



300-Hour Yoga Teacher Training Program

SAT MODULE 1: Advanced Yoga Teacher Tools

MARCH 1ST- MARCH 13TH

Advanced Asana Yan (Sun)- Advanced Vinyasa flow and health yoga asana alignment. We will teach you how to practice some of the more challenging poses and teach them in a safe way so you may empower your students. While these asana practices are physically more challenging we will spend less time studying the physical aspect and more the inner awareness of these poses.

Advanced Restorative Yin (Moon)- Understanding restorative yoga principles and techniques with an emphasis on yoga for chronic illnesses and injuries. We will study specific postures and the use of remedial adjustments, props and modifications to alleviate injuries as well as various class themes, which you can then incorporate. We will also deepen your knowledge of specific breath meditations, pranayama and all *kriyas* used for restoring energy.

In Depth Philosophy- We will offer you a thorough examination of the science of yoga and its essential philosophies, which are all based on Samkhya; the foundational philosophy of Hatha Yoga & Classical Yoga (as

per Patanjali). We will complement this with an exploration of the deeper aspects of the Yoga Sutras and their associated sacred texts.

Comparative Studies- We will explore a wider range of philosophies originating from diverse cultures: mainly schools of thought coming from Buddhism, Sufism, Siva-Budda, Hinduism, Vedanta and Tantra.

Yoga for Prenatal and Postnatal- Specific asanas and theory on how to use yoga for pregnant and post partum women.

The Science Behind Yogic Breathing- Breath as a quintessential element of Yoga practice has unfortunately become poorly taught in modern yoga classes. We shall try to remedy this with an in-depth study of the mechanics of breathing and the holistic energetic concepts underpinning each *Pranayama technique*, which will then inevitably awaken a whole new level of transformative experience in your own personal practice. We will study various Pranayama techniques used to gain new energy, balance, calmness and vitality.

Bandhas & Chakras- We will study advanced pranayama techniques and how to associate them with the use of specific *bandhas*, breath retentions, and *Chakra* balancing techniques (energy centers). This will give you extra tools for healing and you learn how to teach these in your own yoga classes.

Children and Teens- We will modify asanas in a form best suited for children and teenagers. Based on their developmental stage we will learn how to utilize fun games, music, songs, mindfulness exercises and various practical tools for you to develop some more personalized classes geared towards different age groups.

Art and Science of Intuitive Teaching and Sequencing- We will learn how to use different tools to enhance creativity while teaching, developing varied sequences, which will also connect you to your intuition and passion so that you can create diverse class themes. We will expand your communication skills, working on confidence and empowerment as a teacher but also using neuroscience techniques and creative arts to better connect us to a space of heart-intuition.

Kirtan and Bhajans- We will learn and explore the power in the practice of Kirtan. The Vedas are actually ancient songs and as such we will

connect to their healing power. This heart opening practice of the Bhakti yoga path of devotion is powerful and can be extremely healing. You will learn about deities, Buddhist and Hindu mantras, their meaning and how to apply them in class.

Mentor Personalized Approach- A one-on-one mentor student relationship will guide you throughout the program and provide you with a safe space to integrate your learning, or share any difficulties and breakthroughs you might face.

CITT MODULE 2: Self Inquiry - *Conscious* & *Subconscious*

MARCH 13TH- MARCH 25TH

Meditation- Developing your meditation practice and set of techniques is of great importance on your spiritual path; meditation is the foundation for presence and mind purification. We will explore diverse methods and practices, mainly based on Buddhism (Tibetan and Theravada) and Indonesian Tantric practices. You will be able to apply them directly and experience their effects on a daily basis.

Mindfulness- Learning practical mindfulness tools, theory and exercises to meet the internal and external challenges of life, as gateways for transformation and awakening, learning the path of mindful living and The Four Foundations of Mindfulness - Body, Feelings, Mind States & Environmental Phenomena.

Neuroscience- Exploring the brain by learning about neuroplasticity, gain theory, neural tracts and neural anatomy. We will use some tools based on modern neuroscience to better understand our brain and the body's neurological systems; this will help you bridge the gap between the timeless wisdom of the ancient's sages and yoga for modern living.

Foundations of Buddhism- We will explore various Buddhist philosophies from the *Hinayana* and *Mahayana* traditions. We shall study

foundation topics such as: The Four Noble Truths, The Five Hindrances, Karma, The Mind, *The Jhanas*, *the 52 Cetasikas*, *the Cittas* along with various techniques of Mind purification such as *anapanasati* (Breath Awareness), *samadhi* (Concentration), *vipassana* (Insight) and their relationship to Yoga.

