



Abhaya Advanced Teacher Training
Refined curriculum 2019

The Power of Clear Seeing- The Art of Observation

January 18-20

Friday 3-5pm, 6:45-8pm; Saturday 9-6pm; Sunday 9-6pm

Weekend 1

Learn to truly see your students with a refined eye and approach toward both the macro and the micro detail. With the power of clear seeing, a new perspective may come to life. Observation is step #1 to verbal cueing. Before we articulate what we want to say in the most impactful, clear, and simplest way, first we learn to become present and “see” with not only our eyes but sense and feel with our whole being. The PARA principle is the overarching principle of the Abhaya Method. Para refers to a deep abiding awareness; it literally means. Supreme. PARA teaches us to step back, to sense, and to not only see but feel the room. Cultivating the PARA principle allows us to be present and aware of the room collectively and see individually. From that open awareness, we as teachers can instruct from a place of clarity. Learn specific observation skills for viewing therapeutic patterns as well as simply appreciating the human beings in front of you.

Skills:

- PARA observation
- Viewing breath patterns
- Viewing architectural structure
- Viewing muscular support
- Sensing prana, quality, and mood

The Abhaya Method- Refining Practice

The Power of Clear Speech- Verbal Cuing & Empowering your Students

Weekend 1

The Abhaya Method, created by owner, Tara Glazier, offers freedom and ease on all levels.

This integrative method offers an approach that considers skeletal alignment, pranic (breath/energy) expansion, and open awareness. The goal of the method is to bring each individual into neutral skeletal alignment allowing for a free and regulated breath with the potential to touch upon something deeper within. The Abhaya Method uses the traditional model of the Koshas (5 sheaths) as a framework. The 5 sheaths or layers of physical and subtle body are explored through the Abhaya 4 Pillars. The 4 Pillars include foundational, inner core, support, and anchoring principles that can be applied to asana as well as breathwork and meditation.

As teachers, we need clear roadmaps on how to see and how to instruct. Each student is unique yet there are Universal principles that we can teach them to feel in their own bodies. Empower your students with clear cues and inquiry based cues that help them to find and feel aligned in their own bodies. Through the 4 pillars, The Abhaya Method leads the student to strength and ease.

Verbal instruction is one of our most powerful tools as yoga teachers. Most of what the students do is through auditory learning. How, what, and with what quality can deeply impact how they perform their posture. Templates for teaching and verbal cueing based on the method will be offered. Find clarity and direction once again in your teaching!

Verbal skills:

- Intonation
- Tempo
- Active, Reflective, and passive Languageing
- Simplified Instructions

The Power of the Inner Core

February 1-3

Weekend 2

Friday 3-5pm, 6:45-8pm; Saturday 9-6pm; Sunday 9-6pm

Inner Core Principles employ both, the deep core muscles and energy connected to prana vayu, (upward moving physiological wind) and the bandhas (seals/ locks that reverse the flow of energy in the body). The magic of the inner core principles help us to “fly” or “float” with ease into postures. The strength of the inner core empowers twists, backbends, inversions and arm balances. Study more deeply the muscles associated with low back support and energetic strength for refined asana.

Learn:

- Skeletal anatomy of the low back and spine
- Muscular anatomy of the low back and spine
- Subtle body anatomy of the bandhas
- Therapeutic components of inner core and bandha work

The Spirited Force of Prana through the Breath- Teaching Vayu Principles

Weekend 2

The Vayus are physiological winds that exist in our everyday experience. By utilizing them and opening them in asana, gives the practitioner newfound freedom and ease. Apana vayu and Prana vayu are the two primary vayus that create grounding in the lower body and upliftment in the upper body. The first order of business is to give students access to the natural grounding and uplifting force of these two vayus. Once the system has settled with the primary vayus, we can refine with the other 3 more subtle forces that open the throat, strengthen the center, and create greater proprioception.

