

# ERICABLITZ

## 200 Hour Vinyasa Teacher Training with Erica Blitz, E-RYT 200

“Teach what is inside you, not as it applies to you, but as it applies to the other.”

~ T. Krishnamacharya

Within the framework of yoga, there is a recognition that everything is connected; there is a deep regard for how we impact our Self and others with our thoughts, feelings and actions. It is through this pulse of play between our mind, body and spirit where we can create freedom for the fantastic!

Whether your aim is to ignite your passion for the practice as a teacher, future teacher and lover of yoga, this course provides a very strong, practical foundation of yoga. This training is invaluable for those wishing to teach or for students seeking to deepen their practice and understanding of yoga. Like any quality learning experience, trainees will have information to draw upon long after the program is over. This course is one of the best investments students could make in their selves physically, mentally and spiritually. Students inspire their inner purpose and power and will leave with a stronger asana practice and deeper understanding that yoga is a way of life.

Fall in love with your practice and inspire others to do the same.

Begin your journey . . .

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The foundation of this course is the practice and study of yoga asana. The aim of this training is to cultivate the qualities of skill, passion, and intelligence to dive deeper into their own practice and to teach authentically. Students who complete the course will experience a new depth of their practice and feel confident in their ability to teach safely and effectively with insight into what yoga is all about.

This curriculum meets the Yoga Alliance and is conducted by a qualified instructor (E-RYT 200). Students who complete this 200 Hour Vinyasa Teacher Training program will:

- Deepen their practice and understanding of yoga
- Gain the tools, hands-on experience and confidence needed to teach a dynamic hatha vinyasa class
- Study, tailor and improve your own yoga practice through daily practice
- Gain a greater understanding of the asanas along with their benefits and

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effects

- Learn how to structure and create a cohesive, well-rounded yoga class - the process of aligning poses in a way that you can go into progressively deeper poses smoothly
- Gain insight into your own habitual behaviors and learn the tools and skills needed to transform - both on and off the mat
- Strengthen your authentic voice
- Learn to work with injuries and prenatal students
- Have a basic understanding of yoga philosophy
- Enhance communication skills
- Teach clearly and specifically
- Embrace the confidence and teaching tools to teach yoga
- Develop personal and professional ethics and boundaries in teaching
- Experiential Learning - You will have an opportunity throughout the course and at the end of the training to teach and be provided with feedback regarding your teaching

Students will receive a Certificate upon course completion and graduation which they can use to share with prospective employers.

The main focus of the asana is grounded in the Krishnamacharya lineage with a focus on Vinyasa flow. You will come away from this program with an understanding of the science of alignment, the astuteness of Ashtanga, the creative flow of Vinyasa, and the life-affirming essence of Anusara. This in-depth training also includes specialty areas of teaching such as teaching restorative classes, yoga for beginners, prenatal yoga, meditation and pranayama.

This program also includes Ayurveda, Subtle Body, and Anatomy specific to yoga asana which leaves students with an understanding of these complimentary sister sciences to both practicing and teaching yoga.

The Philosophy component of the program mainly focuses on Patanjali's Yoga Sutras and participants will leave with a fairly good understanding of this philosophy through in-class discussions. In addition, trainees will explore the History of Yoga and be able to apply concepts pertaining to the origins of yoga as well as its philosophical underpinnings to their students in their classes.

The intention of curriculum, reading, practices, assignments, course requirements and thoroughness of process reflects a desire to instill excellence and discernment in successful graduates. Trainees will be encouraged and empowered to evolve - both as individuals and as teachers - through active participation in the training. Feedback on the homework assignments - which are designed to reinforce in-class information and students' understanding of the information provided - will be given.

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This course is very well rounded with its main focus on learning asana and how to be a safe, effective, and inspiring teacher as attending to students' needs for any size or level of class that will ensure your longevity as a teacher. Feedback from this program's graduates and word of mouth about the program is exceptional.

This course, like yoga, is a transformative experience. Like alchemy, we work to create a sealed container for the transformation to take place. As such, the training serves as a sacred circle designed for your growth and development. Friendships will develop that will long outlast the experience of teacher training.

## Prerequisites

No formal experience is required to enroll in this Yoga Teacher Training program. However, it is recommended that you have had at least 6 months of regular practice prior to the start of the course. Participating in this training will be a profound experience, taking you to places in your body and mind that you never thought possible. We will be doing lots and lots of yoga!

Please note: A flexible body free of injuries is *not* a requirement for this training. In fact, WE ENCOURAGE people with all body types and those with physical challenges to consider this program. Yoga is at heart a practice of meeting the body where it is at, and then working within yourself to slowly and respectfully move deeper. The struggles and challenges you may face through the course of this training will only make you a better teacher. If you are waiting for the day when you can finally get your foot behind your head to become a teacher or commit to take your practice to the next level, you may be denying yourself the opportunity of a lifetime. The time is now and the power is YOU.

## COURSE OUTLINE

### Asana Teaching Techniques - Setting the Foundation (85 hours)

- Asanas: Standing & balancing poses, backbends, core, arm balances, inversions, hip openers, twists, forward bends, reclined and seated
- Learn how to use props effectively
- Physical and energetic benefits of asanas
- Modifications & variations
- Direct and meaningful adjustments (both verbal and manual) + enhancements
- Posture Labs: observe and understand different bodies
- Injury prevention
- Cultivate clear and conscious communication skills

### Teaching Methodology (20 hours)

- Qualities of a Yoga Teacher
- Observation skills
- Alignment principles
- Safe and effective teaching
- The Seat of the Teacher
- The Art of Demonstration - how to demonstrate a pose most effectively

