



XianYoga

Yoga Teacher Training Course Syllabus

"Find your Own Voice and Transform To Roar"

200+ hrs Yoga Alliance Certified +200 hrs hands-on practice/preparation/experience/life application

Teaching is both an art and a science

These are not just lectures, but you learning and doing the content of each module, and then HANDS ON, continuous practice of you learning how to teach them, in actual classes, every day!

<u>Techniques, Training and Practice</u>		
<p><u>Alignment</u></p>	<p>Demonstrations and exercises for the student to experience XianYoga. To Experience a Yoga, which slightly changes traditional postures to achieve an alignment that guarantees full body openness and energetic flow, without any discomfort or pain. And learning how to teach it.</p> <p>In depth analysis of individual yoga modules, ie standing, sitting, forward, backward, sideward bends, twists, combinations, inversions, standing balances and hand balancing postures. Breaking down each module into individual postures and each posture into the following:</p> <ul style="list-style-type: none"> • Pelvic work, alignment of pelvis as the foundation for all modules • Addressing of hyper extension • Weight distribution on feet and toes • Foot and ankle positions • Hand, arm and shoulder position/rotations • Head position • Dristi (view point) • How to achieve full opening of the body through spirals, arch and continuous elongation. • Using breath to see if the body is fully open, if breath is restricted, energy flow is restricted. • How to protect vulnerable body parts, lower back, wrists, ankles etc. through correct alignment • Once the basics have been addressed, and students have understood the principles behind movement and stretching, students will be given new postures and time to figure out/apply XianYoga alignment principles for themselves before they will be taught in class. • Students will receive hands-on assists and adjustments for all postures and observe others being adjusted. <p>For Balancing postures: The concept of meditatively rooting and grounding beforehand, of 'being' balance and only shifting position, rather than 'trying' to balance.</p> <p>5 Tibeteans for wrist, shoulder and arm strengthening and chakra stimulation.</p>	<p>To know the magical difference slight variations can make to traditional postures and creating body memory which will help to memorize 'what' to teach in class.</p>

	<p>Emphasis on understanding the flow into the posture, the posture itself and moving out of the posture as a constant conscious journey of full body awareness, continuous energetic and physical alignment and mental presence.</p> <p>The aim is for the student to experience the practice of XianYoga in great detail. To feel difference 'before' and 'after' adjustment. This will create enthusiasm, passion, body memory and will help to refine and broaden the students own practice. From that basis, students will learn to teach. Slowly students will begin to put words to their own practice and describe what they are doing step by step in preparation to teach the asana.</p> <p>Students will learn tips and tricks on how to remember 'what to say' during class and how to remember important elements.</p> <p>Students will learn through lectures and demonstrations, but most of all through practice and repetition, their own and others'.</p>	
<p><u>Variations</u></p>	<p>We will go through some of the main asana taught today and will address variations for various requirements. We will demonstrate and have the students experience variations for stiff people, for protecting injuries, weak zones/muscles/bones, or other physical limitations etc., to spice up a yoga class or to address specific muscle areas.</p> <p>Addressed will be besides others: supporting techniques, props, foot pointing vs. flexed (to give hamstring space), changing leg and foot positions and preparatory asana and stretches.</p> <p>Students will understand how to move into a posture and which body elements are engaged. The student can then learn to reduce the amounts of elements engaged to make a posture easier. A posture might change completely, but will allow the learner to slowly work on the posture. As such students will also learn to 'invent' variations to suit individual needs.</p>	
<p><u>Bandhas, Mudras, Pranayama, Meditation</u></p>	<p><u>Bandhas, Mudras, Pranayama</u></p> <p>Student will learn and practice these techniques and learn how to teach them. They will learn why each technique is practiced, what the benefits are, why they are 'magic' and what makes each technique different from the other.</p> <p><u>Mudras:</u></p> <p>Students will learn Hand Mudras for each chakra, as well as continuously use Kechari and Shambhavi Mudra and hand Mudras during our meditations. Encouragement to use Kechari and Shambhavi Mudra whenever eyes are closed.</p> <p><u>Bhandas:</u></p> <p>In depth analasys of Moola Bhandha, Jalandhara Bhandha, Uddiana Bandha</p>	<p>For the student to experience the power of each of these Techniques, and become excited about their effects and begin to learn how to teach them.</p>

