



SEATTLE YOGA ARTS

**SYA 2020 Year-Long 300-hour Advanced Yoga Teacher Training
Teaching Yoga in the 21st Century - A Call to Skilled Action**

January 10 - 12 - FOUNDATIONS

Teacher: Ellen Boyle

- Creating your mission statement and bio as a teacher
 - Career Goals
 - Dharma Chart
- Introduction to History and Philosophy - Lineage and Context emphasizing Kashmir Shaivism's non-dual Tantra.
- Your spiritual evolution - what is awakening?
- Introduction to the 8 Limbed Path of Yoga
- Introduction to Mindfulness
- The Anusara Universal Principles of Alignment - Soften and Open to Grace, Muscle Energy

- How to embody them and weave them into your classes for refined and accurate verbal cueing
- Practicum - teaching the Open to Grace and ME in:
 - Standing poses
 - Back Bends
 - Twists
 - Forward Bends

February 7 - 9

Teacher: Danny Arguetty

- 6 Qualities of Consciousness - Kashmir Shaivism's Perspective
- Alignment Evolution - Teaching to Diverse Bodies
- Nourishing the Teacher - Theming your Classes
- Deities

March 13 - 15

Teachers: Ellen Boyle

Laura Prudhomme & Erin Beattie

Ellen

- Reflect on February Weekend
- Review IPA's
 - ME and Focal Points
- Inner Spiral and Outer Spiral Theory and Practice
- Yamas and the Niyamas - The Classical Perspective

Laura and Beatty

- **Understanding and Exploring Pathways to Alignment**
 - Model and discuss basic alignment to deepen your understanding of how bodies function in motion
 - Refine your lens for holding space and seeing your students in process

- Explore verbal and tactile techniques that allow you to clearly and concisely articulate pathways to optimal alignment
- Practice offering safe and empowering hands-on support

April 10 - 12

Teacher: Ellen Boyle - 20 hours

- Weaving the yamas and niyamas into a sequence practicum
- the yamas and the niyamas from the tantric perspective
- Review IPA's
- Add OE
- The spanda/pulse of ME/OE
- Teaching Organic Energy Practicum with theme
- Introduction to Ayurveda
- Dinacharya - Daily Rhythms
- Constitutions
- Ayurvedic Nutrition - The Six Tastes
- How to weave Ayurvedic principles into asana class

May 8 - 10

Teacher: Robin Rothenberg

- Pranayama - Functional Breathing
- Mastering Low Back and Sacral Issues with your students

June 12 - 14

Teachers: Ellen Boyle

Beth Award

Ellen

- Teaching Pranayama Practicum
- Weaving Pranayama into asana class
- Mindfulness for Stress and Anxiety
- Prana, Tejas, and Ojas
 - Balancing P/T/O in practice
 - Balancing P/T/O practicum

- Your Final Project: Planning your 6-Week Series
- Ayurvedic Nutrition - The Six Tastes

Beth

- How to Design a 6-Week Intro Series

July 8 - 12 Retreat/Intensive at Northwest Cascade Institute

Teachers: Ellen Boyle & Claudette Evans

50 hours

- **Mindfulness of Thoughts, Feelings, and Emotions**
- **Review IPA's**
- **Introduce the Anusara Loops**
- **For each loop**
- **1-hour theory and practice**
- **1-hour practicum**
- **History, Philosophy, and Literature**
- **Yoga Sutras of Patanjali**

The Bhagavad Gita

- Cultural Appropriation in Yoga
- Yoga for Social Justice
- Envisioning and Living your Contribution to Yoga and the Planet
- Ayurveda as Lifestyle Map for Health and Healing of the Yogin and the Planet
- Ethics for the Yoga Teacher
- Theming and Integrating the UPA's into Arm Balances and Inversions
- Pratyahara, Dharana, Dhyana and Samadhi
- Ayurvedic 5 Sense Self-Care

August 14 - 16

Teachers: Ellen Boyle and Claudette Evans

Ellen

- Arm Balance/Inversion Practicum
- Use of Sanskrit in the Classroom
 - Asana Flashcards to Learn Sanskrit Game
- Yoga for Anxiety and Depression

Claudette

- Introduction to Sanskrit
- Why Sanskrit in the yoga classroom?

September 11 - 13

Teachers: Claudette Evans

Jaime Waliczek

- How to teach pre and post-natal classes
- The Art of Mantra

October 9 - 11

Teacher: Josephine Edmonson

- The Art and Science of Teaching Trauma-Informed Yoga
- Explore the principles and practices necessary for teaching Trauma Informed classes.
 - Populations included: eating disorders, domestic violence, at-risk youth and more.
- Practicum

November 13 - 15

Teachers: Claudette Evans and Nicole Bratt

- The Art and Science of Teaching Restorative Yoga

December 11 - 13

Teachers: Ellen Boyle

- Final Project; One-hour presentation of 4 to 6-week series project with ½ hour sequence
- New mission statement and bio

- Completion
- Closing/Graduating Ceremony and Celebration