



JOY OF YOGA

300 Hour Teacher Training

CORE CURRICULUM 2023 / 180 Hours

□ Jan. 6 - 8, 2023 - Trauma-Informed Yoga with Joanne Varni

Friday, 6 - 8pm (online); Saturday, 1 - 5:30pm (in-studio + online); Sunday, 1 - 4:30pm (in-studio + online) / 15 Core hours

In this course, students are presented with both the western and eastern theories and modalities to support individuals who may have suffered emotional or physical trauma. From a physiological and psychological perspectives, students will learn how the human body responds during and after stressful or traumatic events. Students will learn and experience a variety of yogic approaches to help alleviate the symptoms of trauma as well as understanding the unique dynamics and challenges of this population. Included in the course will be information on how trauma effects the brain, body, nervous system and we will touch on the vagus nerve and polyvagal theory. Appropriate asanas, pranayama, and dhyana practices for this audience will be demonstrated and be part of the practicum. A comprehensive manual will be included in this course and access to videos with additional material.

This course is appropriate for anyone who is teaching yoga or other mindful modalities, therapists, or people who want to understand the impact of trauma and ways to use eastern and western modalities to support their ongoing classes, students, or patients.

Recommended Reading

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

□ Feb. 3 - 5, 2023 - Ayurveda Essentials with Bridget Puchalsky

Friday, 6 - 8pm (online); Saturday, 1 - 5:30pm (in-studio + online); Sunday, 1 - 4:30pm (in-studio + online) / 15 Core hours

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

□ March 31 - April 2 & May 5 - 7, 2023 - Movement Lab: Anatomy and Kinesiology for Yogis with Noell Clark

Friday, 6 - 8pm (online); Saturday, 1 - 5:30pm (in-studio + online); Sunday, 1 - 4:30pm (in-studio + online) / 30 Core hours

Movement Lab is a 30-hour course that examines functional anatomy and key kinesiology concepts to better understand yoga asana and other movement modalities. We will investigate human movement in an interactive and engaging manner through a combination of experiential practices, lectures, and discussions.

This course provides resources for yoga teachers and movement professionals to see bodies and motion in new ways. Through a deeper understanding of how movement is created, alignment patterns, and effective sequencing, you'll gain tools to elevate your teaching.

For those who are not yoga teachers, Movement Lab provides insight for creating more fluidity in poses, a deeper mind-body connection, and strategies for increasing strength, mobility, and flexibility in your practice.

- The role the central nervous system plays in movement
- How the musculoskeletal system creates movement
- Postural patterns and joint function
- Strategies for creating more efficient alignment in asana
- Why yoga is considered "functional" movement
- How our unique anatomy informs yoga postures, and why yoga is not "one size fits all"
- The science of strength, mobility and flexibility

This course is offered via hybrid format, however, in-person attendance is highly recommended.

Recommended Reading

Functional Anatomy of Yoga, David Keil

□ April 28 - 30, 2023 - Embodied Philosophy with Jennifer Prugh and Richard Rosen

Friday, 6 - 8pm (in-studio + online); Saturday, 1 - 5:30pm (in-studio + online); Sunday, 1 - 4:30pm (in-studio + online) / 15 Core hours

Join Richard Rosen and Jennifer Prugh as we explore through our yoga-asana practice the history and philosophy of yoga by trying the "Forgotten Asanas," postures that were often practiced for hundreds of years, but are rarely addressed in modern postural yoga. We'll begin with postures of the Yoga Sutras and make our way through roughly twelve significant texts into the proliferation of asana that took place beginning in the 17th century, and continuing right up to modern postural yoga. This workshop will deepen your own understanding of the "whys" behind what we're practicing. Bring your mat, a notebook & pen.

Required Reading

The Yoga Sutras of Patanjali, Gary Kissiah

Bhagavad Gita, Eknath Easwaran

Upanishads, Eknath Easwaran

Extensive written materials will be provided for future reference and study.

