

Integrative Hatha Yoga Teacher Training Intensive with Kreg Weiss
February 24 – March 7, 2017

International Yoga presenter and exercise science specialist, Kreg Weiss, will lead you through an uplifting 100 hour program teaching you the fundamentals of how to confidently create a Classical Hatha Yoga practice that weaves in the intelligence and integrity of western science with the harmonious elements of traditional Hatha Yoga.

Functional yoga will be the key element of throughout this intensive training inspiring you to practice and design yoga classes that address and accommodate the unique ways in which we are structured and capable of receiving yoga postures and exercises safely and effectively.

This 11-day program (with 1 day off) will take you through an exploration of functional yoga anatomy, journey through in-depth applications of yoga postures, and tie in all these principles into multiple days to equip and empower you to design yoga classes for a variety of clientele and demographics.

This comprehensive program will include:

- *daily guided hatha yoga practices (sadhana)
- *foundational review of anatomy of muscles, bones, and connective tissue
- *an engaging exploration of functional yoga anatomy and applications especially in regards to common variabilities in our muscle/skeletal systems
- *on-going kinesiology (exercise science) group exercises and homework to develop and hone your teaching skills
- *examination of a vast number of classic Hatha Yoga poses breaking down the fundamental alignment principles from a Hatha perspective including corrections, modifications, and assists as well as the integration of western exercise science techniques to enhance asana development
- *examination of the style of 'hatha yoga' in relation to other styles of practice and the methodology of Classical Hatha Yoga sequencing
- *6 complete, days of learning how to design and sequence flows effectively and functionally for various clientele and demographics including beginners, mixed-levels, intermediate, athletes, and corporates.

This program will provide the following:

- *complete skills to teach Classical Hatha Yoga to a variety of audiences
- *greater base of knowledge and understanding of yoga anatomy and exercise science fundamentals to empower your teaching and personal practice
- *greater ability to adapt class designs so they are integrity-driven and purposeful based on students' inherent needs and interests
- *catalogue of yoga sequences and flows to work from and incorporate into your teaching practice

- *increased experience and confidence with designing and teaching sequences as well as hands-on manipulation of student alignment
- *daily access to fully interact, ask questions, and engage in beneficial discussion with Kreg
- *100 Hours of CECs for annual Yoga Alliance membership requirements
- *complimentary 1 year mentorship for guidance with yoga anatomy, class design, and career development

Daily Schedule Outline:

Day 1

- *1.5 hr asana and pranayama practice
- *introductions / course overview and objectives / discussion of 'what is hatha yoga style of teaching'
- *yoga anatomy and functional applications of the axial skeleton
- *kinesiology group exercises (exercise science skills in breaking down asanas)

Day 2

- *1.5 hr asana and pranayama practice
- *homework review
- *hatha sequencing methodology
 - parasympathetic engagement
 - teaching styles / dosha recognition/introversion vs extroversion disposition / motor learning principles
 - phases of hatha practice/goal setting/creating themes
- *breathing mechanics review/pranayam exploration and integration
- *centering integration (methods/mudras/intention setting)
- *savasana principles

Day 3

- *1.5 hr asana and pranayama practice
- *homework review
- *yoga anatomy and functional applications of the appendicular skeleton
- *kinesiology group exercises (exercise science skills in breaking down asanas)

Day 4

- *1.5 hr asana and pranayama practice
- *homework review
- *hatha sequencing for beginners and gentle practices (group exercises and teaching practicums)

Day 5

- *1.5 hr asana and pranayama practice
- *homework review

- *posture exploration (foundations / corrections / modifications / assists)
- *kinesiology group exercises (exercise science skills in breaking down asanas)

Day 6

- *1.5 hr asana and pranayama practice
- *homework review
- *hatha sequencing for mixed levels practices including modifying for wrist and knee conditions (group exercises and teaching practicums)

Day 7 – day off

Day 8

- *1.5 hr asana and pranayama practice
- *homework review
- *posture exploration (foundations / corrections / modifications / assists)
- *kinesiology group exercises (exercise science skills in breaking down asanas)

Day 9

- *1.5 hr asana and pranayama practice
- *homework review
- *hatha sequencing for intermediate level practices (group exercises and teaching practicums)

Day 10

- *1.5 hr asana and pranayama practice
- *homework review
- *posture exploration (foundations / corrections / modifications / assists)
- *kinesiology group exercises (exercise science skills in breaking down asanas)

Day 11

- *1.5 hr asana and pranayama practice
- *homework review
- *hatha sequencing for corporate yoga, postural restoration and chair yoga practices (group exercises and teaching practicums)

Day 12

- *1.5 hr asana and pranayama practice
- *homework review
- *hatha sequencing for athletes and cross trainings practices including functional 'core' flows (group exercises and teaching practicums)

Each day of the program will run from 9 am to 5:30 pm covering 77 contact hours and 23 hours of private in-home study/exercises before and during the course.

Try various hatha yoga flows with Kreg:

Beginner/Gentle (<http://www.myyogaonline.com/videos/tag/all?teacher=kreg-weiss-b-hkin&level=beginner&length=all>)

Mixed Levels (<http://www.myyogaonline.com/videos/tag/all?teacher=kreg-weiss-b-hkin&level=moderate&length=all>)

Intermediate (<http://www.myyogaonline.com/videos/tag/all?teacher=kreg-weiss-b-hkin&level=intermediate&length=all>)

Athletes (<http://www.myyogaonline.com/videos/yoga/rethinking-core-athletic-yoga-flow>)

Corporate (<http://www.myyogaonline.com/videos/tag/yoga-at-work?teacher=kreg-weiss-b-hkin&level=all&length=all>)

Meditation (<http://www.myyogaonline.com/videos/meditation/inner-strength-and-confidence-breath-meditation>)

Access a free 1 Month Unlimited Membership to MyYogaOnline.com and practice full videos with Kreg: <http://www.gaia.com/kreg>

More About Kreg Weiss:

Kreg is a senior Hatha Yoga Teacher, international presenter and kinesiologist (exercise science). All of his classes integrate a purposeful, meditative quality to allow for an experience of connection and reflection while the body explores expansion and renewal.

Kreg acquired his yoga certification in 2002 following several successful years of venturing in the wellness industry as a personal trainer and group fitness trainer. As a national competitive Sport Aerobics athlete, Kreg won several titles including National Champion in 1999.

Kreg has been able to complement his teaching practice with studies in Kinesiology and Health Sciences at the University of British Columbia. At UBC, he was awarded Top Honors in Exercise Science upon graduating.

Striving to share his passion for yoga, Kreg was inspired in 2004 to co-create MyYogaOnline.com, which grew to become a thriving production company and the leading global resource for online yoga videos. MyYogaOnline.com is now part of Gaia.com where you can find a large number of Kreg's online practices.

With his extensive background in anatomy and physiology, Kreg feels privileged to be able to empower students and other teachers with practices that are educational, engaging and accessible. Through integrity-driven classes, Kreg aims to provide students and teachers with the tools to pursue a unique, confident practice where asanas, pranayama, and meditation interact collectively to rejuvenate and heal the body and mind.

Visit Kreg's website: <http://kregweiss.ca>