

# Yoga Exploratorium 2008 & Teacher Training *the Art of Inquiry*

## **Part I: Deepen your practice (120 hour curriculum)** the Foundation of Poise and Health

January 24, 2008 – April 12, 2008  
Thursday 7pm-10pm  
Saturdays 12pm – 6pm

## **Part II (80-hour curriculum) Teacher Training** *Pre requisite: Part 1*

May 1, 2008 – June 14th  
Thursday 7pm-10pm  
Saturdays 12pm – 6pm

Yoga is curiosity & a creative process. Yoga Exploratorium (YE) is designed for all levels of yoga practitioners. By fostering curiosity & the art of inquiry, YE will deepen our understanding of human nature and how yoga facilitates personal growth, deep change & health. Participants gain a deeper understanding of the principles & processes of yoga through experience & experimentation.

The exploration & understanding of the fundamental elements of yoga will not only enhance personal practice but, for those interested in teaching, will carry over to the highest quality of yoga instruction. The participants will have many opportunities to step into the role of instructor as the program emphasizes the “each one, teach one” principle.

YE primarily focuses on the poses & sequence of the Astanga Modified Primary Series (MPS), but each week will feature a class & lecture of a different style of yoga. YE offers an eclectic reading list to further explore growth & human potential.

For those interested in becoming an instructor, Part 2 is an 80-hour professional program which will be offered focusing specifically on teaching & the business aspects of yoga, with competence in both MPS & a hot yoga sequence Part one is required. Graduates will also have an opportunity to teach at Yoga Sol once their certification is completed & will receive FREE yoga at Yoga Sol.

## **Curriculum:**

### *Category 1 Techniques Training/Practice*

- Main instruction:

- Working with relaxation and poise.

- Heating the breath.

- Using the breath to engage bandhas and generate poise.

- Breath orchestrated movement.

- Using the sound of breath (either voiced or ujjayi) as learning tool and bio-feedback.

- Building poses through the extension of poise.

- Relaxation techniques: massage, acupressure

- Main focus: Modified Primary Series

- Classes in several styles of yoga: Kundalini, Yin, Temple Dance, Pilates Core, Pilometrics Conditioning, Anusara, Ashtanga: Primary and Rocket Series, Iyengar. Tantra, Hot yoga, Vipasana, (90 minutes each) (plus 45 minutes discussion in Category 2)

## *Category 2 Teaching Methodology*

- Intro to business. Because this program is not geared for the professional, the intro will just be a brief overview.
- Program will include guest instructors from several different styles and philosophies, including discussion as to principles and philosophies behind specific style of yoga and how they relate to general principles of anatomy/ergonomics, health and change. And discussion of personal teaching style.
- How to demonstrate poses.
- How to demonstrate poses while in flow of class.
- Modifications
- Adjustments
- Voice: projection and tone

## *Category 3 Anatomy and Physiology*

- Anatomy is not simply memorizing the name of muscles and bones; students will make working models of levers and joints and load them with different weights gaining a deep sense of the forces and ingenuity required in basic movement.
- Art Project- life size drawing from self-exploration of bones muscles and acupressure points.
- Different categories of joints.
- Muscles working together in synergy and opposition.
- Nature of tendons and ligaments

## *Category 4 Yoga Philosophy/Lifestyle and Ethics for Yoga Teachers*

Main emphasis: Lecture/discussion exploring human nature, change and growth.

- Manuscript: "Yoga for Hunters: the nature of change and essence of human turmoil".
- The Art of Inquiry
- Knowing vs. Understanding.
- Different Avenues for Understanding
- Exploration of interconnection among Body/Breath/Thoughts and Emotions.
- Value of Psychological Therapies
- Participant's book report. Each participant will lead a discussion and present an exploratory activity to rest of participants to deepen understanding of the principles/ideas presented in material.
- Studio Etiquette
- Teacher/Student dynamics
- legal and ethical responsibilities of an instructor.

## Category 5 Practicum

- Observation of 7 classes of 60 minutes (7 hours)
- Assisting/Adjustments of 2 classes 60 minutes (2 hours)
- *each one, teach one*: for each section of postures of MPS (Salutations, Standing, Sitting, and Finishing). First time is just one to one. Then each will get a chance to instruct each section to a small group.
- Practice teaching (pose clinic) each student will present in depth exploration of 1 group of poses from MPS (1 hour).
- Each participant gives class (MPS) to one student. Evaluated by RYT. (1hour)

### Instructors:

Brad Page has been practicing/teaching yoga and meditation for over 33 years.

Tara Clay, owner of Yoga Sol, has been practicing/teaching yoga for 6 years. In addition we will have guest lecturers/Instructors with extensive backgrounds to insure the diversity of your training.

## Pricing:

### Part 1:

Prior to January 10th - \$1300

After Jan. 10th - \$1600

### Part 2:

Prior to April 17th - \$900

After April 17th - \$1100

### Part 1 & 2 together

Prior to Jan 10th - \$2000

After Jan. 10th - \$2400

*Payment plans are available.*

*To insure the quality of instruction, space is limited.*

*Reserve your spot now!!*

*Call or email us at:*

*925-288-yoga*

*[info@yogasol.net](mailto:info@yogasol.net)*