



Adaptive and Trauma-Sensitive Teacher

Career Path Training Plan

Trimesters - Required Areas of Study

Take these semesters when scheduled. Each includes self-paced virtual content, flexible live and in-person content, and an immersive retreat.

Trauma and Adaptive Focus 100 hours

- Adaptive Yoga
- Trauma-Sensitive Yoga
- Holding Space
- Somatic Movement

Meditation Focus 100 hours

- Pranayama, Mantra, Mudra
- Yoga From Within
- Inspired Teaching
- Yin Yoga

Advanced Teaching Skills - Customize Your Study

Your remaining 100 hours are composed of coursework and apprenticeship that you select based on your area of interest.

Suggested choices

- Supplemental Practices (Sacred Sound, Yoga from Within)
- Apprenticeship focused on special populations or special settings
- Apprenticeship focused on spiritual or meditative practices

Timeline

- 12-24 months
- Begin your Advanced Teaching Skills hours at any time
- Join Adaptive and Trauma Focus and Meditation Focus Trimesters when scheduled (4 months each)

Required Course Details

Adaptive and Trauma Focus

Adaptive Yoga

30 hours | Trauma and Adaptive Focus | Self-Paced Course

Practice adapting your teaching of yoga to fit a variety of needs. Learn anatomy, physiology, and contraindications for a variety of common physical limitations and conditions and how to modify asana and other practices to best serve these populations.

The Art of Holding Space

16 hours | Trauma and Adaptive Focus | Retreat

Become more intentional with the environment you create as a guide and teacher with this facilitation training. Use the tools and philosophy of yoga to guide group experience and discussion in classes, support groups, and other meetings.

Somatic Movement

16 hours | Trauma and Adaptive Focus | Retreat

Experience movement that can help to process the trauma response in the body by soothing the nervous system, allowing for healing and recovery from long-held tensions and movement patterns. By helping students to cultivate a sense of trust with the body with this kind of movement, we can help them to gain greater self-understanding on their path to recovery.

Trauma-Sensitive Yoga

20 hours | Trauma and Adaptive Focus | Live Virtual Course

Learn the intricacies and skills needed to hold space for students who have experienced trauma. The introductory/overview course will help you to understand how to adapt your language and teaching to help students have a safe and effective yoga practice, regardless of their experiences.

Meditation Focus

Inspired Teaching

16 hours | Meditation Focus | Self-Paced Course

Draw on inspiration from many sources and learn effective techniques for sharing this inspiration with students. Guided by experienced therapeutic teachers and yoga scholars, you will learn how to draw from a multitude of sources to inspire your students to a practice that is meaningful, insightful, and personal.

Pranayama, Mantra, and Mudra

30 hours | Meditation Focus | Self-Paced Course

A deep study of breathing and meditative practices that impact the subtle bodies. In this course, you will practice and learn to teach a variety of techniques in each category as practiced in the classic yoga tradition.

Yin Yoga

16 hours | Meditation Focus | Self-Paced Course

Wind down your practice and teaching with the yoga style that embraces stillness in the body and slowly allows opening and release, physically, mentally, and emotionally. Learn the unique philosophy and approach of yin yoga and the fundamentals of teaching this style of yoga.

The Yoga Sutras in Practice

20 hours | Meditation Focus | Live Virtual Course

A close look at the philosophy of the yoga sutras and how to incorporate this philosophy into life in practice. Study the yamas and niyamas, the kleshas, and meditation, learn chanting of key sutras, and practices for studying and understanding a text that can take lifetimes to fully understand.

Advanced Teaching Skills

Apprenticeship Choices

We suggest that every student uses 20 hours of this 100 hours in personal apprenticeship with a mentor. You can complete these hours at any time and focus on whatever you like. Here are some of our suggestions for what might help support the Skilled Asana Teacher career path.

Adaptations

for specific populations (specific conditions or groups) or settings, such as clinics and treatment centers

Spiritual Practice

learn how you can support students in their spiritual journey in a way that is safe, inclusive, and powerful

Teaching Skills

to help you with your language, presentation, and planning

Course Choices

Choose from these suggested courses and from live offerings like webinars and group mentoring for the remaining 80 hours of this 100 hours.

