



50 Hour Advanced Asana Training

Moving from the Outside In

- **What is Advanced Asana? Philosophy Discussion**

Learn to define *advanced practitioner* and how to make advanced postures accessible. We'll discuss yoga classes in the Western world today, including what an advanced practice might look like. *What creates advancement in your practice?* We'll also look at the higher limbs of yoga and the importance of using discernment in deciding which practice is right for you.

- **The art of Sequencing: Moving from the Outside, In**

Learn how to sequence from an anatomical place and move your students through the many layers of the *koshas*. It takes skill to sequence a class that educates students on how their physical body works and how to access their vital body so they leave feeling transformed. We'll discuss anatomy, subtle body, and how to infuse the elements of philosophy into your classes so your students leave with valuable insight and feeling transformed!

- **The Art of Looking at Bodies and Hands-On Adjustments**

The key to being a great yoga teacher is the ability to read bodies. If you can read a body, you can better understand what adjustments and instructions each student requires to move into better alignment. Learn the skills of adjustment in a safe and effective manner so your students leave your class with an understanding of how yoga works on their bodies and experience the lasting benefits of this practice.

- **Subtle Body: Bandhas, Vayus, and Chakras**

The *pranayama kosha* is where our vital energy lives. As yogis, we try to access these layers to build more *prana* so we can increase our vitality. *Bandhas* are the valves that help us regulate our energy and *vayus* are the channels that prana flows through. Each *vayu* moves through a different part of our body. Clear channels lead to radiance.

Learn how the chakras relate to our physiology and affect our behavior and patterns in our lives. Understanding this will help you create healthier relationships with your students, deepen your sequencing skills, and ultimately increase your energy and awareness on every level!

- **Pranayama & Meditation**

A pranayama and meditation practice is key for developing awareness of the higher limbs. The practice is also essential for expanding awareness and insight on and off the mat. We will dive deep into pranayama practices, followed by meditation. We'll learn the tools it takes to create a consistent and sustainable self-practice.

- **Ayurveda and Food**

Ayurveda is the sister science of yoga, teaching us how to live our lives in harmony with nature. We teach yoga and Ayurveda together to enhance the benefits of our practice, ultimately leading to longevity. As yogis, we learn how to manage our energy and we learn that the food we eat will affect our practice and our well-being. Understand how to integrate this sister science into your daily routine to bring more harmony and balance into your life.

- **How to Design Practices for Injuries and Chronic Illness *PLUS* How to Structure a Private Lesson**

As yoga teachers, we will encounter many types of students. Some will be pregnant, some will have injuries and some will be struggling with a chronic illness or seeking help to support their healing. For these types of students, it's most ideal to work one-on-one. Designing an individual practice that is healing for a specific injury or illness will propel the healing process.

After reviewing our anatomy, we'll look at which *asanas* and *pranayamas* are best to support the healing process of certain injuries and illnesses and what works best for different body types. We will learn about the nervous system and the benefits of restorative yoga. Finally, we'll learn how to elicit deep healing by working with props and restorative yoga to initiate a relaxation response.

Fill up your teaching toolbox and understand how to work with many types of people.

- **Teaching to Beginners and All Levels Classes**

Beginner yogis are a unique population. They are also the key to building your clientele as a yoga teacher. Students rarely forget their first yoga teacher, so this is an important part of a student's journey. This is a great opportunity to teach good habits, how to work with props, and understand alignment. This workshop will examine the difficulties for beginners and look to create a safe yet challenging sequence for them. At the same time, we'll explore the art of teaching a multi-level class so you're well equipped to support all levels in one room.

- **Understanding self-care and how to create a self-practice.**

As healers, we are constantly offering our energy outwards. To stay grounded, it's a good idea to keep one eye on our clients and, most importantly, the other eye within. The key is a regular self-care practice. In this workshop, we will discuss the idea of *self-care* and how to regularly incorporate it into your life. With a good self-care practice, you're better equipped to build a sustainable career and live in abundance.

- **Finding your Purpose and Living your Dharma.**

Do you consider your life to be deeply fulfilling? Are you clear on your sense of purpose? We'll explore what it takes to live authentically and explore the inner work of the shadow to help you move into your light. From there we will discuss what makes you shine, what gives you purpose and how to connect to your dharma. You'll come away with a good understanding of what it is like to live authentically, without fear, and be poised to align yourself with your purpose and a life with fulfillment.

- **The Path of Becoming a Yoga Teacher**

This is your opportunity to mentor with Joan and discuss how to navigate the business of yoga, how to structure your classrooms and how to develop your personal practice. We will discuss the skills needed to be a great yoga teacher and how to create a sense of connection among your students.

Receiving feedback about how you teach is a necessary step in unlocking your potential. To help sharpen your teaching skills and technique, you'll have an opportunity to receive feedback from Joan. This will enable you to deepen your

confidence and awareness as a yoga teacher, which will help you navigate the business of yoga in today's modern world.