Yoga Nidra- As a technique of *pratyahara* (sense withdrawal) not only provides relaxation to both the body and mind but it is also a tool to train awareness into focusing on the internal world. We will explore this technique as a key to understanding deep meditation states and hopefully gain more awareness and a more subtle consciousness. We will teach you how to practice, develop and then teach your own Yoga Nidra.

Dream Yoga- Dream Yoga falls within the ancient lineage of Tibetan Buddhism. Tibetan Buddhist yogis have stated for centuries that the illusions we encounter in dreams are the same ones we encounter in waking life. We will learn and explore new ways into lucid dreaming and get a taste of some dream yoga techniques, which may help unveil our illusions, by working with emotions you will be able to recognize dreams as signposts on your path to the Truth.

Yoga Mudras- The practice of yoga mudras calibrates the flow of energy into our subtle bodies and can help inner exploration and balancing. We will explore and practice various mudras step-by-step in order to refine your own practice and to teach it to your students.

Advanced Asana Workshops- To balance the inward and yin part of the training, we will include a more yang centered advanced asana workshop focusing on inversions and arm balancing, practices that will bring vigor and strength to your daily teachings.

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Silent Solo Day- during this course you will have the opportunity to directly practice techniques of mind purification by spending some silent time on your own without communicating or speaking. The cultivation of this practice will be extremely beneficial for your inner work. Noble silence rules and its effect on consciousness will be clarified and applied on that day.

ANANDA MODULE 3: Body-mind & Bliss

MARCH 25TH- APRIL 6TH

Anatomy of your Body- Deepen your yoga practice and teaching skills through a better understanding of your own body on both an anatomical and psycho-energetic level. Explore anatomy fundamentals, covering all the 4 main tissues but focusing mainly on the connective, learn more about the various systems and organs and how they link to the energetic bodies.

Fascia and meridian lines- All forms of yoga seek a greater order and integration in human patterning and structure both within the body and the mind. Fascia, which is part of the connective tissue, is the all-pervasive prima materia of the body. Each muscle, nerve and bone is enveloped in fascia and therefore a better understanding of its properties, organization and orientation in the body is key for being able to use yoga and asanas properly. We will study this tissue and its organization into meridian lines in depth.

Anatomy and Physiology of Yoga Science- Review the key postures of yoga practice and their safe **anatomical alignment, health benefits, adjustments, and useful modifications.** The main focus, however, will be to thoroughly explore them from an **energetic perspective.** Understanding how each posture works as a key ingredient of a master recipe is one of the most important aspects in developing your skills beyond the physical concept of yoga and establishing yourself as a master teacher.

Mind body techniques- Advanced pranayama and kriyas, Thai massage techniques, asana adjustments and the use of props to support you in your personal practice and leading others. The therapeutic aspects will be focused on **craniosacral** and **myofascial** release techniques, specifically on how to release fascia when students are in specific asanas – all theory based on **osteopathy, rolfing** and **Thai massage practices**.

Multidimensional self- You will explore deeper the multidimensional layers of the self, understanding *prana*, the prime life force and how it moves through the framework of the chakras. We will investigate this force in detail and the currents of energy known as *prana vayu*, how they circulate through the *nadis* and are the very foundation of the balancing that occurs with yoga.

Yoga for illness and injuries- We will teach you techniques on what asanas to use for people who have: asthma, scoliosis, back pain and various other injuries. You will learn how to adapt them for a wide range of specific illnesses and injuries.

Business and career coaching- Learn business tools to take your practice, classes, studio or business on another level. Through personalized coaching, you will explore new marketing, promotion, organizational and planning tools to expand and achieve your highest potential with your business initiatives.

Developing a Yogic lifestyle- You will expand your conscious living by learning diverse yogic lifestyle tools inspired by conscious and mindful eating. You will learn more about **health and nutrition** and how to coach your students into more conscious awareness of the body as a temple. Learn how to incorporate food as medicine, dietary support from the five elements, and how to use them in daily life.

Ayurveda- You will deepen your understanding of Ayurveda, the Vedic science for health and nutrition. You will see how it effortlessly links with your own practice of yoga, calibrating it to your own personal health and diet by understanding the *dosas* while sharing it with students and group scenarios.

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Graduation project- You will have an opportunity to develop a project themed for future classes, workshops, retreats or other objective, while sharing your creative ideas with the group to put them into concrete form.

A 300-hour Yoga Teacher Training Certification approved by the Yoga Alliance will be awarded upon completion of the 3- 100 hrs. modules.

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