



# Skilled Asana Teacher

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## Career Path Training Plan

### **Semesters - 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.

#### **Asana Focus 100 hours**

- Advanced Anatomy
- Personal Practice and Self Study
- Creative Sequencing
- Partner Yoga + Manual Adjustments

#### **Holistic Focus 100 hours**

- Personal Practice, Self Study, & Professional Development
- Experiential Anatomy
- Yoga Lifestyle Coaching

### **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**

- Specialized yoga styles (Power, Yin, Aerial, etc.)
- Apprenticeship in a specialized style
- Apprenticeship focused on cueing, alignment, and teaching skills

#### **Timeline**

- 12-18 months
- Begin your Advanced Teaching Skills hours at any time
- Join Asana Focus and Holistic Focus Semesters when scheduled (4 months each)

# Required Course Details

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## Asana Focus

### **Advanced Anatomy**

30 hours | Asana Focus | Self-Paced Course

Take a practical approach to understanding anatomy in yoga practice in this course, studying the biomechanics of the body in an accessible way.

### **Advanced Asana and Alignment**

20 hours | Asana Focus | Live Virtual Course

Get personal feedback and support on your practice and learn how to teach your students safely and effectively through a wide range of asana. With a progressive, systematic approach, take a deep dive into asana practice and learn about how to progress and advance through asana practice smoothly and empower your students to do the same.

### **Creative Sequencing**

16 hours | Asana Focus | Retreat

Learn how to build sequences for all levels of students in a variety of yoga styles. We will take a close look at a range of asana, studying anatomy, body mechanics, and the benefits of each pose. Using this deep understanding of the purpose and effect of each asana, we will study and practice linking the postures together in a way that is physically and energetically beneficial with the least amount of risk.

### **Partner Yoga and Manual Adjustments**

16 hours | Asana Focus | Retreat

Join us for this hands-on immersion into partner yoga and adjustments. We'll explain and demonstrate the fundamentals of partner yoga, including body reading, understanding points on the body for support and traction, weight balancing, and grounding. For the adjustments section, we'll discuss and practice using the power of touch to provide a supportive, load-bearing, comfortable, experience based on community and trust. We'll cover understanding the limits of the teacher and practitioner, and to communicate through touch and empathy.

## Holistic Focus

### **Experiential Anatomy**

20 hours | Holistic Focus | Self-Paced Course

Learn to foster a relationship with the body that is based on mutual trust. In our sessions, we will learn and experience practices to help connect us to our bodies energetically, learning to awaken and trust the body's intuition. Through the study of physical and energetic anatomy and somatic practices, you will learn how to work with and care for the body you rely on for your work and life.

### **Personal Practice, Self Study, and Professional Development**

30 hours | Asana Focus | Self-Paced Course and Retreat

Through study of yourself and yogic wisdom, create practices for yourself that will nourish and inspire you to be an excellent facilitator for your students. Study will include Ayurvedic principles of self-care, therapeutic practices, and the art of setting and achieving meaningful goals. You will also learn how to use this knowledge to enhance your professional skills and learn how to apply the tools for yourself and your students.

### **Yoga Lifestyle Coaching**

50 hours | Holistic Focus | Live Virtual Course, Retreat & Personal Mentoring Course

Building on the yogic principles learned in other courses this semester, learn how you can meet with private clients to help them create personal practices and help them pursue their goals in a healthy and meaningful way. This course will include live training sessions, application during our retreat, and 10 hours of personal mentoring to help you become a qualified professional.

# Advanced Teaching Skills

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## 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 or styles of yoga

### **Professional Development**

to help you build your brand and marketing

### **Teaching Skills**

to help you with your cues, body reading, and presentation

## 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.

### **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.

# 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.