



Schedule 2019 - ABHAYA YOGA 300 HOUR ADVANCED TEACHER TRAINING

Teaching Skills, Physiology, Anatomy, Restorative Yoga Teacher Training & Subtle Body

200 Hours (must complete all of this section)

January 18-20

Teaching Skills; The Magic of True Observation :: The PARA Principle & Teaching Foundational Principles

Friday 2-5pm, 6:45-8pm; Saturday 9-6pm; Sunday 9-6pm

Advanced Observation techniques, Language skills, Verbal Instruction::: PARA principle
Teaching Templates for Foundation Technique (asana focus: standing poses/ seated/ reclined)

February 1-3

Teaching Skills; Teaching Principles for Inner Core Technique & Breath (Vayu) Study

Friday 2-5pm, 6:45-8pm; Saturday 10-6pm; Sunday 10-6pm

(Asana Focus: Backbends, Twists, Inversions)

Learn specific principles and language skills to create support in some of the most challenging postures.

March 1-3

Anatomy Clinic with Ellen Saltonstall

Friday 2-5pm; Saturday 9-6pm; Sunday 9-6pm

Weekend 1: Overview of fascia, the spine, disc problems, sacroiliac joint, scoliosis, breathing, hips

March 7-9

Anatomy Clinic with Ellen Saltonstall

Weekend 2: Knees, ankles and feet, shoulders, neck, arms, hands, osteoporosis and osteoarthritis

Mar 29-31

Therapeutics, Hands On Adjustments Part 1, Teaching Privates

Friday 2-5pm, 6:45-8pm; Saturday 9-6pm, Sunday 9-6pm

Focus on specific adjustments, therapeutics and language/ observation skills for one on one private yoga sessions. Part 1: Standing Poses, Seated Poses, Twists
Learn principles for proper architecture, stable pelvis, and free and open psoas, back, and natural breath.

April 12-14

Restorative Teacher Training with Narisara

Friday 2-5pm, Saturday 9-6pm, Sunday 9-6pm

Learn to balance your classes and skill set with Restorative Training. Narisara focuses on the benefits to the nervous system and endocrine system which balance our physiological health. Narisara teaches these Restorative Asanas with nurturing clarity which allow students to relax into the full benefit of rejuvenation.

May 24-26

Sequence Development for Varying Levels

Friday 2-5pm, 6:45-8pm, Saturday 9-6pm, Sunday 9-6pm

Learn **sequence development** for varying levels of experience based on Anatomy and Subtle Body Kosha Model. Learn how to uplevel a sequence by implementing inversions, binds, or more advanced versions of basic poses. Learn ways to advance sequences as well as decreasing the level to make comfort for varying levels. Create challenge in your sequences that are well prepared for so students feel successful! Learn the Abhaya Kosha model to bring the students through an experience from Gross body to Subtle body.

June 7-9

Theme Integration - The Art of Storytelling

Friday 2-5pm, 6:45-8pm, Saturday 9-6pm, Sunday 9-6pm

The art of the narrative... going beyond the simple theme structure to create an interwoven fabric of asana, myth or story, all encoded into principles in the physical body.

June 21-23

Therapeutics, Hands On Adjustments Part 2; Rotations and Subtle Body

Teaching Refinements of the Lower Body & Upper Body

Friday 2-5pm, 6:45-8pm; Saturday 9-6pm; Sunday 9-6pm

In Part 2 of Therapeutics and Hands on Adjustments we focus on the stability of the joint and rotations in the joints of hips and shoulders. Help your private or group class students find comfort and ease with proper alignment and breath. By observing the breath patterns (vayus), the teacher can better instruct alignment and free up obstruction.

Asana Focus: Inversion, Arm Balances, Rotations for Lower and Upper Body; Hip Opening and Seated Poses/ Lotus

June 28-30 Closing Classes

Friday 2-5pm, 6:45-8pm; Saturday 9-6pm, Sunday 9-6pm

** Make up classes with Doug Keller July 28 weekend // extra charge**

