



## 30 Hour Weekend of Vinyasa Flow Sequencing

### 1. What is Advanced Asana? Philosophy Discussion & Asana Practice

Learn to define *advanced practitioner* and how to practice advanced postures and make them accessible. We'll discuss what an advanced practice might look like and what the elements are for advancing your own. *What creates advancement in your practice?* We'll also look at the higher limbs of yoga and the importance of practicing pranayama, dharana, and dhyana. Learn how to use discernment in deciding which practice is right for you.

### 2. The art of Sequencing: Moving from the Outside, In

Learn how to sequence from an anatomical and subtle body 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 student's leave with valuable insight and feeling transformed!

### 3. Subtle Body: Bandhas, Vayus, and Chakras

There are many layers to our being and each taking us closer to our light body where our higher self exists. Through yoga, one can begin to access these bodies transporting the self to liberation. Each body is associated with the *koshas*, or layers of awareness that hide the true Self. Working from the physical body to the subtler energy of the heart we can increase our vitality and live a healthier and abundant life. *Learn about the bandhas, vayus, and chakras, which help us, manage our energy and improve the way we respond to life.*

#### **4. Pranayama & Meditation**

Cultivating a pranayama and meditation practice helps us to develop awareness, insight, and focus. The practice is essential for expanding our consciousness. We'll learn the tools it takes to create a consistent and sustainable self-practice that includes the eight limbs of yoga and different techniques for pranayama and meditation.

#### **5. 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 that everything is energy and that the food we eat will affect our well-being and how we react to the world and those around us. Understand how to integrate this sister science into your daily routine to bring more harmony and balance into your life.

#### **6. Teaching to Beginners and All Levels Classes**

Beginner yogis are a unique population. Students rarely forget their first yoga teacher, and this is an important part of their journey. This is a great opportunity to teach good habits, learn how to work with props, and understand the foundations of yoga. 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.