	<p><u>Pranayama</u> Exercises with full yogic breathing, belly breathing to demonstrate the power as compared to normal shallow every day breath. Kapalbhati Nadi shodhana (several different counts) Kundalini meditation Ujai Inclusion of Pranayama in Asana as conscious breathing, yogic breath, counting, ujai.</p> <p>Encouragement to use yogic breath all day long.</p> <p><u>Meditation</u> Kundalini Meditation using Jalandhara Bandha, Moola Bandha, Shambhavi and Kechari mudra Loving Kindness Meditation Constant conscious body awareness meditation Rootedness, grounding meditations Pre-food grace meditation</p>	
<u>Sequencing</u>	<p>Students will be taught to intrinsically understand the art, science and importance of correct sequencing. It's about understanding and creating their own comprehensive and balanced sequences, rather than copying somebody else's.</p> <ul style="list-style-type: none"> • Addressing asana and their effective placement/combination inside a sequence • Standing, sitting, all fours, lying (front and back), balances, inversions, forward, sideward, backward, twists and combinations. • Usefulness of leg cycles, standing cycles, sitting cycles, balancing cycles etc. • Correct sequencing warms the body and protects it as it is cold and slowly moves into stretches that we do not use during our everyday life, i.e. backbends and inversions. • We will address common sequencing errors and how to avoid them. • Students will learn to design creative, unique and inspirational sequences, as well as putting together sequence on the fly for any length, environment, studio, gym, privates, special requests or students' requirement (i.e. Variations). • Students will also learn one premade sequence of asana for the stimulation and opening of individual chakras 	To ensure the student is completely comfortable to pick postures to make a comprehensive and balanced practice
<u>Teaching Methodology</u>		
<u>Teaching Methodology</u>	In this module students will learn how to be a 'good teacher', from projecting their voice, to holding space, to when to speak and when not, how to teach multiple levels of students in one class, how to weave spiritual themes, personal stories, philosophy or other points too note into	

their classes and how to get vast amounts of info into one class without overloading your students.

Other topics include:

- Elements of an effective class
- The journey of the asana class
- Using inspiring sequence
- Class pacing
- How to use voice as a tool. How to avoid 'voice mistakes'. Clear and precise verbal expression/cues/imagery.
- How to adjust to levels, injuries, limitation, age, even change the sequence throughout the class if required.
- Respond to students needs spoken and unspoken (observe bodies, energies and faces)
- How to create and hold a safe and inspirational space
- The Secret of Pauses and Silence
- Right time to adjust, who to adjust physical or with verbal cues
- Magic of adjusting everyone through observing the room and giving verbal cues to adjust several people at a time.
- How much time to take adjusting individual students
- How to make sure every student gets at least 'one touch' per class
- Hands-on adjustment with conscious touch. What is conscious touch?
- How to give 'zoning-in' individual attention without 'losing the room'
- Right balance between demonstration and walking the floor
- Offering appropriate and fitting variations
- The power of demonstrating postures and how to effectively demonstrate an asana
- Knowing 'when' to offer variations, how to make people not feel 'picked on' or 'inadequate' because they are receiving a variation, but rather empowered!
- Art of encouraging students. Praise, remembering students' difficulties in a past class, remembering a required variation, or praising that a student can now do XYZ.
- How to make each class special
- How to weave themes effectively into the class
- Finding their own authentic voice and style and core message. What is their passion and how will they bring it across to their students?
- Learning to allow the practice that is taught to arise from within, learning to flow with the practice.
- Developing confidence as a teacher
- Class preparation (class plan, mental and emotional preparation for teaching)
- Step-by-step class structure planning, and plan B, C and D.

	<p>Here we will also address the Business aspects of Yoga. Topics include:</p> <ul style="list-style-type: none"> • How to find a good location • How to advertise a unique image • Marketing tools • How to offer what people want and need • Offering workshops on Philosophy, History, alignment, private classes and more • How to approach studios and gyms with our offerings • Insurance, Yoga Alliance etc. 	
<p><u>Anatomy & Physiology</u></p>		
<p><u>Anatomy & Physiology</u></p>	<p>Proper understanding of the physical body will help prevent injury before, during, and after practice and will ensure a correctly aligned, energetically open posture that feels absolutely fabulous. Students will learn about spiritual anatomy/energetic anatomy, which knowledge and experience is vital to a complete Yoga practice. A minimum of 5 hours will be spent on Yoga Anatomy.</p> <ul style="list-style-type: none"> • The skeletal and muscular systems • The nervous, digestive, respiratory, and endocrine systems • Stretching Theory • What stretching does to muscles. • What is a good stretch? • How to stretch, how long to hold it. • Which muscles are being stretched in asana. • Health benefits of the asana (organ, spine, hormone, illness etc.) • How bone structure/position affects ‘flexibility/range of motion’. • Understanding of what is happening in the body when students feel pain. Anatomical presentation of ‘crunching’ and ‘opening/elongating’ • The Chakras, Nadis, Ida, Pingala, Kundalini, Bandhas, and Koshas • How to feel energies/chakras • Students will learn to feel when their energy channels are open • Students will learn to ‘see’ when their students energy channels are open or not • Different styles of breathing/Pranayama and their physiological effect on the body 	
<p><u>Yoga Philosophy, Lifestyle, Ethics</u></p>		

