



300-Hour Advanced Teacher Training with Banyan Gallagher, E-RYT 500

“The function of art is to provide what life does not” – Tom Robbins

Every student who has scratched at the yoga tradition knows that one can never learn everything there is to know in this beautiful synthesis of movement, philosophy, bliss, and breath. There simply isn't enough time. In fact, even if one were to devote a lifetime of study to just *one aspect* of yoga—pranayama, for example—she might find herself still wondering what she neglected to learn.

And so we leave our 200-hour trainings inspired but adrift. *What now?* “Practice, and all is coming,” said Patthabi Jois. But which practice? Which postures, which breath work, which mantra, which meditation? Which is best for me, and which is best for my students?

In this Advanced Training with Banyan, we will dive deeper into every limb of yoga than ever before. We will first immerse ourselves inward, into the *Art of Skillful Practice*. Not every practitioner is a teacher, but every teacher is first and foremost a student. We will practice every level of asana, breath work, mantra, energy locks, and meditation. For this inward journey we will voyage into self-observation, of our strengths, weaknesses, biases, and overall awesomeness.

But, if you want “to master something,” said Yogi Bhajan, “teach it.”

The second major component of this Advanced Training will be the *Art of Enlightened Teaching*, in which we will hone the skills of passing the gift of yoga to others. A central theme of Enlightened Teaching is observation: recognizing the unique aspects of the being in front of you. This course endeavors to embody the message of Krishnamacharya: Yoga is not a one-size-fits-all form. Every moment we practice or teach is an opportunity to listen more closely to others and to ourselves.

Curriculum highlights:

- Enlightened Action and the Bhagavad Gita
- Selflessness and Devotion
- Tridosha – How Practice, Diet, and Daily Habit Affect your Constitution
- Creating a practice and daily ritual appropriate for you
- Mauna Yoga – the Power of Silence
- Advaita Vedanta, non-dualism and Ramana Maharishi
- Employing the Chakra System
- The Energetics of Prana – Life-Force Energy
- The Art and Joy of Contemplation
- Unraveling the Mystery of Anatomy and Form
- Employing the Guna – Inertia, Passion, and Harmony



- Desires of the Soul
- Kosha – Peeling the Onion of the Individual to Reach Every Layer
- Vital Essences – Maximize for Longevity and Balance
- Creating the Perfect Playlist for Practice or Teaching
- Business Skills Every Teacher Needs
- Developing and Executing an Effective Theme
- Sharing the Art of Meditation
- Adjustments – Advanced Dynamics and Details

Detailed Breakdown of hours

Advanced Teaching Techniques – Recognize the Individual; Employ the Intention (126 hours)

- Asanas: Standing & balancing poses, backbends, core, arm balances, inversions, hip openers, twists, forward bends, reclined and seated. More emphasis on inversions and advanced asanas, making them approachable for all levels.
- “Bring yoga to the student,” - T. Krishnamacharya. Effective and creative use of props
- Benefits of postures on levels physical, mental, and energetic. Relationships between asana, chakra, guna, and dosha
- Modifications & variations for injuries, conditions, and body presentations
- The art of skillful, advanced adjustments: observe, approach, adjust, and exit with skill and confidence
- The Laboratory of Form: observe perfection in every body, and discover appropriate variations for each asana in time and space
- Injury prevention, prehab and rehab
- Master skillful, effective communication to demonstrate confidence and clarity

Teaching Methodology (25 hours)

- “Enlightened Teaching” : Recognition of individual (body shape, guna, dosha, etc) and environmental (season, stress, atmosphere) factors, which ask for distinct methods. Safe and effective teaching methods which emphasize the individual perfection in all of us
- Qualities of a Yoga Teacher – Expectations and Realities
- Observation skills – “The quest for symmetry is bound to fail, but balance is here for the taking.” Recognition of breath, facial expression, and tissue presentation as signs of effective or ineffective practice techniques
- Alignment principles – no two bodies are the same; no two poses are the same. Learn quick and easy ‘tricks’ to discern how to most efficiently develop a student’s practice in short moments
- The Art of Demonstration – how, and when to demonstrate effectively. Learn when demonstration is dangerous for teacher, and potentially harmful to student, and how to avoid potential harm

Effective, Advanced Sequencing – More than Movement (20 hours)