Aerial Yoga

60 hours | Advanced Teaching Skills Choice | In-Person Immersion Course

The aerial hammock is a master prop that allows us to take yoga to places we cannot go anywhere else. Aerial yoga makes the difficult practices of asana easier, and the simple things harder! We can experience weightlessness with some movements, and feel our bodies challenges as never before with others. You will learn everything you need to know to safely assemble aerial yoga gear, teach thoughtful and safe aerial yoga classes, and take your teaching to an entirely different plane of experience.

Inspired Teaching

16 hours | Meditation Focus | Self-Paced Course

Draw on inspiration from many sources and learn effective techniques for sharing this inspiration with students. Guided by experienced therapeutic teachers and yoga scholars, you will learn how to draw from a multitude of sources to inspire your students to a practice that is meaningful, insightful, and personal.

Sacred Sound

20 hours | In Person Intensive

Study of using instruments and mantra to tune into vibrations that enhance practice

Teaching Power Yoga

20 hours | Advanced Teaching Skills Choice | In-Person Immersion Course

This training will teach you how to safely practice and teach power yoga, the popular ashtanga-inspired format that challenges the body and mind. Course components will include power yoga practice philosophy, class sequencing, safety in advanced asana, and teaching power yoga to all levels of students.

The Yoga Sutras in Practice

20 hours | Meditation Focus | Live Virtual Course

A close look at the philosophy of the yoga sutras and how to incorporate this philosophy into life in practice. Study the yamas and niyamas, the kleshas, and meditation, learn chanting of key sutras, and practices for studying and understanding a text that can take lifetimes to fully understand.

Yoga for Reproductive Health

20 hours | Advanced Teaching Skills Choice | Self-Paced Course

Learn about yoga practices to support the reproductive system and overall health. With special information and practices for menstruation, menopause, fertility, reproductive surgeries and sexual trauma, this course will prepare you to work with a wide range of students.

FALL 2022: TRAUMA AND ADAPTIVE FOCUS

LIVE AND IN-PERSON SCHEDULE

SEPTEMBER 2022

Live Virtual Course: Trauma-Sensitive Teaching

Mentoring Course | Meets weekly on Sundays, 6-9 pm CT

- September 11, 18, 25, October 2, 9

NOVEMBER 2022

Webinar Series: Adaptive Populations

Meets weekly on Wednesdays, 12:00-1:30 pm CT

- November 2 - Chronic Pain
- November 9 - Bold Bodies
- November 16 - Wheelchair Yoga

In-Person Intensive: Teaching Power Yoga

Option if not enrolled in current semester

November 4-6

OCTOBER 2022

Webinar Series: Trauma Populations

Meets weekly on Wednesdays, 12:00-1:30 pm CT

- October 5 - Eating Disorders
- October 12 - PTSD
- October 19 - Identity Trauma

Advanced Training Immersion Weekend

- October 7, 6-8 pm - Yoga Practice and Group Mentoring*
- October 8, 9:30 am - 12:30 pm - Power Yoga for Recovery Workshop*
- October 8, 1:00-3:00 pm - Practice Teaching and Mentoring*
- October 9, 9:30-12:30 - Office Hours by Appointment*
- October 9, 1-4 pm - Sacred Sound Workshop

Retreat: Self Exploration and Healing

October 18-23, 2022 | Marble Falls

- Art of Holding Space Course
- Somatic Movement Course

DECEMBER 2022

Webinar Series: Special Populations

Meets weekly on Wednesdays, 12:00-1:30 pm CT

- November 30 - Teens
- December 7 - Recovery
- December 14 - Grief

Advanced Training Immersion Weekend

- December 2, 6-8 pm Yoga Practice and Group Mentoring*
- December 3, 9:30 am-12:30 pm - Ayurveda for Yoga Teachers Workshop*
- December 3, 1:00-3:00 pm - Practice Teaching and Mentoring*
- December 4, 9:30-12:30 - Office Hours by Appointment*
- December 4, 1-4 pm - Yamas and Niyamas Workshop

Semester Timeline

September 1: Self-paced coursework available

December 4: Deadline for personal mentoring meetings

December 17: Deadline for all course component completion before holiday break

Investment

Full semester with retreat: \$2,800

Early registration (before July 1): \$2,500

Please see program investment page for details and options

SUMMER 2023: MEDITATION FOCUS

LIVE AND IN-PERSON SCHEDULE

MAY 2023

Live Virtual Course: The Yoga Sutras

Meets weekly on Sundays, 6-9 pm CT

- April 30, May 7, 21, 28, June 4

Webinar Series: Restorative Yoga

Meets weekly on Wednesdays, 12:00-1:30 pm CT

- May 3 - Easing into Stillness
- May 10 - Introspection
- May 17 - Surrender

JULY 2023

Webinar Series: Yin Yoga

Meets weekly on Wednesdays, 12:00-1:30 pm CT

- July 5 - Cultivating Trust
- July 12 - Comfort in Discomfort
- July 19 - Release and Rejuvenation

