

ERICABLITZ

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

~ T. Krishnamacharya

The primary relationship we have in our lives is our relationship with our selves. This is the relationship that frames our life from our first breath to our last. The nature of this relationship sets the tone for all of the other relationships we engage in during this divine exploration of life. Within the framework of yoga, there is a recognition that everything is connected; there is a deep regard for how you impact your Self and others with your thoughts, feelings and actions.

Yoga is about relationship and this training is based not only on teaching yoga on the mat but encourages you to take your practice into the world and “be the change.” You will be encouraged and empowered to develop both as an individual and as a teacher. You will learn how to show up with transparency, authenticity and openness both on and off the mat.

This training is invaluable for those aspiring to teach or for students seeking to deepen their practice and understanding of yoga. Like any quality learning experience, you will have information to draw upon long after the program is over. This course is one of the best investments you could make in yourself physically, mentally and spiritually. The stakes are low and but the potential for positive change (on and off the mat) is high. You will get what you give; the more you put in, the more you will get out. You will leave with a stronger asana practice and deeper understanding of how your yoga practice can serve your life and those around you.

The aim of this training is to cultivate the qualities of skill, passion, and intelligence to be able to show up to what life serves you and to teach authentically no matter what challenges you may encounter. Yoga is experiential and our time together asks of your complete and active participation in the training. Upon completion of this course, you will feel confident in your ability to teach safely and effectively with insight into what yoga is all about.

During our time together, you will have the opportunity to:

- Gain the tools, hands-on experience and confidence needed to teach a dynamic vinyasa class.
- Study, tailor and improve your own yoga practice through daily practice.
- Gain a greater understanding of the asanas and their effects.
- Learn about sequencing - the process of aligning poses in a way that you can progress into deeper poses smoothly and safely.
- Gain insight into your own habitual behaviors and learn the tools and skills needed to transform.

- Strengthen your authentic voice.
- Learn to work with injuries and prenatal students.
- Enhance communication skills.
- Teach clearly and specifically.
- Develop personal and professional ethics and boundaries in teaching.
- Teach and be provided with feedback regarding your teaching.

The main focus of our asana study is grounded in the Krishnamacharya lineage with a focus on Vinyasa flow: integrating the movement of the body to the rhythm of the breath in an intentional manner. You will come away from this program with an understanding of the science of alignment, the creative flow of Vinyasa, and the life-affirming essence of Anusara.

This training also includes an introduction to Ayurveda, pranayama, subtle body energetics, restorative asanas, yoga for beginners, pre-natal student considerations, and anatomy specific to yoga asana. Knowledge in these areas can be extremely helpful, especially in large classes that tend to include all types of people including high stressed individuals, and new students.

The philosophy component of the program mainly focuses on Patanjali's Yoga Sutras and you will leave with a good understanding of philosophy through a combination of in-class discussions and homework. In addition, you 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 your students in your classes - and into your own life.

The intention of this curriculum, practices, readings, assignments, course requirements and thoroughness of process reflects a desire to instill excellence and discernment in successful teachers. Feedback on homework assignments - which are designed to reinforce in-class information and your understanding of the information provided - will be given throughout the course.

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.

This course provides a very strong, practical foundation of yoga. As such, it is an important and highly valuable course for yoga students and teachers alike. Feedback from this program's graduates and word of mouth about the program is exceptional. This course is very well rounded with its main focus on learning how to be a safe teacher as attending to students' needs and creating a safe environment for any size or level of class will ensure your longevity as a teacher.

inquire + inspire: 200 Hour Vinyasa Yoga Teacher Training with Erica Blitz, E-RYT 200

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

- Deepen their practice and understanding of yoga
- Know how to structure and create a cohesive, well-rounded yoga class
- Have a basic understanding of yoga philosophy
- Embrace the confidence and teaching tools to teach yoga

Students will receive a Yoga Alliance accredited certificate upon course completion and graduation which they can use to share with prospective employers.

Prerequisites

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. You will be required to practice every day during the training. We will be doing lots and lots of yoga - and then a little bit more. If you're not accustomed to a daily asana and/or meditation practice, teacher training can feel like a lot!

