

TRINITY YOGA TEACHER TRAINING AND ADVANCED STUDIES

THE ART OF YOGA - 200 hour TEACHER CERTIFICATION –(YA)

ADVANCED STUDIES – 300 hour ART TEACHER SPECIALIZATIONS (YA)

An in-depth and professionally run program for those interested in studying and teaching the comprehensive and traditional path of yoga. Drawing from the ancient, classical traditions of Tantra, Hatha, and the eight limbs of Ashtanga yoga, The ART of Yoga training encompasses foundational learning - along with practical application, techniques and skills. The format of learning is immersion style and the course is delivered in three levels. The first two levels are a combination of hands-on and home study, augmented with online learning. Level III is a retreat style with a total immersion into the yoga lifestyle.

The ART of Yoga 200 hour teacher certification broadens the scope of learning, practicing and teaching yoga. This is a rich program of yoga -asana technique, personal coaching, voice and language training, leadership training, and studies in yoga philosophy, science and the specifics of yoga instruction, teacher development and teaching methodology.

That ART of yoga 300 hour Certification deepens the scope of teaching to specializations including the most important aspects of yoga and the application of it to specific populations or individuals requiring specialization. In addition the last 100 hour module of the 300 hour upgrade is intended to further develop and refine the teacher and to introduce the more advanced philosophies of Tantra.

The Yoga Teacher Training 300 hour upgrade includes 3- 100 hour sections.

* The first of these sections is the Adaptive and Restorative Yoga Module.
* The second section is the Therapeutic Yoga Module.
* The third section is the Tantra and Teacher development/refinement Module

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

A student coming to Trinity who has completed the 200 hour certification with any recognized school, may go on to complete the 300 hour specializations and the many applications therein. With an emphasis on the students’ exploration into personal development and the cultivation of their own personal teaching style and knowledge of yoga, this training prepares one well for the joy and service of teaching.

**PROGRAM HIGHLIGHTS**

PERSONAL DEVELOPMENT

* Utilizing the gifts of yoga to achieve Self-Mastery
* Direct and interactive coaching to draw out peak potential
* Introducing the power of language and communication as an empowering tool
* Discover learning ‘styles’ and unleash your own learning potential
* Learn how to step out of “your story”, and free up your energy
* Gain insight into your life’s purpose through understanding connectivity and service

LEVEL ONE

* A fabulous entry level course for teachers-to-be, yoga students looking to deepen and enhance their practice, and those seeking personal development through yoga.
* A fabulous six-day intensive based on the Quantum Learning method
* Small and intimate groups allow for extensive personal attention
* Thorough and professionally run programs based on Classical teachings and contemporary advances
* Safe and interactive curriculum designed for all backgrounds, and all levels
* Meet friends, have fun and celebrate physically, mentally and spiritually

LEVEL TWO

* Here you will learn to develop your signature ‘Authentic Teacher’
* Extensive instruction expands from Level One in: Anatomy, Physiology, Asana technique and alignment, Class design and development, Philosophy, Business, Energy Anatomy, Vocal development and Prosperity consciousness
* Teaching techniques and creative design are developed for many yoga styles
* Effective leadership and personal development for excellence in teaching and life
* Meditation and pranayama further developed from level one

LEVEL THREE

* A wonderful six day retreat where you are able to fully immerse in the yogic lifestyle
* Beautiful pristine settings in British Columbia Mountains – the perfect getaway
* A thorough completion of your 200 hour training for YOGA ALLIANCE certification
* Ayurvedic Spa treatments and superior cuisine
* Personal consultation and coaching from Senior Teachers

**ADVANCED STUDIES** – **300 Hour**

Adaptive and Therapeutic studies from an extensive philosophical, psychological and practical background

Modules designed to further develop students personally, professionally and spiritually

**MODULE ONE 100 hr– Adaptive & Restorative Yoga**

* 5 weekends or 6 day training
* The first and only teacher training teaching of ‘Adaptive yoga’ for persons with physical challenges including: Paralysis, all physical disabilities, stroke, arthritis, MS, amputee’s, developmental & any mobility impairment.
* Needs Assessment, Adjustment and Adaptation Process-provides the student teacher with extensive knowledge and tools to professionally and properly apply the tools and techniques of yoga to enhance and facilitate improved function and well-being.
* Professional and personal development and classroom management, risks, counter-indications pertaining to above conditions.
* Initial 50 hours of the program provide the foundation for a continuing education credit for health care professionals/massage therapists/care-givers, offered in 2 weekends as separate credit.
* Module 1 of the 300 program looks predominantly at the physical layer- anandamaya kosha.

**MODUE TW0 100 hour– Therapeutic Yoga**

* PTSD, stress, trauma, lifestyle, illness, disease, terminally ill, palliative.
* Overview of the anatomy and physiology of disease, stress and trauma this module looks at the more subtle systems and the effects of the above disorders.
* A basic psychological understanding of the Somatic’s of trauma, stress and lifestyle disorders and their inherent challenges to the system, and the applicable tools available through yoga therapy.
* An in depth look at the subtle systems of the yogic philosophy including the nadi’s, gunas, doshas, the vayu’s, the koshas, bandhas, chakras and meditation and their application and uses.
* Ayurveda and constitution as it applies to health and well-being, specific to the above challenges.
* Yoga methodology and application specific to the above conditions.
* This module goes beyond the physical layer to address the pranamaya-energy vital layer and manomaya-mental layer koshas in assessing, adjusting and applying the techniques and tools of yoga to help a client toward unity, well-being and peace.

**MODULE THREE 100 hour– Tantra and Teacher Refinement**

* Tantra & Teacher Development aims to address the teacher individually to provide the philosophical and spiritual elements that will enhance self-realization and fulfillment.
* To further develop teaching skills and self-expression to move from good to great.
* Tantra as a philosophy and system of the ancient Vedas has extensive scope, knowledge and techniques, this will provide the student with a solid foundation of the Radiant Soul of Tantra for their own personal development
* Yogic studies to align 300 with 500 hour certification

The breakdown of the components of the 200 hour certification is as follows:

Techniques- 100 hours

Teaching Methodology- 20 hours

Anatomy and Physiology-20 hours

Practicum-20 hours

Electives-30 hours

Home study-10 hours

Contact hours total- 190 hours

The breakdown of the components of the 300 hour certification are as follows:

Yoga applications, ethics and teacher professionalism-60 hours

Teaching methodology 120 hours

Anatomy, Ayurveda, physiology, neuro-physiology, Somatics -50hours

Practicum 40 hours

Tantra - The Radiant Soul of Yoga, teacher personal development

The 40 hour two weekend segment of the 100 hour Adaptive and Restorative Yoga Therapy are as follows:

* Assessment, Adjustment, Adaptation Process
* Technique and alignment
* If you can breathe you can do yoga
* Anatomy, classification of various physical different abilities, counter indications
* Client centered practice and delivery
* Yoga in the field, healthcare providers care aides and in-home family learning basic yoga therapy
* Institutions and applications therein
* Community health care and yoga in various community applications