**Yoga NoHo 300-Hour Advanced Professional Teacher Training Course Overview**

**Offering Scholarships for In Studio and Online Courses**

Our Yoga Alliance accredited 300-Hour Advanced Professional Teacher Training Program has been designed for those who have completed a 200-hour program and are looking to deepen their studies. In this advanced modality-driven teacher training you can expect to gain a more thorough understanding of the many different layers that make up yoga as a whole. Our 20 plus years of experience combined with our stellar roster of guest educators and healers allows us to offer this truly unique advanced course. Our sister program with the Nirvana Yoga Shala located in Mysore, India is just one of the international exchange programs that we offer for continuing education. What also sets us apart from other yoga teacher training schools is our free make-up policy. If you miss any part of the course you have the opportunity to make it up for free in the following teacher training. As a graduate of our course you will have teaching, business opportunities, and discounts on all future workshops, continuing education and yoga retreat offerings.

Our Yoga Alliance certified team provides a nurturing environment to guide you every step of

the way so that you can deepen your own practice and teaching skills to enhance every aspect of your life. In our program you will have the opportunity to expand your knowledge via exploration of treasured ancient texts, such as the Yoga Sutras, and The Bhagavad Gita.  Imagine how enriched your teaching will be after diving deeper into the Subtle Body, Ayurveda, Essential Oils, Reading Bodies, Energy and Sound Healing!  You will learn about the Japanese art of Reiki and be attuned to its healing power as a Reiki Level 1 Practitioner.  Advanced Asana and Sequencing will be studied as well as practiced, and you will understand how to assess and manage injuries, as well as how to work with seniors and expecting Moms. You will learn about Yin, Yoga Tune Up Balls, Restorative, Yoga Nidra, and the importance of the Relaxation Response, as well as how to teach heated and non-heated classes of all levels. The Business of Yoga will be examined through a modern lens, and of course, teaching from a point of inclusivity will be weaved throughout your training.  You will have the opportunity to take and assist classes in studio, and attend fascinating lectures from a talented roster of senior guest teachers. There will be ample time to explore practice teaching, and become adept at hands on adjustments, as you develop your own unique voice while refining your teaching style through our mentorship program to bestow the ultimate educational experience.

**Live, Love, and Serve Others with this gift of yoga!**

**Here is a breakdown of what you’ll experience in this advanced training:**

**Yoga History and Philosophy:**

Students will read the Yoga Sutras, the Bhagavad Gita, and the Hatha Yoga Pradipika and we will discuss these texts during the course of our weekend meetings. Students will study a timeline of yoga history and philosophy from the Vedas to modern times.

**Teaching Beginners:**

It is an honor and a privilege to work with beginners. Leading someone through their very first yoga practice ever can be a magical experience for student and teacher alike. It is also a large responsibility. We will review beginner appropriate postures, sequences, and learn various techniques so that trainees will be completely comfortable guiding new students through their first yoga experiences.

**Advanced Anatomy:**

In their 200 Hour Teacher Training, students acquired a foundational understanding of anatomy. In this training, students will gain a deeper awareness of yoga anatomy and physiology which will make them a stronger teacher by enabling them to confidently address weaknesses, and imbalances, and notice strengths. We will study anatomical terminology, planes of movement, and the entire muscular-skeletal system as it pertains to asana. We will use a skeleton and felt pieces cut into muscle shapes for a very strong visual impact and understanding.

**Injury Assessment and Management:**

Students will learn about yoga related injuries and how to teach their students to avoid them. We will also study common injuries that they are likely to encounter in the asana room, as well as how to identify them and modify for them.

**Teaching Yin, Yoga Tune Up Balls, Restorative, Yoga Nidra, & the Relaxation Response:**

Students will understand the importance of the relaxation response as well as various styles of yoga that support the activation of the parasympathetic nervous system. Students will understand the difference between yin and yang yoga, and become familiar with yin postures and sequences. Students will be given a set of Yoga Tune Up balls and will learn how to use them for their own self care as well as in their public and private classes. Restorative Yoga and Yoga Nidra will also be studied.

**Pre/Post Natal Yoga:**

Students will learn what is and isn’t appropriate for mothers to be in all three trimesters. They will also have the opportunity to practice wearing a prosthesis for a stronger understanding of the body during pregnancy.

**Advanced Asana:**

Students will learn how to safely, step by step, make their way into advanced poses and then how to guide their students into them. Teaching vinyasa flow, how to teach hot yoga vs. non-heated yoga classes, and incorporating strength training in asana will be part of the curriculum. Additionally, students will learn the Sivananda Sun Salutations along with their 12 mantras.

**Advanced Sequencing:**

Building on the sequencing techniques learned in their 200-hour training, students will have the opportunity to explore more creative ways of sequencing, still keeping within a safe and logical space.

**Intro to Reiki with Level 1 Attunement:**

Students will be introduced the Japanese healing art of Reiki for their self-care and replenishment. The origins, history and benefits of Reiki will be studied. Students will receive the incredible gift of a Level 1 Reiki Attunement, thus allowing Reiki’s healing energy to flow through them.

**Subtle Body:**

In this training we will dive deep into the Subtle Body. Students will learn about the Three Bodies, and the Five Koshas, Meditation, Pranayama, Pranavayu , Mantra, Mudra, Bandhas, and Chakras and how they all interrelate. These deep concepts will be explained in an accessible way for a thorough understanding of yoga beyond asana.

**Essential Oils:**

The history, uses, and benefits of essential oils will be studied, as well as safety precautions. Students will be inspired by the many creatives ways to use these gifts of nature! We will also learn how to incorporate essential oils into the asana room.

**Ayurveda:**

Students will learn about Ayurveda, the sister science of yoga. The Doshic system will be explained and students will take a dosha test to learn more about themselves and how they can care better for themselves. Ayurvedic self-care practices will be studied and ayurvedic product samples will be gifted!

**Incorporating Subtle Body while Teaching Asana & Layering Modalities:**

Each of the modalities we will study in this training from the various styles of yoga asana, to pranayama, mantra, mudra, pranavayu, meditation, bandhas, essential oils, and reiki already provide a long list of benefits when applied on their own. Students will discover how layering them could increase those benefits, and enhance their students' overall experience.

**Reading Bodies, Energetic Healing, Sound Healing:**

Reading bodies is an essential skill set for a yoga teacher. Students will learn to observe keenly and assess from their acute observations. Students will also learn how and why sound healing is so beneficial.

**Business of Yoga:**

The business of yoga will be studied with our experienced team. Students will also learn the importance of finding their niche, creating their avatar, and their brand. The importance of their newsletter will be discussed, as well as websites, and social media, and the importance of consistency across all platforms.

**Communications Skills:**

Communication and connection are at the very the heart of teaching yoga. In this training we will spend time assessing trainees communication style by having them record their selves as they teach. Feedback will then be given in a positive and loving environment. Body language will also be considered.

**Trauma Informed/Diversity/ Inclusivity:**

Students will learn why and how teaching a trauma-sensitive population differs from teaching a standard yoga class. Poses to avoid will be discussed, along with the philosophy of teaching different populations of all kinds.

**Mentorship Program:**

Through our mentorship program, students will attend their mentor’s classes, learn how to set up the atmosphere of the room, greet students, as well as assist their mentor’s classes, giving them an amazing close up, hands on experience in a real live class setting! Students will also be required to observe classes to deepen their observational skills.

**Written Exam**

**Practical Exam**