practice of yoga begin? What are the principles of yoga? How has it evolved, and spread its knowledge? Here, our goal is to give you a strong foundation on the fundamentals of yoga that you can implement into your daily life, and build upon throughout your journey.

□ Learning Objectives – you will know that we have completed this section when you can:

- Understand the origin of yoga, as well as its' evolution through time, and across the world.
- Understand the practice and implementation of the 8 Limbs of Yoga
- Read, interpret, and share knowledge of Ancient Yogic Texts with your yoga circle (The Yoga Sutras of Patanjali, The Bhagavad Gita, and more).
- Understand the greater goal of yoga.

3. Asanas

As one of the *8 Limbs of Yoga*, our study of 80+ *asanas* is designed to delve deep into various categories of poses - to learn and understand their benefits, modifications, progressions, regressions, and most importantly how to *properly and safely get in and out of each pose*. This builds upon our foundation by creating the framework in which we can begin to create a complete practice, and begins the process of self awareness and self-care.

□ Learning Objectives – you will know that we have completed this section when you can:

- Complete a full Surya Namaskar A, B, and Classical with proper form and alignment, all the while understanding its' purpose and benefits.
- Understand the different categories of poses, and their collective benefits within a practice.
- Understand a variety of poses within each category fully – their benefits, modifications, progressions, regressions, etc.
- Understand the physiological and psychological effects of each pose.
- Begin to understand how each pose works with one another as we begin to approach the art and science of sequencing a practice.
- Understand the art of using props (belts, blocks, bolsters).
- Practice on your classmates.

4. The Art and Science of Sequencing

With a deeper understanding and strong core knowledge of individual poses, we will begin to work with the art and science of sequencing a practice. We will explore hatha and vinyasa styles of yoga practice, themed sequencing, and how to prepare a sequence that is accessible by all, complete with modifications.

□ Learning Objectives – you will know that we have completed this section when you can:

- Understand the differences and similarities of Hatha and Vinyasa yoga, and when to use and practice each.
- Understand how to observe, and enhance intuition.
- Design a class so that the practitioner gains maximum benefit from the practice.

- Sequence a complete class that is accessible to all.
- Be able to demonstrate, instruct, correct, and lead all level classes and practitioners.
- Build up the skill of self-discovery, and learning through one's own practice, to help others.

5. Pranayama: The Art of Breathing

Our breath is what connects us with the space around us. Here, we will learn the art of various breathing exercises, when to use and practice them, and what their physiological and psychological effects are.

□ Learning Objectives – you will know that we have completed this section when you can:

- Understand the Respiratory system, and how it correlates with the body and yoga.
- Understand various breathing exercises, knowing their benefits and best times of practice.

6. Meditation and Chanting

□ Learning Objectives – you will know that we have completed this section when you can:

- Establish a self practice schedule away from class
- Be able to understand the need and challenges of meditation ○ Importance of yoga practice to begin meditation
- The importance of sound vibrations and their impact on the body and mind
- Enhanced ability to pronounce more Sanskrit words

- Find a sense of peace and calm after both practices

7. Anatomy and Physiology

In order to practice or teach a great sequence, you need to first understand the muscles, bones, fascia and joints of the body, and how it applies to movement of the body from asana to asana. How should our bones stack, and our muscles wrap around them? How do we both strengthen and protect our joints? Learn what to look for in your own body as well as the bodies of your varying students to ensure a safe and effective practice accessible to all, free from pain and injury.

□ Learning Objectives – you will know that we have completed this section when you can:

- Understand and know the bones, muscles, ligaments, tissues, tendons, fascia, and joints of the body.
- Know the planes of the body and how the body moves through them.
- Properly align the body in each asana as we learn them.
- Know what to look for in various body types, and the best way to guide each safely

through a practice.

- Understand and explain the subtle bodies (nadis,koshas,chakras,dosha,gunas,andprana), and how to ensure their balance.

□ Learning Objectives – you will know that we have completed this section when you can:

- Successfully build class sequence AND teach people with a variety of issues
- To be able to build multiple sequences in a class with multiple issues
- To be able to help others confidently with a thorough backing of yoga knowledge

8. Teaching Methodology

Having the knowledge of yoga is mission number one – mission number two is preparing you with different tools to communicate your knowledge effectively to others. Here, we will experiment with different ways to communication with others, across cultures, across language. We will work to find your voice and unique teaching style. You will practice on and observe your peers to fine tune these skills

□ Learning Objectives – you will know that we have completed this section when you can:

- Understand the proper pronunciation and meaning of common Sanskrit terms.
- Understand the value of a good demonstration.
- Learn to communicate effectively with others using yoga language and terminology.
- Gain practical experience using compassionate communication.
- Be able to give *verbal* adjustments in common yoga poses and pranayama.
- Be able to explain the benefits and value of common yoga poses and pranayama.
- Be able to explore teaching styles, and do the work to identify with your own unique style

of teaching. Find your voice.

9. Lifestyle and Ethics for Yoga Teachers

Together, we will work with you to understand the qualities of a yoga teacher based on the yogic principles of niyamas, yamas, and the Yoga Sutras of Patanjali.

10. Business of Yoga

- Learning Objectives – you will know that we have completed this section when you can:
 - Build a strong and relevant yoga resume highlighting your strengths, skills and experience.
 - Understand how to connect with other yoga schools and build relations in your community.
 - Apply for yoga teaching jobs and how to follow up.
 - How to use social media and gain visibility online.
 - Successfully understand where to draw the line between business and the real goal of yoga.
 - Maintaining your ethics and professionalism throughout the journey of being a teacher.
 - Understanding liability issues and obtaining all permits, licenses and more...

11. Requirements and Pre-Approval

- On-going and consistent yoga practice.
 - ▪Must attend a minimum of 25 Yoga classes during training.
- ▪Must engage in 6 Self-Care Practices such as Reiki, Breathwork, Cleansing, Epsom Salt Soaks, etc.
- ▪Must be able to attend all hours of contact class (or make up sessions), complete all assignments on time, and complete practice teaching to be certified at the end of the course.
Those who are not certifying to teach are also expected to attend all hours for successful completion of the course. · There will be

home assignments given periodically. Please ensure that you complete these assignments and submit them on time. Home assignments will complement the class work and help you internalize the subject matter more clearly. All assignments are to be completed before completion of the course.

Practicum – 10, 1-hr Practice Teaching Sessions

- Required 10, 1-hr Practice teaching sessions, live, in-person or via video, Zoom or other modalities with at least 2 survey responses for each practice teaching session. These classes can be held virtually or at another location.

****All Written Homework assignments must be turned in on time. ****

**** Private, in – Person Review/ Mentorship session with Lead Trainer is required before Certification. ****

12. Student Conduct Each student will be held to a high standard of conduct, demonstrating respect for their peers and maintaining confidentiality throughout and after the course. Any form of bias, sexual harassment, violation of state or federal laws, or proven dishonesty will be grounds for dismissal from the program.