Advanced Training Immersion Weekend

- July 14, 6-8 pm - Yoga Practice and Group Mentoring*
- July 15, 9:30 am - 12:30 pm - Teaching Meditation Workshop*
- July 15, 1:00-3:00 pm - Practice Teaching and Mentoring*
- July 16, 9:30-12:30 pm - Office Hours by Appointment*
- July 16, 1-4 pm - Tantra Yoga Workshop

JUNE 2023

Advanced Training Immersion Weekend

- June 2, 6-8 pm - Yoga Practice and Group Mentoring*
- June 3, 9:30 am - 12:30 pm - Teaching Restorative Yoga Workshop*
- June 3, 1:00-3:00 pm - Practice Teaching and Mentoring*
- June 4, 9:30-12:30 pm - Office Hours by Appointment*
- June 4, 1-4 pm - Sanskrit Workshop

Webinar Series: Intentions and Themes

Meets weekly on Wednesdays, 12:00-1:30 pm CT

- June 7
- June 14
- June 21

AUGUST 2023

Advanced Training Immersion Weekend

- August 4, 6-8 pm - Yoga Practice and Group Mentoring*
- August 5, 9:30 am - 12:30 pm - Pranayama Workshop*
- August 5, 1:00-3:00 pm - Practice Teaching and Mentoring*
- August 6, 9:30-12:30 pm - Office Hours by Appointment*
- August 6, 1-4 pm - Mantra and Mudra Workshop

Webinar Series: Professional Skills

Meets weekly on Wednesdays, 12:00-1:30 pm CT

- August 2
- August 9
- August 16

Semester Timeline

May 1: Self-paced coursework available

August 6: Deadline for personal mentoring meetings

August 16: Deadline for all course component completion before semester break

Investment

Full semester: \$2,300

Early registration (before March 1): \$2,000

Please see program investment page for details and options

Frequently Asked Questions

I want to do this career path, but it looks like I can't start for several months because of when the focus area semesters are planned. Is there anything I can start right now?

Yes! You can start on your "Advanced Teaching Skills" 100 hours at any time. You can start an apprenticeship, start attending live webinars, workshops, and group mentoring sessions, and start on any self-paced courses you'd like to take.

What if I don't know what career path I want to follow?

While it is useful to have a destination in mind, you can certainly start your training without a clear career path ahead of you. It is also possible that none of our suggested paths are a perfect fit for you. It is possible for you to complete your training in a more customized way. You can do all 300 hours in an "Advanced Teaching Skills" format, choosing just the courses you want and including 60 hours of personal apprenticeship. Meeting with us for a training consultation is the best way to help understand what the best path for you will be.

I only want in-person training. What are my choices?

If you don't want to follow the semesters as planned because you prefer in-person learning, you can take a more customized path that emphasizes one-on-one learning, attending group mentoring, and retreats. This path will require a larger investment.

I'm not local. Can I still do my full training with you?

Absolutely. Everything except for retreats or in-person only courses (intensives and Aerial Master Course) can be done virtually. We will help you complete your hours with self-paced courses, workshops, webinar series, and personal mentoring.

I've already taken some courses with you under a different format. What do I do?

Meet with us to make a plan for completing your training. We'll absolutely count hours you have already taken. The individual courses are much the same, even if the format has shifted.

I see other programs that are much cheaper. What is included in the cost of this program to make the cost higher than other programs?

Other programs target students who do not want personalized support or attention or are not taught by skilled teachers. The biggest cost for any training program should be its faculty. We believe in paying our faculty a good wage for their work and experience. We also believe in high-quality education, which requires constant improvement of our curriculum and personal attention and support for each student. We also believe in training yoga professionals who will be equipped to work for good money. We estimate your investment in our program will be returned to you within 5 months of part-time teaching or 3 months of full-time work. We will support you in finding the work that will bring the best return on investment for you.

Is there any way for me to reduce the overall cost of the program?

Yes! Sign up early and take advantage of advanced payment discounts. Please see our tuition and registration details for more information, and make sure to discuss your options with us when we meet for your training planning sessions.