

## Yoga Sutra Shala - Yoga Teacher Training Courses



### Syllabus:

During your course we will cover various techniques and postures, and you will be taught their Sanskrit and their English names. You will practice for yourself and learn to teach:

Pranayama

Warm ups

Hip openers

Twists

Back bends

Shoulder openers

Strength building: Standing balances (with Ashtanga-style jump-through and jump-backs)

Strength building: Seated arm-balances (with Ashtanga-style jump-through and jump-backs)

Core development

Applying the Golgi Body reflex to asana practice

Flexibility development

Strong Hatha

Working with the entire length of the breath

Alignment

Adjustments: Safe and sensitive methods, including teaching for injuries and limitations

Using drishti (vision points) to lengthen the spine

Yin yoga sequencing

Guided Meditations:

Metta, Karuna, Mudita and Upekkha and the philosophy behind them.

Connection to the 4 elements and maintaining a state of meditation

Being in the Now

Gratitude

7 Chakras

The Yogi in You

Chanting linked with the Chakras