### The Art of Sequencing - Cultivating Creativity (20 hours)

- The Arch Progression Model - going with the flow
- Learn how to create an integrative vinyasa flow class
- Exploration of the use of music, poetry and other thematic tools
- Explore the dynamics of sequencing Power, Vinyasa and Hatha classes
- Creating meaningful themes
- Creative sequencing for speciality classes: Beginners class, Restorative, Prenatal)
- The craft of creating an all-levels class

### Anatomy and Physiology (20 hours)

- The deconstruction of asana into basic movement principles for clarity of alignment and sequencing
- Physiological and energetic effects of asana, pranayama, meditation & relaxation
- Benefits & contraindications of asana
- A clear understanding of basic anatomy + physiology of the nervous system
- Effects of structural alignment on overall health
- Avoiding common injuries in yogic practices
- Using props and variations to individualize practices
- Investigation of subtle anatomy - chakras, koshas, bhandas, vayus

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## Pranayama (5 hours)

- The role of breath in Vinyasa
- The anatomy & art of the breath
- Learn basic pranayama techniques to refine attention and shift energy
- Mind-body connection

## Meditation (5 hours)

- Meditation exercises to focus the mind for contemplation
- Svadhyaya - reflection through meditation and journaling
- Japa Meditation
- Mantra - chanting
- Body-mind connection

## The Psychology of Teaching (5 hours)

- Student-teacher relationship
- Transference, countertransference
- Cultivate confidence: getting grounded

## History & Philosophy (10 hours)

- Introduction to Patanjali's Yoga Sutras (integration into class theming or life)
- The Roots of Yoga: the path of modern day yoga from east to west
- Major lineages and approaches to the practice
- An exploration of how this program is rooted into the history of yoga
- Basic Sanskrit pronunciation for key concepts & asanas

## Living your Yoga (10 hours)

- Ayurveda fundamentals & your constitution
- Taking your practice off the mat and into your life with the Yamas & Niyamas

## Professional Principles: Where to go from here? (5 hours)

- Code of Ethics
- Who are you, the yoga teacher? (Building a resume/CV, bio)
- Networking and being in community
- Continued learning
- Craft your mission statement
- Discover your niche and how it specifically translates to the growth of your business
- Working with Private Clients (overview, evaluation, policies)
- The essentials of marketing, branding, publicity and business development – positioning yourself in your community.

## Practicum (10 hours)

- Practice teaching in small groups - verbal and manual adjustments

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- Giving & Receiving: self-evaluations & personalized feedback on your teaching in a safe, supportive environment
- Create 60 min, 75 min and 90 min hatha & vinyasa classes
- Student practicum assessment & exam

## Required Reading

1. Patanjali's Yoga Sutra - any translation. The more variety the better!
2. The Anatomy Coloring Book 3rd Edition (Wynn Kapit & Lawrence Elson)
3. The Key Muscles of Hath Yoga~ Raymond A Long, MD (Recommended but not required)

## What to Bring

Yoga mat

Strap

Block x 2

Bolster

Any other props required to support any injuries or physical concerns

Notebook and pen for note taking

Water

Change of clothes - we \*may\* sweat, a little...

## COURSE DATES & TIMINGS:

Daily timings: 8am-5pm **except** on half days, where we finish at 1pm.

July 8-14 - *July 15 finish at 1pm*

July 16 day off

July 17-23 - *July 24 finish at 1pm*

July 25 day off

July 26 - Aug 1

**Total = 23 days**

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Sponsoring Venue:

121 Fitness Club (level 1), Barsha, Dubai  
 Next to Ibis Hotel and The Change Initiative  
[www.121fitnessclub.com](http://www.121fitnessclub.com)



Sample Daily Schedule\*

8:00-8:45am	Morning Meditation/ Dharma Talk
8:45-9:45am	Lecture
9:45-10:00am	Morning Break
10:00 am-12:00pm	Asana practice
12:00-1:00pm	Lunch Break
1:30-3:15pm	Asana Technique/Practice Teaching/Lecture
3:15-3:30pm	Afternoon Break
3:30-5:00pm	Practice Teaching/Meditation

\*schedule subject to change

Om Work

Assignments, required reading and written exercises to enhance your learning process.

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## Conflict Policy: Intensive Format

If you miss 1-4 days: You may still complete the program with your class provided that you schedule a private session (or group session) with Erica at some point during the four weeks of the program. A two-hour private session is required to make up for being absent for one day and the cost of a two-hour private session is \$200 USD. Please contact the Erica to schedule the make-up session. Maximum make up sessions is 4.

If you miss more than 4 days: You will not be able to complete the program with your class, and you will be required to discuss a plan with Erica for your graduation.

## Requirements for Certification

- Attend ALL scheduled classes and workshops.
- Be on time for ALL classes.
- Practice teach a yoga class.
- Read ALL required books, handouts and materials.
- Pass the final exam with at least 80%.

## Certification

With the successful completion of all the requirements of the program, including contact hours, Om Work, and (practical & written) exam, you will receive your Letter of Completion and Certificate evidencing your training at the 200-Hour Level. You may also register with the Yoga Alliance ([www.yogaalliance.org](http://www.yogaalliance.org)) at the RYT-200 level (Registered Yoga Teacher 200).

## What is Yoga Alliance?

Because no legal guidelines exist for teaching yoga, two professional organizations, The Yoga Alliance has composed minimum educational standards for yoga teachers and yoga teacher training programs. Compliancy in at least one of these programs is a very important credential to look for when choosing a teacher training program. Erica Blitz's Yoga Teacher Training Program is fully recognized by the Yoga Alliance, and all graduates of the course qualify for membership.

## Attendance

Because this program is specifically tailored to Yoga Alliance standards, attendance is essential. That said, I recognize that life happens. Therefore students can miss up to three hours of class without makeup and an additional hours can be missed but must be made up with approved workshops, private sessions and other assignments as needed.