□ June 2 - 4, 2023 - No Loss for Words: Language Development for Yoga Teachers with Noell Clark

Friday, 6 - 8pm (online); Saturday, 1 - 5:30pm (in-studio + online); Sunday, 1 - 4:30pm (in-studio + online) / 15 Core hours

As yoga teachers and movement professionals, the words that we speak carry weight. We use language for many purposes; to orient bodies in space, suggest a variation of a pose, generate strong brain-body connections, and to create a sense of acceptance and community. The words we speak can be an invitation to bring students deeper into their practice or can leave students feeling alienated. Words matter.

This course will cover:

- types of cueing – internal, external, verbal, and proprioceptive
- deconstructing fear-based and hierarchical instruction
- cultivating inclusive and invitational language
- using creative imagery in your teaching
- diversifying your technical language
- speaking to bodies in motion

Recommended Reading

PDFs and documents (provided during the weekend)

□ July 14 - 16, 2023 - Sequencing: Intelligent Movement with Jennifer Prugh

Friday, 6 - 8pm (online); Saturday, 1 - 5:30pm (in-studio + online); Sunday, 1 - 4:30pm (in-studio + online) / 15 Core hours

Students will learn the basic elements in any yoga practice, using Patanjali's eight limbs of yoga as a foundation for class structure. 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 learning experience. We'll 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.

Recommended Reading

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

☐ August 4 - 6, 2023 - Navigating the Subtle Body with Jennifer Prugh

Friday, 6 - 8pm (online); Saturday, 1 - 5:30pm (in-studio + online); Sunday, 1 - 4:30pm (in-studio + online) / 15 Core hours

From Kundalini, to the koshas, vayus and nadis, this weekend intensive will explore a variety of practices that deepen your capacity for the inner qualities we value, among them, inner listening, clarity, creativity, compassion and wise decision making. You will learn about the variety of ways that early yogis understood the inner dynamics of the human body. You will be able to apply your understanding to your practice so your practice becomes more potent and meaningful. Those of you who teach will be given tools to support your students in deepening and enriching their inner lives through the practice.

Recommended Reading

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

☐ Sept. 8 - 10, 2023 - Breath and Mind Practices with Jennifer Prugh

Friday, 6 - 8pm (online); Saturday, 1 - 5:30pm (in-studio + online); Sunday, 1 - 4:30pm (in-studio + online) / 15 Core hours

Who are we? Why do we experience suffering? How can we be happy? These questions have been contemplated upon and studied through history. Ancient wisdom from yogic texts such as the Upanishads, the Bhagavad Gita, and the Yoga Sutras delve deeply into the mysteries and mastery of the mind, and has influenced the development and practice of Western psychology. Often, yoga students enter the classroom not just hoping for physical movement, but for some answers and relief on a deeper mental or spiritual level. This course is a deep dive into the different perspectives and approaches of the mind from both yoga philosophy and western psychology, the process and the impact of "othering" in context to yoga, and the intersection of yoga and mental health. We offer suggestions and methods to create a mentally healthy space in the yoga classroom, as well as incorporate strategies to support and draw boundaries for students who are searching or suffering. We will also reflect on how we can honor the roots of yoga traditions with integrity in context to the times we live in. Appropriate for both yoga teachers and yoga practitioners hoping to learn more about the intersection of yoga, mental wellness, and cultural awareness.

Students will learn about:

- A glance at yoga history
- The evolution of our understanding of "mind" from a western/psychology perspective
- Different layers of the mind from ancient yoga texts
- Stories from the Upanishads, chants from the Bhagavad Gita and the Sutras
- Intersection of yoga and mental health
- Use of language in class and its impact on our collective experience
- Psychology of othering
- Yoga ethics for integration without appropriation

☐ Oct. 6 - 8, 2023 - Assists with Alyssa Prettyman

Friday, 6 - 8pm (online); Saturday, 1 - 5:30pm (in-studio + online); Sunday, 1 - 4:30pm (in-studio + online) / 15 Core hours

Assists have been a topic of hot debate for years in the yoga community - even more so in the time of COVID. So how, as teachers, can we safely and effectively assist our students in their yoga practice? This practicum will provide ethical and strategic foundation for delivering assists and provide clarity around verbal, demonstrated and hands-on assists. In addition, this session will review key anatomical and postural markers that can help teachers figure out when and how to provide a physical assist to a student. Teachers will have the option of practicing both "hands-on" and "hands-off" assists based on their comfort level at the time of the session.

