

Ageless Arts Yoga Syllabus

<u>Title</u>	<u>Description</u>	<u>Learning Objective</u>
 <p>Teaching Sun Salutations (A & B)</p>	<p>Through discussion, active demonstration, and use of the trainee books and websites, we will identify alignment and cuing for stable, safe movement through Sun Salutations A & B. We will identify how key muscle groups affect flexibility and strength in these poses and apply this to teaching modifications for different ability levels. Conversation will focus on how to cue based on the energetic effects of the sequence of these postures and the risk factors inherent to practicing the sequences incorrectly.</p>	<p>a) Demonstrate proper alignment in sun salutations; b) Verbalize appropriate cues for modifications and corrections; c) Integrate energetic and physical alignment cuing.</p>
 <p>Meditation</p>	<p>This will be an in-depth exploration of tools, techniques and benefits of meditation practice. It will include lecture, discussion and practice of many different ways to incorporate meditation into life and practice.</p>	<p>Students will understand and be able to articulate clearly the the benefits of a meditation practice as well as demonstrate several techniques of doing so for themselves or their students including delivering a guided mediation.</p>
 <p>Asana</p>	<p>Through discussion and practice, students will learn and develop a strong understanding of the different categories of asana and how they relate to the planes of movement. Students will gain an awareness of the energetic qualities of asana as well. Students will gain an awareness of the foundation and alignment principles of each category of asana and how they relate to each other.</p>	<p>Students will be able to practice and teach in a safe, sustainable way based on the principles taught.</p>
 <p>Asana Labs</p>	<p>Trainees will practice all the key poses from each group of asana, through a combination of guided practice and experiential inquiry</p>	<p>Trainee will practice and developing deeper experiential understanding of the form and the function of each group of asanas.</p>

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 <p>Practice Teach</p>	<p>Students will practice teach a provided sequence of postures in small or large groups. Students will both give and receive feedback from peers and lead trainer.</p>	<p>Students will learn to give, receive and implement teaching feedback.</p>
<p>Sadana</p>	<p>Lecture, discussion and practice of the meaning, purpose and practice of sadhana.</p>	<p>Students will create and commit to their own sadhana practice.</p>
 <p>Mantra</p>	<p>Lecture, discussion and practice of mantra.</p>	<p>Students will choose and explore a mantra</p>
 <p>Mudra</p>	<p>Lecture, discussion and practice of mudras including indications and contraindications.</p>	<p>Students will be able to identify and practice several different mudras as well as explain the benefits of same.</p>
<p>Bhandas</p>	<p>Lecture, discussion and practice of the primary Bhandas including indications and contraindications.</p>	<p>Students will be able to practice and teach basic bhandas.</p>
 <p>Independent Book Study</p>	<p>Students will read, reflect and share insights on 4 books of their choice from a provided list of options. Which is open to one book being a video, and with permission including approved books that are not presently on the list.</p>	<p>Students will develop an appreciation for and habit of expanding learning continuously through availing themselves of recorded wisdom.</p>
 <p>Written and Practical Exam</p>	<p>Students will complete both a proctored/written test as well as demonstrate ability to apply learned skills through teaching all or part of the class sequence provided.</p>	<p>Demonstrate clear understanding of the tools and concepts given during the course of training to a satisfactory degree.</p>
 <p>Chakras</p>	<p>This will be a full scale exploration of the subtle energy body through the chakra system. Lecture and group discussion along with actual guided practice and enhanced by self inquiry will give students both a deep understanding and an opportunity to identify where their energetic body is excessive or deficient and find more balance in their own subtle energy.</p>	<p>Students will be able to identify the 7 major chakras, their locations and main points of consideration when working with the subtle energy of each.</p>


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 <p>Ethics for Yoga Teachers</p>	<p>Discussion about the ethical considerations unique to a classroom environment as well as tools, techniques and practices that will allow these issues to be addressed effectively.</p>	<p>Students will be able to discern and engage in teaching with integrity and identify when ethical boundaries are being compromised so appropriate action may be taken.</p>
 <p>Physical Anatomy</p>	<p>Lecture using powerpoint and other reference material on the anatomy and physiology. Exploring the systems compromising the human body as they relate to Yoga.</p>	<p>Students will be able to identify major anatomical and physiological structures to a degree of proficiency that enables them to identify what structures are involved in various yoga postures as well as how to use this knowledge to ensure a safe practice.</p>
 <p>Prana Vayus</p>	<p>Detailed teaching of Prana and the Prana Vayus.</p>	<p>Students will have an experiential session that relates the Vayus to asana. Students will understand the relevance of the vayus in yoga asana class.</p>
 <p>Koshas</p>	<p>Teaching of the subtle bodily sheaths.</p>	<p>Students have an experiential session understanding the Koshas through practical application and creative learning.</p>
 <p>Patanjali Yoga Sutras</p>	<p>In depth look at The Yoga Sutras of Patanjali. The lecture on Patanjali will present and explore the principles of Astanga Yoga (Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi) and the framework they provide for a Yogic Lifestyle.</p>	<p>Trainees will learn the philosophy of Yoga as outline in The Yoga Sutras</p>
 <p>Ayurveda</p>	<p>Introduction to the science of Ayurveda</p>	<p>Trainees will learn their Dosha and basic principles of Ayurveda and how to apply in their personal lives and in the classroom</p>







