

Join in anytime, must complete all 4 modules for certification.

- Fridays 6-9 pm
- Saturdays 8-5 pm
- Sundays 12-5

Module 1: Anatomy in Asana, Basic Teaching Skills & Intro to Yoga, September 13-29, 2019, Sept 11-27, 2020

- Skeletal Anatomy
- Anatomy of the pelvis and lower extremity
- Anatomy of the Shoulder and upper extremity
- Basics of Asana
- Basic Teaching Skills
- Sequencing to a peak pose
- History and Intro to Yogic Philosophy

Module 2: Anatomy of Breathing, Pranayama, November 1-18, 2019, Nov. 6-23, 2020

- Anatomy of the thoracic spine and ribcage
- Physiology of Breathing
- Pranayama, theory and practice
- Meditation and Mindfulness
- Restorative Yoga
- Principles of Vinyasa

Module 3: Philosophy of Yoga, the Nervous System on Yoga, January 3-20, 2020, Jan 8-25, 2021

- Anatomy of the Nervous System
- Kleshas
- Koshas
- Samskaras
- Yoga Sutras 1.3-2.21
- Yoga and PTSD

Module 4: Becoming a Yoga Teacher, Advanced Asana Intensives, April 17- May 4, 2020, April 9-26, 2021

- Teaching skills for challenging poses
- Finding Your Voice
- Ethics and Boundaries
- Business of Yoga
- Yoga for Special Needs