



fuller yoga™

Live Simply & Wisely™

2020/2021

TRACK 1 – The Foundation

Anatomy/Kinesiology –

Oct. 16, 17 & 30, 31 – open to the public \$395

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.

Yogic Breathing, Philosophy, Mantras and Meditation

Nov. 13, 14

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

Dec. 4, 5, 18, 19 Standing Postures

Jan. 8, 9, 22 23 Arm Balances

Feb. 5, 6, 19, 20 Backbends and Inversions

March 5, 6, 19, 20 Twists

April 9, 10, 23, 24 Seated Postures

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

Principles of Practice Styles/ Class Themes/ Sequencing / Use of Props /Music/Seasons/Life stages

May 7, 8

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.

Assisting/ Ethics/History of Teaching/Business Practices/Marketing

May 21, 22

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

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

Prep Exam TBD

Students will be asked to teach class where the public will be joining us. Notes and critiques will follow each class. Student will walk away with tangible areas in which to work so that they can work on specific area before their final teach in order to graduate.