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 <p>Hands on Assists</p>	<p>Learning the different types of appropriate touch. physical boundaries, how to be physically present in the room and working with individuals</p>	<p>Trainees will come away from this session with a clear understanding of classroom physical etiquette, the proper way to use touch in the classroom, and how to feel embodied while teaching.</p>
 <p>Class Sequencing</p>	<p>Yoga class sequencing, class structure, demonstrating, student/teacher relationships, use of music, the presence of the teacher, dharma talks and intentions</p>	<p>Trainees will leave with a secure understanding of how to approach putting a class together and teaching an appropriate level class with a focus</p>
 <p>Sanskrit</p>	<p>Intro to Sanskrit course including history, basic pronunciation and vocabulary.</p>	<p>Students will feel comfortable pronouncing Asanas and some basic mantras.</p>
 <p>Pranayama</p>	<p>Lecture, practice, and discussion of various pranayama techniques in order to form a foundation for the students' own pranayama practices, and provide them with tools to teach pranayama in their classes. Pranayama practice will be covered with the students receiving detailed instruction, practice experience, and written information on the topic. Some pranayama techniques we will cover include: Three Part Breath, Ujayi, Anulom Viloma, and Kapalabhati. The objective for the pranayama section is for the trainees to further their understanding and experience of pranayama, so that they can effectively and safely incorporate it into their yoga classes.</p>	<p>Trainees will learn how to effectively lead pranayama, while immersing themselves in a guided pranayama practice.</p>

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 <p><i>Ageless</i> ARTS & YOGA</p>  <p>Yin Yoga <i>Ageless</i> ARTS & YOGA</p>  <p><i>Ageless</i> ARTS & YOGA</p>	<p>Lecture concerning the nervous system and stressors that are present in our everyday lives, along with a general overview of both restorative and yin yoga. Discussion focusing on how one can use restorative and yin yoga to counteract stressors, and live a more balanced lifestyle. This section will include a practice of restorative and yin postures with props, and will serve as a thorough introduction in restorative and yin yoga. The students will gain knowledge of basic restorative and yin postures during this section, and will have the tools to use them in classes and with private clients. yoga. The students will gain knowledge of basic restorative and yin postures during this section, and will have the tools to use them in classes and with private clients.</p>	<p>Analytical training in how to teach and practice techniques of restorative and yin yoga.</p>
 <p>Business of Yoga <i>Ageless</i> ARTS & YOGA</p>	<p>Lecture about how business and yoga are merged in modern society, the ways to build clientele and classes, along with market, advertise and promotions.</p>	<p>Gain knowledge and tools in marketing and self promotion, including writing, networking, etc.</p>
 <p>Self Care <i>Ageless</i> ARTS & YOGA</p>	<p>Lecture and practice of self care, involving self massage, calming pranayama, and gentle movement. This section is designed to introduce students to the practice of self care, which is instrumental as they embark on their path in teaching yoga. They will also gain the tools to share self care practices with their students.</p>	<p>Understand the importance of self care, and gain tools in how to care for oneself and your students</p>

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 <p>Class Observation</p>	<p>Each trainee must observe 5 classes during the training.</p>	<p>Develop observation skills: noticing how the teacher speaks, moves around the room, adjust students, etc.</p>
 <p>Myths</p>	<p>Storytelling and discussion about how the myths are interpreted and what we can add to our lives with the myths.</p>	<p>Gain knowledge of common deities and mythology in Hinduism and Yoga</p>
 <p>Yoga Philosophy & Knowledge</p>	<p>The student is introduced to a basic history and more detailed philosophy of yoga and its principles. After completing this module, the student will have an additional foundation for a confident development of their overall teaching style</p>	<p>Following a brief presentation on the history and evolution of yoga, an introduction to the philosophical precepts will include an elucidation of their foundations in the Bhagavad Gita , the Vedas and the Upanishads.</p>
 <p>Yoga for Special Populations</p>	<p>How can you make yoga accessible to all. Addressing Specific needs within the context of open level classes as well as specialization of yoga teaching</p>	<p>The ability to teach and adapt all limbs of yoga to meet the specific needs of any client.</p>
 <p>Alignment</p>	<p>Lecture, discussion and demonstration with a focus upon more detailed aspects of alignment including those related to Sagittal, Coronal and Transverse Planes.</p>	<p>Trainees will understand the importance of movement through each of the planes, and how they in tern can be modified.</p>
 <p>Restorative Yoga</p>	<p>Lecture and discussion introducing restorative asanas, use of props, such as blankets, bolsters, sandbags etc.</p>	<p>Trainees practice and learn to instruct restorative poses and a variety of prop combinations. Students will practice restorative techniques on themselves</p>
<p>Use of Language and Voice</p>		