



300 Hour Yoga Teacher Training Program

Namaskar Yoga Studio is pleased to present a 300-hour program that gives the student an authentic experience of traditionally taught, classical yoga. The course curriculum is based on the Ashtanga Vinyasa Method and Patanjali Sutras.

The objective for students is to significantly deepen their personal practice and knowledge of practical yoga philosophy and allow this to inform their future teaching.

On the mat: Students will improve their functions of breathing techniques, posture alignment, variations, use of props and the “assisted self-practice” Mysore style model. Practicums: You will practice teaching and adjusting students early in the program, in a fun supportive manner.

Off the mat: Students will be inspired to further their studies of perennial wisdom and apply this to everyday life and interpersonal relationships.

Teaching pathway: Students are guided in led classes and traditional Mysore learning style. In keeping with the tradition of the student-teacher relationship, you are given postures as your body/mind is ready to receive. This personal experience of overall growth and steadiness of practice will cultivate excellence in teaching going forward.

A departure from modern yoga classes where students are often thrown into classes where advanced postures are given without the foundation and readiness of the student. Cultivation of deep spiritual practice requires mastery of breath, mind and posture, one step at a time.

Students will learn the Ashtanga Half Primary series, increasing their knowledge of each individual posture. Curriculum modules will be dedicated to specific themes such as hip opening, back bending, arm balancing and inversion sequences. Deepening and developing your personal practice will be a priority in this training.

This 300 Hour Canadian Alliance Certification course is open to anyone who has been practicing for at least one year. It is also perfect for yoga teachers with

200-hour certificates to increase their skill, confidence and success in starting their own teaching business or working for an established studio.

Your Faculty Guides:

Shelley D'Amico, Owner of Namaskar Yoga, Parksville

Shelley is a certified 550 hr Ashtanga-based & Yin yoga teacher, as well as a certified Meditation and Mindfulness Teacher. She is intentional in educating students by teaching the why behind the what and how. Shelley believes that with a little knowledge (and practice!), students can learn to trust their intuition and safely practice yoga asanas in a way that best supports their unique body. Shelley's guidance is informed by her primary teachers: Deborah Carruthers, Geoff Mackenzie, Carly Forest and Natalie Rousseau.

Deborah Carruthers, Director of VI Yoga School, Duncan

Deborah Carruthers has 14 years of teaching experience in the Ashtanga method. As the owner and Director of Vancouver Island Yoga school, she has facilitated eight yoga teacher trainings and five retreats to Kerala, India. She honours her teachers along the way in the Mysore method:

Geoff Mackenzie, Rolf and Marcia Naujokat (Goa), Sharmila Desi (Goa), David Swensen, Kino Macgregor and Tim Feldman (Miami). Deborah holds a Master's degree in counselling Psychology and a level one Ayurveda practitioner certification.

Geoff Mackenzie, Director of First Light Yoga, Vancouver

(<https://firstlightyoga.ca/>)

Geoff has been practicing yoga for over 25 years since beginning on a forest floor in France in 1996. He started teaching classes in 2004, after completing a YTT in Victoria, BC. Geoff's guidance is informed by extensive studies with R. Sharath Jois and their family in Mysore, India, combined with input from innovative Western practitioners. Modern approaches to strength, mobility and breath-work training feature in his own practice too.

Geoff's students consider him to be a reliable, steady presence in the classroom. You can count on him to apply the Ashtanga Vinyasa method in a way that will challenge you, while still respecting where you're starting from and what your intentions are.

YTT300 Curriculum

History

1. Origins & Sources of Yoga
2. Branches of Yoga

Sanskrit

1. Sanskrit Introduction
2. Sanskrit First Words – counting, level 1 & level 2 asanas

Meditation & Mantra

1. Mantras & Chanting Introduction
2. Meditation & Mindfulness Introduction

Philosophy

1. Defining Yoga
2. Foundational Philosophies
3. Bhagavad Gita Introduction
4. Yoga Sutras Historical Context
5. Yoga Sutras Overview & Structure
6. Energetic Body
7. Eight Limbs Intro & Overview
8. Yamas & Niyamas Intro & Overview

Anatomy – 20 Hours Online – Self Paced

Musculoskeletal System

1. Musculoskeletal System Intro
2. Connective Tissue & Fascia
3. Location & Movement Terminology
4. Muscle Movement & Contraction
5. Joint Movements & Mobility
6. Muscle Pairs & Pose Examples

Spine & Back Anatomy & Posture

1. Spinal Regions & Vertebrae
2. Back Muscles

3. Spinal Functions
4. Spinal Movements
5. Healthy Posture
6. Postural Issues & Conditions
7. Spine & Back Teaching Considerations

Core Anatomy

1. Core Form & Function
2. The Psoas, Pelvis & Sacroiliac Joint
3. TA & Engaging Deeper Abs
4. Bandhas

Physiology

Nervous System & Stress

1. Nervous System Overview
2. The Vagus Nerve
3. Stress & Relaxation Response
4. Why Yoga Works

Respiration

1. Respiration / Breathing Introduction
2. Diaphragm, Accessory Muscles & More

Breath & Pranayama

Breathing Foundations

1. Breath Teaching Cautions
2. Healthy & Restricted Breathing
3. Yogic Breathing
4. Pranayama Teaching Foundations

Pranayama Techniques

1. Ujjayi
2. Nadi Shodhana
3. Kapalabhati
4. Wimhoff

Ethics & Equity

1. Teacher-Student Relationships & Ethics
2. Equity in Yoga – Inclusion & Diversity
3. Inclusive & Accepting Word Choice
4. Body Positivity + Larger Bodies

