



PADMA HARE VINYASA FLOW YOGA TEACHER TRAINING PROGRAM

Techniques Training & Practice

- Contemporary Vinyasa Flow with classes based on themes (e.g. Chakras, Elements, Hip Openers, Yin & Yang, Power Yoga, Lunar Flow, Creativity, etc.)
- Vinyasa Flow with basic, intermediate and advance postures
- Principles of sequencing and theming a Vinyasa class - for all level students
- Alignment and Adjustments for the most common asanas used in Vinyasa Flow
- Anatomy & Yogic Anatomy

Yoga Philosophy & Ethics of Yoga Teaching Profession

- Art of Teaching Vinyasa
- Teaching Practicum
- Pranayama
- Meditation
- Gentle restorative and yin classes to counterbalance strong Vinyasa practice
- Work in Groups & Karma Yoga

Asana Practice including:

- Warm-up exercises & Sun Salutation in a few variations (Ashtanga, Hatha, creative Vinyasa Flow)
- Asana practice presenting various forms of Vinyasa Flow
- Vinyasa Flow: general sessions & thematic sessions: e.g. “Happy Hips”, “Heart opening”, “Chakra journey”, “Re-balancing Flow”, etc.
- Smooth restorative & yin yoga
- Going “in” and “out” of the posture
- “Key” of the postures
- Modifications for beginners and students with injuries (multi-level modifications)
- Sequencing
- Guided asanas practice & analytical training focused on following groups of asanas: Standing Asanas, Forward Bends, Back Bends, Twists, Balancing poses, Inversions, Hip Openers
- Finishing sequence & relaxing asanas
- Alignment / adjustment
- Vinyasa (tuning asanas with breathing) – guided and analytical practice
- Practical exams of asanas
- Special classes including Pre-natal Yoga and Kids Yoga



Teaching Methodology :

- Art of teaching: teacher's qualities, intention and attitude, teaching styles, observation, giving instructions, feedback, sequencing, class management and class routine, principles of demonstration – theory and practice (“mirror” versus “real”, how to demonstrate, how not to demonstrate, practice in groups + feedback)
- Tasks of Yoga Teacher
- Anatomy of alignment – theory and practice
- Safety First! – how to teach and practice Yoga without injuries
- Correction techniques
- Modes of adjustment – verbal, hands-on, props
- “Art of touch” – physical adjustment – rules and principles
- Practice in pairs on concrete asanas

Anatomy & Physiology:

- General movement and body terminology
- Systems of the human body – their meaning and functions
- Nervous, Skeletal and Muscular systems and their co-relations in context of yoga practice
- Breath deeply! – respiratory system in the context of yoga
- The way we move – the key muscles of hatha yoga – analyses of muscular work in asanapractice (theory & practice)
- Body's main limitations: compression – tension – proportion – orientation and their meaning in asana practice
- Yoga and health – benefits and contraindications of asanas;
- Yogic Anatomy: Koshas, Nadis, Vayus and Chakra theory
- Ayurveda – introduction

Yoga Philosophy, Lifestyle and Ethics for Yoga Teachers (20-30 hours):

- Essence of Yoga – history, definitions, modes, contemporary meaning
- Historical and cultural background of Yoga
- The teaching of Krishnamacharya, the lineage of Vinyasa Flow, it's origins and foundations
- Definition of yoga and its interpretations
- 4 paths of yoga (Bhakti, Jnana, Karma, Raja)
- 3 gunas
- How can we apply Yoga philosophy in the contemporary lifestyle?
- OM / AUM and its meaning
- Patanjali Yoga Sutras and their interpretations (selection); 8 limbs of yoga and their meaning in the contemporary World
- The Vedas



- Baghavat Gita
- Samkya Philosophy

Ethics for yoga teachers:

- Values and meaning of being Yogi
- The place for Yogi in today's World
- Yogic daily routine: principles of diet, meaning of practice and essence of lifestyle
- Guided group discussion about basic philosophical issues related to yoga:
- The Self and The Ego
- The Consciousness
- Self Awareness
- The Responsibility of being a Yoga Teacher

Practicum

- Practice of teaching under teacher's control:
 - In pairs
 - In small groups
 - In big group
- Practical exam of teaching
- Assignments on different subjects regards the teachings
- Feedback – receiving & giving

Daily schedule:

- 07:00 Tea time
- 07:30 Asana practice
- 08:30 Pranayama practice
- 09:15 Breakfast
- 10:15 Pranayama theory
- 10:45 Philosophy and mantra
- 12:30 Lunch
- 14:30 Physical and subtle anatomy
- 16:00 Break
- 16:30 Adjustment and Alignment
- 17:30 Asana practice and meditation
- 19:00 Dinner
- 20:30 Self-study / night activity (eventually)
- 22:00 Silence



PADMA HARE
Yoga Shala

PLEASE NOTICE that every group is a bit different, and sometimes we need to adjust or slightly change the program according to the skills, learning process and conditions of our students, therefore the content presented above is just a general guidance.

The schedule and the program content may change according to the needs of the group.

Trust the process! Namaste!