<p><u>Lifestyle</u></p>	<p>In depth study of the Yamas and Niyamas and their constant direct application to everyday life in our Yogic community. Every day we will have a 'lifestyle' theme inspired by the scriptures to contemplate and practice during the day. Other topics include:</p> <ul style="list-style-type: none"> • Basics of Ayurveda: We will explore each students dosha, discuss lifestyle and a yogic diet with topics such as Rajasic, Sattvic and Tamasic Foods, Panchakarma, food for the doshas, use of spices, best time to eat, balancing doshas. During the training we encourage a vegan sattvic diet. We will also be cooking ayurvedic meals with our students, for to experience food preparation and taste meals appropriate for their dosha • Nutrition and self-awareness • Lifestyle of health and balance • Mindful and silent meals • Everyday application through living in a yogic community • Stories of the deities, Krishna, Hanuman. Understanding their relevance to us today, embodying divine qualities • Exploration of Bhakti Yoga and Mantra Yoga, becoming one through sacred sound and invoking the qualities of the deities • Sadhana and Tapas as pillars to yogic discipline (walk the walk) • Karma Yoga. Each student will have a small daily task to be fulfilled with mindfulness and presence • Purification of Body, Mind and Emotions, to reach higher spiritual vibrations • Influence of striving for Yamas and Niyamas, nature and meditation on the yoga path and everyday life • Yogic lifestyle (daily schedule of a Yogi) • Understanding the various yoga styles and what we can learn from each style and how we can use them accordingly in our lives. • Self-study. Inward perspective of what drives and inspires our students, what is their passion about yoga and how to transmit this to their own students • Building Community, ongoing training, staying inspired, keeping in touch. • Giving back, free community classes 	<p>Learning to apply the ancient teachings to everyday life.</p> <p>Inspire students to live a yogic lifestyle and to inspire their own students by example.</p> <p>Students will be comfortable to teach a class and conduct themselves in a manner according to the Yamas and Niyamas.</p>
<p><u>Yoga Philosophy</u></p>	<p>Students will learn Yoga philosophy and history and practical application of those ancient concepts into their everyday life here at the Ashram.</p> <ul style="list-style-type: none"> • Yoga History, Where does yoga come from? How old is it? • Yoga sutras of Patanjali and their direct applicability to our life 	

	<ul style="list-style-type: none"> • Eight limbs of yoga. Enlightenment is for everyone. • Nadis and chakra theory, mental, emotional, physical and spiritual qualities of each and how to open chakras. Which information is new and which is ancient? • Philosophy of Hatha yoga, Hatha Yoga Pradipika • Prana and Kundalini yoga theory • Bhagawat Gita • Stories of the deities and their significance • Emotional purification • Philosophy and practice of yoga Nidra • Steps and techniques of meditation theory. Techniques, pitfalls and how to avoid them. • Learning how to weave Yoga philosophy into Asana classes. How to pick topics and use them effectively. 	
Ethics	<p>In this module will also address the ethics of teaching Yoga and how to create a safe environment for learning for our students. Students will learn how to conduct themselves in a manner consistent with the principles of the Yamas and Niyamas.</p> <p>Students commit to Yoga as a way of life, then teaching yoga is the extension of their way of life, passing those moral standards on to their students through leading by example and by weaving appropriate topics into their classes.</p> <p>Topics besides others include:</p> <ul style="list-style-type: none"> • Teacher student ethics • Competence and Integrity with respect • Non-discriminatory practice • Promoting physical, spiritual, emotional and mental wellbeing of their students • Giving best and highest vibrations in each class • Sexual conduct 	
Practicum	<p>This module revisits many of the subjects covered in all previous modules from the perspective of a teacher; the focus is on how to teach various types of asana, meditation, Kirtan, pranayama, mudras, bandhas, philosophy etc.</p> <p>Our students will be teaching every day, from day one, as only practice truly makes a master. Feedback will be provided by the instructor and fellow students on a continuous basis. Homework</p>	

	<p>will be given to work on areas that could be improved upon. Students will then teach their homework, as a constant cycle of improvement in line with the teaching methodology.</p> <ul style="list-style-type: none">• Students will observe teachers and fellow students• Students will teach mock classes to fellow trainees and instructors.• Students will have 'mock' challenges, such as flexibility and alignment issue, special requests etc.• Receiving and giving feedback• Practice teaching in pairs and small groups (daily).• Practice asana hands-on assists/adjustments in pairs and during Master classes.• Practicing verbal cue adjustments• Creating classes of varying lengths and teaching them to the group• Practicing of weaving spiritual aspects into the class• Practicing sequencing on the fly and variations students will be asked to teach a hip opening cycle or inversion without preparation. We'll have fun with that.• Learning the magic of energetic adjustment. Learning and practicing to 'see' open energy bodies.	
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The true practice of Yoga begins when you roll up your mat

Yoga is Life