

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.

Yoga is about relationship and connection. 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 immerse yourself in the study of yoga, learn how to show up with transparency, authenticity and openness both on and off the mat.

This training is invaluable if you aspire to teach or if you are seeking to deepen your 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 (both 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 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 have the tools to teach safely and effectively with insight into the practices of yoga.

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

- Gain the tools, hands-on experience and confidence needed to teach a safe, dynamic vinyasa class.
- Study, tailor and refine your own yoga practice.
- Effectively sequence - the process of aligning poses in a way that you can progress into deeper poses smoothly and safely.
- Investigate habitual behaviours and learn the tools and skills needed to transform.
- Strengthen your authentic voice + presence.

- Learn to work with injuries and prenatal students.
- Enhance your 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 and specific 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 Yoga.

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 students ranging from high stressed individuals, to 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. We will explore the history of yoga and you will 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.

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. 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 this teacher training program.

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. We hope you will join us!

**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, RYT 500). Students who complete the 200 Hour Vinyasa Teacher Training program 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 6-12 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 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. Before the course, no matter how little or a lot you practice, we suggest you roll out your mat more often - even if for a few Sun Salutations and 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 (yes, even 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 student and 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. Come as you are.

COURSE OUTLINE

Asana Teaching Techniques - Setting the Foundation (85 hours)

- Asana Alignment: standing + balancing poses, backbends, core, arm balances, twists, inversions, hip openers, forward bends, reclined and seated
- Posture Labs: observe and understand different bodies
- Common injuries and prevention
- Physical and energetic benefits of asanas
- Learn how to use props effectively
- Understand various modifications + variations to individualize practices
- Introduction to adjustments (both verbal and hands on) + enhancements

Teaching Methodology (20 hours)

- Qualities of a Yoga Teacher
- Observation skills
- Alignment principles + techniques
- Safe and effective teaching
- The Seat of the Teacher
- The Art of Demonstration
- Cultivate clear + conscious communication skills

The Art of Sequencing: Cultivating Creativity (23 hours)

- The Arch Progression Model - going with the flow
- Learn how to create an all-levels alignment-based vinyasa flow class
- Exploration of the use of music, poetry and other thematic tools
- The dynamics of sequencing: Power, Vinyasa, Hatha and Restorative Yoga
- Considerations for Specialty Students (restorative, prenatal, beginners)
- Weave passion + purpose into your teaching

Anatomy (20 hours)

- Physiological and energetic effects and benefits of asana, pranayama, meditation + relaxation
- Precautions + contraindications of asana
- General anatomy of the body as related to yoga asana
- Effects of structural alignment on overall health
- Subtle anatomy (chakras, koshas, bandhas)
- 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 + techniques to focus the mind for contemplation
- Svadhyaya - reflection through meditation and journaling
- 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
- The Roots of Yoga: the path of modern day yoga from East to West
- Main 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)

- Introduction to Ayurveda
- 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
- 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

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*
- Reflections on Yogasutras of Patanjali by Desikachar
- Four Chapters on Freedom: Commentary on the Yoga Sutras of Patanjali by Swami Satyananda Saraswati
- The Yoga-Sutra of Patanjali: A New Translation with Commentary (Shambhala Classics) by Chip Hartranft
- The Essential Yoga Sutra: Ancient Wisdom for Your Yoga by Geshe Roach & Christie McNally*
- The Secret Power of Yoga: A Woman's Guide to the Heart and Spirit of the Yoga Sutras by Nischala Devi*

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

What to Bring

Yoga mat

Long Strap 8 feet

4" Foam Block x 2

Any other props required to support any injuries or physical concerns

Notebook and pen for note taking

Highlighters, pencil crayons or markers for colouring anatomy booklet

Water bottle, snacks

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

Location:

Yoga La Vie

Golden Mile

Galleria 2, Building 10

Palm Jumeirah Dubai, UAE

Course Structure

2018 Dates:

June 25 - July 1

July 2 until 1pm

July 3 off

July 4-10

July 11 until 1pm

July 12 off

July 13 - 19

Time: 9:00am - 6:00pm

Payment:

Regular Rate (April 8) 13,500 AED + VAT
Early Bird Pricing (before April 7) 12,500 AED +VAT

Sample Daily Schedule*

9:00 - 9:30am	Morning Meditation/ Dharma Talk
9:30 - 11:00am	Lecture
11:00 - 11:15am	Morning Break
11:15 am - 1:30pm	Asana practice
1:30 - 2:30pm	Lunch Break
2:30 - 4:00pm	Asana Technique/Practice Teaching/Lecture
4:00pm-4:15pm	Afternoon Break
4:15pm-6:00pm	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 sessions.
- 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 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.