

Discover Your Greatness

200 hour teacher training with Tess & Scott

Yoga has become an important part of life for millions of people around the globe creating a rapidly growing demand for yoga teachers. East Wind Yoga is a community of teachers teaching a community of students. Students will gain tremendous insight into the world of yoga and will have the ability to teach students safely, effectively and with confidence.

Discover your greatness training will include:

<i>future teacher trainees</i>	<i>deepen self practice trainees</i>
Extensive practice teaching	Develop and refine a strong yoga practice
Sequencing & themes	Find your voice
Connect with students	Build calmness and self confidence
Build community	Reignite your potential
Define and align yoga postures	Break the habit of being yourself
Techniques for hands on assisting and enhancements	Tap into your true power
Feel at ease teaching in front of a class	Develop the art of creating a commanding presence

The asana (postures) portion will include:

Detailed study of key yoga postures including modifications of poses and appropriate use of props.

- Correct physical alignment, learning the functionality of postures in terms of proper alignment
- Practice poses from a variety of groupings including standing poses, seated poses, twists, backbends, core, inversions, and balance poses.
- Physical and energetic benefits of postures
- Techniques for hands on assists and enhancements
- Learn the principles of sequencing a yoga class and how to implement an inspiring theme
- Find your voice; learn to give clear, simple, inspiring instructions through choice of appropriate verbal cues
- Demonstrating asana and student teacher relationship/Ethics of a yoga teacher

Multiple opportunities to practice teach will be given.

At East Wind Yoga we create a supportive, nurturing community of teachers to help you apply what you have learned right away. We are here to support you every step of the way.

Meditation:

Meditation is a time-honored practice for accessing a deeper state of pure awareness, beyond the noisy mental chatter that so often dominates our experience.

- Daily meditation and journaling is a requirement of this 200 hour yoga course. Meditation teaches us to slow our thoughts, effortlessly, silently dissolving old conditioning and restoring our inherent state of balance and wellbeing.

Breath:

Pranayama is the life force or vital energy. Pranayama a powerful tool to build and direct this vital and liquid energy.

- Learn to embody powerful breath (pranayama) techniques including ujjayi (the ocean breath) kapalabhati (skull-shining breath), nadi shodhana (alternate nostril breathing), and more.
- Learn to engage the bandhas, a deep insight into yoga's interior energy locks that direct prana (vital life force).

Yogic Anatomy:

Western anatomy and physiology will be studied, including the circulatory system, lymphatic system, respiratory system, digestive system, endocrine system, nervous system, musculo-skeletal system, the spine, immune system, and more.

- Understand the physical effects of yoga on the body Yogic Anatomy. Learn the energetic effects of yoga on the body

Physical Practice:

Yoga is deeply experiential; throughout training, you will be guided through Flow/movement and Hot/Static Yoga classes with Tess, Scott and special guest teachers, as well as attend yoga classes each week to gain insight into classroom management techniques, interaction with students, sequencing, and refining your own physical practice.

Know in your heart that everything is possible. Keep working the body to free the mind Namaste ~