



JOY OF YOGA

300 Hour Teacher Training Core Curriculum

January 5 - 7, 2018 - Art of Practice with Jennifer Prugh

Friday, 6 - 9pm; Saturday, 12:30 - 9:00pm; Sunday, 1:15- 4:45pm

In this course, students will learn that every yoga teacher is a student of yoga first and that effective teaching depends upon inspired, self-sustaining and robust practice. Students will explore what it means to have a robust practice, including incorporating the eight limbs and the five systems of yoga (hatha, raja, jnana, bhakti and karma). Students will approach the practice from different perspectives: the microcosmic (self on the mat) and macrocosmic (self in the world).

Recommended Reading

Yoga Beyond Belief, Ganga White
Upanishads, Eknath Easwaren

February 2 - 4, 2018 - Art of Yoga Service with Noell Clark

Friday, 6 - 9pm; Saturday, 12:30 - 9:00pm; Sunday, 1:15- 4:45pm

In this course students are introduced to working with unique populations, which transforms teaching into an act of selfless service. Students often find themselves with an excess of desire but short on energy or direction. This course helps them find their niche and introduces skills that help maintain passion and avoid compassion fatigue.

March 2 - 4, 2018 - Yoga and the Mind with Jennifer Prugh

Friday, 6 - 9pm; Saturday, 12:30 - 9:00pm; Sunday, 1:15- 4:45pm

In this course students are presented with a foundational understanding of the mind from western and eastern approaches; we'll look at evidence-based research with regards to the science of subtle practices and their effects on the brain.

Recommended Reading

Siddartha, Herman Hesse
Garland of Meditation, Jennifer Prugh

March 30 - April 1, 2018 - Sequencing I with Jennifer Prugh

Friday, 6 - 9pm; Saturday, 12:30 - 9:00pm; Sunday, 1:15- 4:45pm

Students will learn the basic elements in any yoga practice, using the eight limbs of yoga as a foundation. The intensive will address how to recognize the kind of practice that is appropriate to any demographic, how to adapt a practice to

current conditions, how to open the body from the outside in based upon the workings of the fascia, as well as provide a general understanding of how Ayurveda and Chinese meridian theory contribute to creating a cohesive and transformational experience.

Recommended Reading

Anatomy Trains, Thomas Myers
Yoga of the Subtle Body, Tias Little

May 4 - 6, 2018 - Anatomy and Physiology I with Noell Clark

Friday, 6 - 9pm; Saturday, 12:30 - 9:00pm; Sunday, 1:15- 4:45pm

In this course students are presented with an in depth understanding of human anatomy and the anatomy of movement. In Anatomy and Physiology I we examine; the axial and appendicular skeletal system, the major joints of the body and their range of motion, anatomical terminology; and the anatomy of skeletal movement as it relates to postures. This course also includes an exploration of efficient alignment and structural hands on adjustments for the major standing postures and inversions.

Recommended Reading

Functional Anatomy of Yoga, David Keil

June 1 - 3, 2018 - Anatomy and Physiology II with Noell Clark

Friday, 6 - 9pm; Saturday, 12:30 - 9:00pm; Sunday, 1:15- 4:45pm

In this course students are presented with an in depth understanding of human anatomy and the anatomy of movement. In Anatomy and Physiology II we examine; the musculoskeletal system, fascia trains, the anatomy of breathing and the biomechanics of functional movement. This course also includes an exploration of efficient alignment and structural hands on adjustments for back bending, forward bending and twisting postures.

Recommended Reading

Functional Anatomy of Yoga, David Keil

June 29 - July 1, 2018 - Ayurveda Essentials with Jana Kilgore

Friday, 6 - 9pm; Saturday, 12:30 - 9:00pm; Sunday, 1:15- 4:45pm

In this course students are presented with the foundations of the science of Ayurveda, the sister science of Yoga. Students will focus on preventative health care and health promotion using the philosophy and practices of Ayurveda in conjunction with yoga. They will learn the rhythms of the seasons, the effects of the elements and the rhythms of the day/night and begin to incorporate the practices and study in their own lives. They will learn the basic theories of Ayurveda including elements, triguna theory, doshas, prakriti/vikruti, agni and ama. Focus will be on yoga practice for balancing doshas, understanding sun and moon energies and expansion and contractive forces.

Recommended Reading

Eat-Taste-Heal: An Ayurvedic Cookbook for Modern Living, Thomas Yarema and Daniel Rhoda
Prakriti, Dr. Svaboda
Complete Book of Ayurveda Home Remedies, Dr. Vasant Lad

August 3 - 5, 2018 - Yoga Teaching and Philosophy with Mark Singleton

Times: Friday, 6 - 9pm; Saturday, 12:30 - 9:00pm; Sunday, 1:15- 4:45pm

In this course, the student is presented with the origins and evolutions of the practice of yoga from the Indus valley through south central east and southeast Asian traditions. The variations of yoga through different historical periods, religious traditions and cultural environments. Emphasizing the uniqueness of modern postural yoga and the opportunities and challenges of presenting modern postural yoga in a therapeutic, western context.

Recommended Reading

The Roots of Yoga, James Mallinson and Mark Singleton
Biography of the Yoga Sutras, David Gordon White

August 31 - September 2, 2018 - Sequencing II with Jennifer Prugh

Friday, 6 - 9pm; Saturday, 12:30 - 9:00pm; Sunday, 1:15- 4:45pm

We'll deepen our understanding of sequencing by introducing ways a variety of methods to work with the subtle body. We'll also address a seasonally based practice, and students will learn how to create a relevant and meaningful, yoga curriculum that can be applied throughout the year, a method that can expand throughout the life of one's teaching practice.

October 5 - 7, 2018 - Assists with Jennifer Prugh

Friday, 6 - 9pm; Saturday, 12:30 - 9:00pm; Sunday, 1:15- 4:45pm

In this course, students will deepen their understanding of the power of touch. As an educational tool, students will learn when, where and how to effectively inform their students, and as a healing tool, students will learn the different types of touch as well as keeping safe and how to avoid any miscommunications with touch.

Recommended Reading

Yoga Posture Adjustments and Assisting: An Insightful Guide for Yoga Teachers and Students, Stephanie Pappas

November 2 - 4, 2018 - Growing your Teaching Practice with Jennifer Prugh

Friday, 6 - 9pm; Saturday, 12:30 - 9:00pm; Sunday, 1:15- 4:45pm

In this course, students will report on their findings around cultivating their personal practice, and then learn how to apply lessons learned as they tend to their teaching practice.

Recommended Reading

Moving Through The Year, Jennifer Prugh
Teaching Yoga, Donna Farhi

November 30 - December 2 - Trauma Informed Yoga with Joanne Varni

Friday, 6 - 9pm; Saturday, 12:30 - 9:00pm; Sunday, 1:15- 4:45pm

In this course students are presented with both the western and eastern theories and modalities to support individuals who have suffered emotional and physical trauma. Students will learn about how the human body responds during and after a stressful or traumatic event from the physiological and psychological perspective. Students will be exposed to and experience a variety of yogic approaches to help alleviate symptoms of one time or ongoing trauma. Students will learn how to work with this population including understanding the unique dynamics and challenges. The course will include studying the effects of trauma on the brain, body, and emotional well-being. Appropriate asanas, pranayama, and dyana practices for this audience will be demonstrated and be part of the practicum. Students will be able to use this material to support ongoing classes.

Recommended Reading

The Body Keeps the Score, Bessel Van Der Kolk
An Unspoken Voice, Peter Levine