Learn:

- How to see how the vayus are functioning
- How to instruct to the vayus
- Templates for each of the 5 vayus
- Subtle approach to teaching asana
- Offer a therapeutic adjustment and/ or instruction informed by the holding patterns

March 1-3

Weekend 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

Weekend 4

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 3-5pm, 6:45-8pm; Saturday 9-6pm; Sunday 9-6pm

Weekend 5

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

Finding Neutral in the Lower Body

How we first assist our students in “finding neutral” will help them to open more deeply and be more stable in their postures. To begin, we will discuss and practice how to find, feel and see skeletal and muscular neutral. We will view where there may be obstruction and how to simply offer stabilizing assists to clear pathways and release muscle tension.

Observe and practice therapeutic hands on adjustments for Standing Postures, Hip Openers, and Basic Backbends as they pertain to the lower body patterns. We will walk away understanding more clearly flexion and extension patterns as well as tilts and torques of the pelvis.

Abhaya's sensitive, skillful approach to touch has been proven by guiding many, many students into greater freedom and stability. Come and practice your hands on skills while becoming more knowledgeable about the anatomical connections between the lower body and upper body. Come and practice specific adjustments to clear lower back pain, hip tightness, and sacral instability.

Become more skillful in private yoga sessions or for those teachers looking to refine their eyes and hands for group classes.

April 12-14

Restorative Teacher Training with Narisara

Weekend 6

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 3-5pm, 6:45-8pm; Saturday 9-6pm; Sunday 9-6pm

Weekend 7

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.

The Koshas or sheaths are a traditional model or map for understanding our gross and subtle bodies. Early yogis felt, saw, and experienced themselves as not just one level of being but varying levels of energy. To be specific, these 5 layers move from physical body, pranic

body, emotional/ mind body, intuitive body and essence body. By understanding the Koshas that reside within our existence, we can better serve our students and their experience. This module will include discussion, practice through the koshas, and templates for seeing and cueing through the koshas.

June 7-9

Theme Integration - The Art of Storytelling

Weekend 8

Friday 3-5pm, 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.

Teaching from the Heart - Theme Integration & Storytelling

Embedding myth and story into an asana class is a wonderful way to open the heart and the mind. Thematic Integration is a skill that empowers the teacher to guide the students into their “hearts” while maintaining the physical component of the asana class. By identifying what the “purpose” of our class is, we can more easily integrate theme material without it coming from left field. In this 2 hour workshop, we will learn how to relate the physical experience we are offering (by either the sequence, specific poses, specific anatomy) to what we want to say on a deeper level. Leave the random behind and learn “maps” and templates to guide you and your the students you teach into a more integrated heart, mind, body experience.

Offering our students the power of myth and story cultivates another aspect of the Yoga and another aspect of themselves. With myth, we become new characters now see ourselves through metaphor.

Learn:

- How to use iconography effectively
- How to “code” mythological principles onto the body
- Tools for timing and how/ when to “tell” the story

- Templates for storytelling

Please bring: a book, text, teaching, etc you are working with so that you may use in the exercises done.

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

Teaching Refinements of the Lower Body & Upper Body

June 21-23

Weekend 9

Friday 3-5pm, 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

How we first assist our students in “finding neutral” will help them to open more deeply and be more stable in their postures. In the first part of this 2 hour workshop, we will discuss and practice how to find, feel and see skeletal and muscular neutral. We will view where there may be obstruction and how to simply offer stabilizing assists to clear pathways and release muscle tension.

This module focuses on the upper body patterns that cause tension or instability.

We will view various bodies & patterns to understand better: flexion/ extension patterns, tight psoas/ weak psoas major, overdeveloped traps and/ or underdeveloped rhomboids

Students will be given an assessment form to practice and to see the relationship between lower/ upper body, front body/ back body, lower leg/ hip, and shoulder/ neck with different bodies.

Learn spirals and rotations of the arms the allow deeper joint stability and muscular support. With greater shoulder girdle stability the neck and back can release. Both active and

restorative poses will be studied using cumulative skills of verbal cues, vayu principles, and hands on adjustments.

Teachers can help in simple ways to bring more space, anatomical stability, and prana/ breath so that our students may improve discomfort and lead to greater health and well being.

Become more skillful in private yoga sessions or for those teachers looking to refine their eyes and hands for group classes.