- “ Brown Yoga” vs. Vinyasa Krama and Intelligent Sequencing: why most yoga classes fail
- Templates for making your practices more effective



- Thematic use of readings, music, lighting and class orientation for effect
- Bandha, Breath, and Sound: the missing elements of efficient practice
- The Power of Play: making your practice fill you with joy
- Teaching all levels, in a single room

Anatomy and Physiology (32 Hours)

- Unraveling the Mystery of Anatomy and Form: lessons from human dissection about interconnectivity, perfection in form, and a healthy agnostic view to the brilliance of anatomy
- “What You Need To Know” : the most important principles of clear alignment and sequences
- Physiological and energetic effects of asana, pranayama, meditation
- Benefits & contraindications of asana, pranayama
- In-depth, advanced exploration of subtle anatomy - chakras, koshas, bhandas, vayus
- Employing the nervous system to affect direction of life: a nuanced perspective of the sympathetic and parasympathetic systems, and specific breathing techniques to “reset” your stress levels
- When to Say When: injuries in yogic practices
- Personalizing practice, for injury, chronic pain, and form, through use of props and variations

Pranayama (12 hours)

- Myths and misunderstandings of efficient breathing
- The signature of the breath, and its reflection on samskaras and the history of the soul
- Diaphragmatic exercises and the nervous system/respiratory system link
- Beauty and Anatomy of the Magnificent Lungs
- Learn advanced pranayama techniques to attain your goal

Meditation (12 hours)

- Basic to advanced meditation exercises from Yogic, Buddhist, and Vedantic traditions
- Svadhyaya - reflection through meditation and journaling
- Selflessness and the Joy of Listening
- Japa Meditation
- Who Am I?
- Bliss Meditation
- Mantra – the Tantric yogi’ s friend: practice, theory, and power
- Teaching Meditation to all levels

History & Philosophy (26 hours)

- Patanjali’s Yoga Sutras: mantra, meaning, and more
- Bhagavad Gita, and the principle of Selfless Action
- Tantra and living your yoga all day long
- States of the Soul and Soul Desires
- Mauna Yoga and the Power of Silence (this training will include at least one day in silence)



Live your Yoga (10 hours)

- Ayurveda and the Daily Routine: listening to Nature and Self for direction
- Seva and the role of service. Prison Yoga Project and more.
- The mat is not the end: practicing yamas and niyamas with every breath
- Tantra, awakening, and residing in the yogic state all day long

Career Development (5 hours)

- Business Development: marketing, branding, etc.
- Ethics and troubleshooting
- Student first, teacher second: continued education
- Insurance, Registration and Accreditation
- Expanding your reach through social media
- Teach What You Know: reaching your niche and remaining in passion and confidence
- Private Instruction: mechanics, benefits and risks

Practicum (32 hours)

- “To Master Something, Teach It.” -Yogi Bhajan. How teaching is the best way to learn
- Practice teaching in small groups – alignment principles, adjustments, and observations
- Constructive Feedback: self, group, and Banyan’s personalized feedback on your teaching in a safe, supportive environment
- Teach the whole group multiple times throughout course and receive constructive feedback each time
- Exercises in Distraction: managing disruptive elements in class
- Advanced, Secret, and FUN Exercises in Instruction: challenging the teacher to do more with less

Part I - The Art of Skillful Practice

Also known as the Power of Play, this module is designed to shift the focus away from the skills of teaching and return our focus towards that which is most important: our own practice. While not every practitioner is a teacher, every teacher must be first and foremost a practitioner and student. The Art of Skillful Practice is inherently a journey inward, in which we examine ourselves: our strengths, weaknesses, biases and overall awesomeness.

A great challenge for making a self-practice effective is simply making it regular; ensuring that the ritual of self-care and self-love is as natural as taking a meal. Therefore this training will address the largest obstacles to regularity, and how we can make our practice not just beneficial, but also creative enough to keep us entertained.

Banyan’s background in circus and performance come through in all trainings, but especially this one. Expect a hearty dose of laughter, improvisational exercises, and AcroYoga to bring a splash of joy, pleasure, and unexpected depth into your self-practice.



Part II - The Art of Enlightened Teaching

At the center of every altar lies a flame. No matter whether you're in a church, mosque, or temple, the candle stands, wavering but patient, illuminating the space around it with its warmth of prayer.

