

Course Overview

Whether you want to deepen your practice or become a yoga teacher this is a perfect course for you. If we could call our teacher training a life course, then we most certainly would, because our students have amazing life-changing testimonials. Our Yoga Alliance Hatha / Vinyasa Certified Yoga 200 -hour Teacher Training and Lifestyle programs are unique in that they are authentic, and exceptionally practical – we teach people how to “teach” yoga with a clear, concise and comprehensive curriculum.

We personally created a team of certified professional teachers, doctors and healers for our teacher training with over **30 years of experience** (many other trainings will have less experienced teachers) which you will become a registered certified yoga teacher through Yoga Alliance .This is not just a yoga course but a life course, and while you are taking it you will receive free and discount classes, over 200 free online teacher training videos, course manual, an opportunity to be part of our free mentor program, future discounts on continuing education, and an opportunity to study with our partners in India, while being part of a super cool, loving Yoga NoHo Center community. Our philosophy is that once you are part of our team, you have benefits with our community forever.

Karen Russell, senior teacher and owner of the Yoga NoHo Center will provide you with a nurturing team that will 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 learn intensive alignment, in-depth pranayama techniques, yogic philosophy and concepts, basic anatomy, meditation, Ayurvedic (the sister science of yoga), adjustments, asana modifications, comprehensive understanding of safe sequencing, and our mentoring program to bestow the ultimate education experience. As a graduate of our course, you will have teaching, business opportunities, and discounts on all future workshops, continuing education and yoga retreat offerings.

What also sets us apart from other yoga teacher training schools is our **limited capacity for individual attention**, our years of **experience in traditional and modern yoga forms**, **generous schedule so that you have time to truly live the training instead of quickly learning the program**, **free make-up policy**, **easy payment plan to fit your budget** and a **team of teachers who care about you** and your learning needs for the optimal experience. **Live, Love and Serve Others with this gift of yoga!**

Syllabus

Techniques, Training and Practice:

Whether you want to deepen your practice or become a certified yoga teacher, our goal is to have a comprehensive training that is Clear, Concise and Practical as to empower you to deepen your practice or be able to teach an all -level class that is safe, conscious and interesting. Each weekend will focus on learning asana, yogic philosophy, teaching techniques and practice teaching with a team of professional teachers that truly care about you! You can make up or retake the whole course for free, and we also have over 200 teaching videos to assist you too.

Your nine- weekend on-going focused syllabus includes: (with senior teachers with 30 years' experience)

- **History of Yoga Workshop:** You will learn in depth history of yoga from the earliest findings of the Vedic Texts through our current modern times with a focus on Patanjali Teachings of the Eight-Limbed Path also known as Raja Yoga.
- **Yoga Anatomy Workshop:** You will learn basic anatomy of the body, while focusing on the precise anatomy of each yoga posture to assist in alignment and smart sequencing.
- **Yoga Sutra Workshop:** The Yoga Sutras is the backbone of Patanjali's Eight-Limbed system. You will dive deep into the yoga sutras to enhance your yoga and life.
- **Breath Workshop (Kundalini Inspired):** We are the only 200 -hour teacher training that offers deep Kundalini pranayama studies which we believe is the most important when practicing and teaching yoga. Breath is Life and the style of Kundalini offers many breath techniques that will enhance your practice and all styles of yoga.
- **Chakra Workshop:** Discover your subtle body and how your emotions are connected to your physical well-being. You will have a deep understanding of the Chakra System.
- **Inversion Workshop:** As a student and teacher, it is important to have awareness of the more advanced postures such as Handstand, Headstand, Forearm balance and so on to keep you and your students safe. Enjoy a deep dive into inversions!
- **Sequencing Workshop:** After learning the history of yoga, the anatomy of yoga, the breath work of yoga, the subtle body of yoga and the deep alignment, you will now learn how to sequence a safe, concise and interesting class.
- **Introduction to Trauma Yoga:** As you deepen your practice or if you decide to teach, this workshop will open your world on how you can use your yoga skills from this course for more than deepening your practice or teaching a yoga class. Trauma Yoga is just one of many limbs of yoga that specialize in helping people with many issues, which is so needed in today's society.
- **Introduction to Ayurveda:** Ayurveda is the "Sister Science of Yoga". Ayurveda is the first medical system with roots dating thousands of years ago and is vital for you as a student and as a teacher. Enjoy expanding your mind, body and soul into Ayurvedic Philosophy.
- **Business of Yoga Lecture:** Karen Russell has been teaching for over 25 years and practicing for 30. She has managed 5 yoga studios and owned two, and is currently the owner of the Yoga NoHo Center. Enjoy learning how you can use this knowledge in many business opportunities to empower you and so many others to thrive.

Asana (posture) Focus:

- **Alignment:** The alignment breakdown of each posture with asana points.
- **Anatomy:** Understanding the anatomy of each posture.
- **Breath:** Understanding the breath with movement for each posture.
- **Benefits:** Benefits of the posture.
- **Risks:** The common misalignments and risks of the posture.
- **Contraindications:** Contraindications of the posture
- **Conscious Flow:** Understanding the posture position in a flow as to make sure each posture builds onto the next so that the body is prepared for that specific peak asana.
- **Modifications:** Learn the precise modifications for each posture.
- **Sanskrit:** The Sanskrit pronunciation of each posture (we will also focus on English too).
- **History of Posture:** Understanding the history of the posture.
- **Adjustments:** Learn the deep verbal cues and hands on adjustments for the postures.

Training Schedule: (we meet every other weekend for the optimal time to study)

- **Friday Nights 7:30-10:30pm:** We will focus on homework review, practice teaching, and community sharing of our philosophy journaling.
- **Saturdays 10:00-6:00pm (one hour lunch):** You will be able to take a class of your choice in the morning, or there are times we may meet in nature to practice teach or go over postures. You will have time to have a lunch break followed by a focus on anatomy of postures, and deep alignment.
- **Sundays 10:00-6:00pm (one hour lunch):** You will take class or classes, followed by the lunch break and then your special workshop.

Expectations:

- **Be Curious, Simplify and Let Go:** Most importantly we want you to let go! Have Fun!
- **Be Present:** Please know that you will receive the full benefits if you show up every weekend. We understand that life happens and of course you can make up or retake the whole course for free, and we do provide over 200 videos for you to use too.
- **Homework:** After each weekend you will receive homework from the focused workshop. The homework is for you to dive deeper and we will provide the answers so that you have the material to study for your test.
- **Observe 10 Classes:** You will learn a lot from observing other teachers teach and throughout the 4 months you will have time to observe ten classes.
- **Reading Light on Yoga:** We will use the book "Light on Yoga" as a wonderful reading tool for you to deepen your understanding of traditional yoga.
- **Meditation:** We know that everyone is busy, but we ask that you start a simple meditation practice each day, even if it is only 5 minutes.
- **Journaling:** You will be asked to journal on the aspects of the Yamas and Niyamas. This is a tool for you to dive deeper into your personal well-being. You don't have to share your journal but many times we have deep community conversations.

