



fuller yoga™

Live Simply & Wisely™

2017/2018

TRACK 1 – The Foundation

Weekend 1 – Anatomy/Kinesiology – Sept.15-17, 2017

Students will learn the names of muscles and bones as well as understand the function of various types of soft tissues. Students will be able to identify common postural deviations due to tight and weak muscles and select key postures to teach in order to rebalance the body to a healthy posture. Students will also be able to understand movement planes, structural anatomy and select/correct postures based on a person's flexibility and limitations.

Weekend 2 – Pranayama/Kriyas/Meditation/Philosophy/Lifestyle/Ethics – Oct. 13-15, 2017

Students will be able to select appropriate breathing techniques to implement into their class theme. They will understand which breathing techniques are contraindicated to specific populations and adjust each student accordingly. Students will also learn mantras, cleansing techniques and meditation. This weekend will also include learning the history of yoga in the United States

Weekends 3 -7 – Asana/Benefits/Cueing/Contraindications –, Nov. 10-12 · Dec. 8-10, 2017 Jan.5-7, Feb. 2-4, March 2-4, 2018

Students will be able to adequately identify correct alignment in each pose, suggest ways for students to intensify and/or modify, correctly instruct students into and out of the pose and know when a student shouldn't do a posture.

TRACK 2 – The Gift

Weekend 8 – Class Themes/Structure/Music/Seasons/Life stages – March 30-April 1, 2018

Students will be able to put together playlists that compliment the levels and style of the class they are teaching. Students will be able to build a class based on a single pose, chakra, emotion or particular theme i.e. freedom, grounding, flow etc. Students will be able to engage their participants through the use of voice, cueing and eye contact. Students will be able to “read a room” and adjust their classes accordingly.

Weekend 9 – History of Teaching/Business Practices/Marketing – April 27-29, 2018

Students will be able to identify inappropriate choices on behalf of both teacher and student. They will be able to conduct themselves appropriately as yoga instructor to all ages, races, religions, gender, and sexual orientations. Students will also know what constitutes sexual harassment in accordance with the laws of this state. CT

Weekend 10 – Now You're Teaching – June 1-3, 2018

Students will be able to teach a themed class as well as address the challenges of multi-levels classes. Trainees must complete an additional 3 classes at the studio on their own and 3 additional classes outside the studio before their certificate will be issued.