Teaching Methodology

Teaching Foundations

1. Advanced yoga asana
2. Yin Yoga asana

Your Presence as the Teacher

1. Body Language, Authenticity & Presence
2. Sonic Components of Voice
3. Wise Word Choice

Alignment, Adjustments & Transitions

1. Defining & Teaching Alignment
2. General Alignment Principles
3. Choosing Alignment Cues
4. Adjustment & Assisting Guidelines
5. Mindful Asana Transitions

Sequencing Foundations

1. Class Elements
2. Sequencing Fundamentals & Guidelines
3. Choosing & Arranging Poses
4. Segmenting Your Class
5. Sequencing & Pacing to Balance Energy

Adapting For Student Needs

1. Adaptation Principles
2. Trauma Informed Teaching
3. Working with Pain
4. Pregnancy & Yoga Introduction
5. Beginners Introduction
6. What Students Want & Need
7. Mixed Level Classes

Personal Practice & Self-Care

1. Personal Practice & Study
2. Inspiration to Teach
3. Self-Care & Burnout

Professional Development

1. The Business of Teaching
2. Building Business & Revenue Streams
3. Marketing Your Yoga Business
4. Insurance & Continuing Ed

The course will be delivered in weekend modules at Namaskar Yoga Studio starting Friday, October 20, 2023

Course dates:

October 20, 21 & 22

November 3, 4 & 5

November 17, 18, & 19

December 1, 2 & 3

December 15, 16 & 17

January 6, 7 & 8

January 20, 21 & 22

February 3, 4 & 5

INVESTMENT:

Cost for 300-hour program certification: \$4800.00 plus GST. Early Bird pricing \$4300 plus GST from April 1st to June 30.

Payment information

The deposit required to hold your place is \$800.00. The remaining payments can be paid in equal installments. We accept e-transfer, debit and credit cards. Applicants withdrawing 30 days before the start date are subject to a 50% administration fee.

Canadian Yoga Alliance 300-Hour Registered Yoga Teacher Training

This program will transform your practice and radically deepen your understanding of yoga. This training is suitable for both aspiring teachers and dedicated practitioners as it will provide the foundation of knowledge essential for any invested yogi.

Our program follows the rich lineage of Krishnamacharya, rooted in teachings from Patanjali's Yoga Sutras. Our methodology combines the flow and power of Ashtanga with its focus on alignment and sequencing. To balance, you will learn about contemplative styles, mindfulness as well as sequencing and ideas to create your yoga style.

You will have the opportunity to learn from our experienced teachers in their area of specialty. Daily practice will integrate the principles of teaching deeply into your body. We will focus on wellness, pranayama, and meditation to enhance your experience.

You will learn how to:

- ➤ teach Ashtanga based vinyasa classes
- ➤ teach Yin classes
- ➤ apply anatomical understanding of the body to alignment in yoga asanas
- ➤ sequence creatively and safely
- ➤ recognize common misalignments & risks
- ➤ suggest modifications & variations of poses
- ➤ offer clear verbal and hands-on assistance
- ➤ find your unique teaching voice
- ➤ Learn to count and pronounce names of postures in Sanskrit

Upon successful completion of the program, you will be qualified to register as an RYT300® with the Canadian Yoga Alliance. Our graduates teach a diverse range of yoga styles including Ashtanga Half Primary Series, Ashtanga Fusion, Vinyasa and Yin.

Our Faculty

Shelley D'Amico, E-RYT 550, Owner of Namaskar Yoga

Deborah Carruthers, BA, BSW, MA, Director of Harmony Yoga

Geoff Mackenzie, Director of First Light Yoga

Required Textbooks (not included in course fees)

Kino McGregor - The Power of Ashtanga Yoga: Developing a Practice That Will Bring You Strength, Flexibility, and Inner Peace.

Eddie Stern- One Simple Thing A New Look at the Science of Yoga and How It Can Transform Your Life

Functional Anatomy of Yoga – David Kiel

Student responsibility:

You must commit to a schedule of 10-12 hours a week of practice and workshop time. To meet the criteria for course completion, 100 supervised practice hours are required, and 60 hours will be completed during the course. Individual and group homework will be assigned as part of the course and must be completed to receive your certificate.

You will be open to learning to teach in front of your peers and teachers, receiving valuable feedback to gain convince and mastery.

Students must attend at least 85% of course training in person to receive their certification.

In consideration of students' busy lives and work commitments, there is some flexibility to accommodate a meaningful, supportive experience that enhances wellbeing.

Welcome!

Thank you for your interest in the Namaskar Yoga Teacher Training Program. As part of your application, please reply to the following questions. Your responses will help us define areas of focus for you and help us get to know you better. Feel free to add more information on the back page(s) as needed.

Please return your answers, contact information, and the \$800 deposit to shelley@namaskaryoga.ca via e-transfer or we can arrange a credit card/debit card payment.

Questionnaire

Outline your yoga background: _____

How long have you been practicing yoga? _____

What styles of yoga have you studied?

Which studios and teachers have you worked with?

2. Please share any other relevant training:

3. List any injuries or illnesses and medications(All health information is kept confidential).

4. Are there any challenges you are going through that would affect your time in the program?

5. What are your objectives, needs and expectations from the course?

6. What is your favourite yoga posture and why?

7. What calls you to embark on this training?

Contact Information

Name

Signature

Address

Phone (work, home, mobile) Email

Emergency Contact Name and phone number