While every practice will be suitable for all levels of studentship to participate fully, a daily practice along with practice teaching is a lot of yoga! Roll out your mat more often - even if for a few Sun Salutations and a Savasana.

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.

COURSE OUTLINE

Asana Teaching Techniques - Setting the Foundation (85 hours)

- Inquiry into Asana: Standing + balancing poses, backbends, core, arm balances, twists, inversions, hip openers, forward bends, reclined and seated
- Physical and energetic benefits of asanas
- Learn how to use props effectively
- Modifications + variations
- Adjustments (both verbal and hands on) + enhancements
- Posture Labs – learn and understand different bodies
- Common injuries and prevention

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
- Cultivate clear and conscious communication skills

The Art of Sequencing - Cultivating Creativity (23 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
- The dynamics of sequencing Power, Vinyasa, Hatha and Restorative Yoga classes
- Creating meaningful themes
- Specialty classes (restorative, prenatal, beginners)
- The craft of creating an all-levels class

Anatomy and Physiology (20 hours)

- Physiological and energetic effects and benefits of asana, pranayama, meditation + relaxation
- Precautions + contraindications of asana
- General anatomy of the body
- Effects of structural alignment on overall health

- Avoiding common injuries in yogic practices
- Using props and variations to individualize practices
- Subtle anatomy (chakras, koshas, bandhas)
- The panchavayus: movement of prana
- A clear understanding of basic anatomy (and how alignment flows out of it)

Pranayama (5 hours)

- The role of breath in Vinyasa
- The anatomy + art of the breath
- Basic pranayama techniques

Meditation (5 hours)

- Meditation exercises to focus the mind for contemplation
- Svadhyaya - reflection through meditation and journaling
- Japa Meditation
- Mantra
- Chanting
- Mind-body connection

The Psychology of Teaching (2 hours)

- Student-teacher relationship
- Cultivate confidence: getting grounded

History & Philosophy (10 hours)

- Introduction to Patanjali's Yoga Sutras (integration into class theming and 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
- The evolution of Vinyasa Yoga
- The language 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 Eight-Limbed Path

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

- Code of Ethics
- Who are you, the yoga teacher? (Building a resume, 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

Practicum (10 hours)

- Practice teaching in small groups - verbal and manual adjustments
- Giving + Receiving: self-evaluations and personalized feedback on your teaching in a safe, supportive environment
- Create 60 min, 75 min and 90 min yoga classes
- Student practicum assessment + exam

Required Reading [can be purchased from Amazon, Kindle or Bookstores]

1. Patanjali's Yoga Sutra - any translation. The more variety the better!
Here are some suggestions:

The Yoga Sutras of Patanjali by Sri Swami Satchidananda

The Yoga Sutras of Patañjali: A New Edition, Translation, and Commentary by Edwin Bryant

Four Chapters on Freedom: Commentary on the Yoga Sutras of Patanjali by Swami Satyananda Saraswati

2. The Key Muscles Of Hatha Yoga~ Raymond A Long, MD

What to Bring

Yoga mat

Long Strap 8"

4" Foam Block x 2

Bolster

Any other props required to support any injuries or physical concerns

Notebook and pen for note taking

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

Course Structure

2017 Dates:

July 1-7

July 8 finish at 1pm

July 9 day off

July 10 - 16
July 17 finish at 1pm
July 18 day off

July 19 - July 25

Total = 23 days

Sample Daily Schedule*

8:30 - 9:00am	Morning Meditation/ Dharma Talk
9:00 - 10:30am	Lecture
10:30 - 10:45am	Morning Break
10:45 am - 12:45pm	Asana practice
12:45 - 1:45pm	Lunch Break
1:45 - 3:45pm	Asana Technique/Practice Teaching/Lecture
3:45pm-4:00pm	Afternoon Break
4:00pm-5:30pm	Practice Teaching/Meditation

*schedule subject to change

Om Work

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

Conflict Policy: Intensive Format

To get the most out of your Teacher Training Program, it is critically important that you attend the first four days of the Intensive Program.

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 and 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) 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 inquire + inspire 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, we recognize that life happens. 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.