Why is it that some yoga classes fill us with inspiration, and others are just ok? Why do we leave certain classes feeling exhausted, and others exhilarated? How can we maximize our impact on our students in the small amount of time we are together?

In this part we will focus on that which enlightens us and those around us: the flame. Known by many names: Agni, Kundalini, Shakti. Living fire is what enlightens us and wakes us up. The basics here are simple: if we understand how the fire works, we hope to use it to illuminate the lives of others: our students, our partners, and our family members.

A central theme of the Art of Enlightened Teaching is observation: recognizing the unique aspects of the being in front of you. This module endeavors to embody Krishnamacharya's message: bring yoga to the student, rather than pushing the student towards yoga. We will resist the urge to oversimplify and practice a one-size-fits-all form, and instead see every moment we practice or teach as an opportunity to listen more closely to others and ourselves.

Daily Schedule:

(Schedule subject to change based on students' needs)

8am-4:30pm

8-10 am: Asana and Meditation

10:30 am - 1230 pm: Practice Teaching, Alignment, Adjustments, Anatomy

12:30 - 1:30 pm: Lunch Break

1:30-4:30 pm: Yoga Philosophy, Mantra, Meditation, Breathwork, and Gentle Practice

Prerequisites:

For the group process to move forward at an advanced pace, we ask every student to come with a minimum of one completed 200-hour Teacher Training, and a minimum of 100 recorded hours of practice with a teacher. Group classes, workshops, and special events all apply. If you have any questions regarding these requirements, [please ask!](#)

This 300-hour training is an advanced program and most students will already have completed a 200-hour Teacher Training. YOU can participate in this training without having done a 200-hour training before, if you are an advanced student looking to deepen your practice. However, according to Yoga Alliance standards, you would not be able to register yourself as an RYT 500.

Your level of strength and flexibility in asana are not necessary prerequisites for this course; your interest in unraveling the ancient foundation and modern contributions of yoga are. All you need is an open mind!



Please note: Injuries or weaknesses are *not* obstacles to success in this program. We *encourage* yogis with all body types and physical challenges to consider this training. Each “limitation” is an opportunity for you to grow, to gently and methodically heal yourself, and perhaps to help others be better prepared to work with injuries or special conditions.

Required Reading:

Prepare for the course now by reading the following books. Please bring David Keil’s anatomy book to the training.

- The Heart of Yoga, TKV Desikachar
- Perfect Health, Deepak Chopra
- Bhagavad Gita for Beginner’s, Edward Viljoen
- Functional Anatomy of Yoga, David Keil
- The Art of Enlightened Teaching: an Advanced TT Manual by Banyan Gallagher and Friends

Recommended Reading:

To read before, during or after training:

- The Gift by Hafiz, renderings by Daniel Ladinski
- Kundalini Tantra by Swami Satyananda Saraswati
- Light on Yoga by B.K.S Iyengar
- Autobiography of a Yogi by Parahansa Yogananda
- Tantric Quest by Daniel Odier



FAQ:

How 'advanced' is this course?

Every course is a reflection of the students who arrive. By "Advanced Teacher Training" we assume that everyone in the room has intensely studied the yoga tradition for a minimum of 200 hours. We will build upon that foundation for deeper understandings of anatomy, adjustments, philosophy, Ayurveda, class design, personalization of practice, and more. The practices we do are welcome to all levels but more advanced options will be offered for those who are ready.

What style does Banyan teach?

That depends on the day! Expect the flow and creativity of Vinyasa, the precision of Iyengar, and the energetic focus of Tantra. Some practices will be restorative in nature; some will challenge the very limits of your strength. Banyan has extensively studied with the masters of many lineages, and, like any artist, paints with whatever color is appropriate to the painting.

Do I need to be a teacher?

Absolutely not. While a great portion of the course will be spent developing teaching skills, these exercises are enormously beneficial to every student. That is, through learning to *teach* the practice more effectively, we recognize more about each asana and what makes us unique, and we teach ourselves.

Do I get a certificate?

With the successful completion of all the requirements of the program, including contact hours, reading and written assignments, you will receive a 300-Hour Certificate from Warrior 1 Yoga. This certificate, in combination with your 200-Hour Certificate, entitles you to register with the Yoga Alliance (www.yogaalliance.org) at the RYT-500 level (Registered Yoga Teacher 500).