



## Indigo Yoga Teacher Training 200 Hour Yoga Training Application

"We believe yoga offers everybody tools for well-being and navigating life!"

Personal Information			
Name (Full)			
Email		Phone	
Emergency Contact		Emergency Number	
Address			
Yoga History			
How long have you been practicing Yoga? Describe your practice:			
Tell us about why you want to take this Teacher Training Program?			

Along with the class hours outlined in our syllabus, Modules 1 & 4 will include mentorship classes with Indigo teachers. We wish to honor as much as possible both your schedule and your desired teaching goal. What is your availability outside program hours?

If there is any condition or reason that might interfere with your performance or successful completion of this course? Is there any ADA accommodation needed? If yes to either, please describe here:

Do you intend to teach Yoga after this training or is it for your personal knowledge? If you intend to teach, what do you plan to teach? Vinyasa flow, restorative, seniors.....?

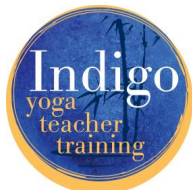
Please list any Yoga workshops, seminars, trainings or retreats you have attended and any relevant education:

We believe you can practice yoga if you can breathe! Do you have any physical injuries, health conditions or other limitations that might inhibit your ability to participate in this course?

### Application Review

Upon completion of this application, your information will be reviewed and you will be contacted if you are selected to join the training course.

*Balance, peace, health, breath...for life!*



[www.indigowellnesscenter.com](http://www.indigowellnesscenter.com)

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503-370-9090 | [info@indigowellnesscenter.com](mailto:info@indigowellnesscenter.com)

## **Module Plans – Calendar & Teaching Points**

Students may take modules out of sequence, at different times. Full 200 RYT certification requires completion of Modules 1-4 with a passing grade on the final exam.

**Fridays 6:00 – 9:00 pm | Saturdays 8:00 – 5:00 pm | Sundays 12:00 – 5:00 pm**

### **Module 1: Anatomy In Asana, Basic Teaching Skills & Intro to Yoga**

**2019 -- September 13<sup>th</sup> thru 29<sup>th</sup> | 2020 – September 11<sup>th</sup> thru 27<sup>th</sup>**

- Skeletal Anatomy, pelvis, lower extremity, 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**

**2019 – November 1<sup>st</sup> thru 17<sup>th</sup> | 2020 – November 6<sup>th</sup> thru 22<sup>nd</sup>**

- 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**

**2020 -- January 3<sup>rd</sup> thru 19<sup>th</sup> | 2021 – January 8<sup>th</sup> thru 24<sup>th</sup>**

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

### **Module 4: Becoming a Yoga Teacher, Advanced Asana Intensives**

**2020 – April 17<sup>th</sup> thru May 3<sup>rd</sup> | 2021 – April 9<sup>th</sup> thru 25<sup>th</sup>**

- Teaching skills for challenging poses
- Finding your voice
- Ethics & Boundaries
- Business of Yoga
- Basic Teaching Skills
- Yoga for Special Need