Recommended Reading

Teaching Yoga: Exploring the Teacher-Student Relationship, Donna Farhi
Teaching Yoga w/ Intention: Essential Guide to Skillful Hands-On Assists & Verbal Communication, Judith H. Lassiter
Move Your DNA: Restore Your Health Through Natural Movement, Katy Bowman

Nov. 3 - 5, 2023 - Restorative Yoga Immersion with Joanne Varni

Friday, 6 - 8pm (online); Saturday, 1 - 5:30pm (in-studio + online); Sunday, 1 - 4:30pm (in-studio + online) / 15 Core hours

During this intensive, you will learn the benefits and basic information for teaching restorative yoga, including sequencing and modifications, breath work, hands on adjustments, language and instruction, the history of restorative yoga, and using props effectively. This intensive is appropriate for those who wish to teach restorative yoga, learn restorative techniques that can be applied to a more dynamic class, or to increase your understanding and implementation of your personal restorative practice. You will also learn how to work with a variety of students including, those with stress, anxiety, and emotional trauma, and those returning to their practice due to injury or surgery as well as other physical limitations.

Restorative yoga allows the body to slow down into a rest and recovery state, offers the body a way to decompress, and offers a type of rest that is distinct from sleep. Restorative yoga uses props to allow for longer, more comfortable holds so the body can rest by slowing down the systems in the body including heart rate and blood pressure as well as gently stretching the fascia and other deeper, connective tissues to release tension caused by stress and anxiety, enhance the immune or "rest and recovery" systems, balance the nervous system, and increase flexibility. The weekend will consist of a lecture on the causes and effects of stress, anxiety, and trauma to our emotional, energetic, mental, and physical bodies. We will take a closer look at the nervous system and the causes of deregulation. You will learn a series of restorative asanas and how to use restorative props including bolsters, blocks, straps, walls, and sandbags.

You will learn the importance of language and how to create and maintain a healing environment.

Recommended Reading

Supplemental material: including videos & a manual (provided during the weekend)

Dec. 1 - 3, 2023 - Props with Alyssa Prettyman

Friday, 6 - 8pm (online); Saturday, 1 - 5:30pm (in-studio + online); Sunday, 1 - 4:30pm (in-studio + online) / 15 Core hours

Props are an essential set of tools used widely throughout all styles of yoga and movement. Understanding how and when to incorporate props into a group or private setting can help enhance, support, invigorate and/or relax a student as they explore asana. In this practicum, students will learn a variety of creative ways to incorporate both common props (blocks, straps, blankets and bolsters) and lesser known tools (chairs, sandbags, dowels, resistance bands, massage balls and even the wall as a prop!). Students will walk away full of creative ideas for how to craft incredible yoga experiences with the use of props.

Recommended Reading

The Roll Model, Jill Miller

Trail Guide to the Body, Andrew Biel

ADDITIONAL REQUIREMENTS

4 Ayurvedic Seasonal Cleanses + 1 Mentorship

Cleanses (fully online) - each are 15 hours / total = 60 hours

These balancing digestive resets will help to eliminate cravings, support your nervous system and overall immunity. During these cleanses we will prepare and eat holistic, nutrient dense, and simple Ayurvedic foods. The program integrates yoga, Ayurveda, and life changing self care practices. We will learn how to work with the most seasonally influential meridians, address the influences of the season in our yoga practice and in our lives. Together we will support one another in optimum life and health. A renewal guidebook will be provided

JOY of Cleansing: The Complete Winter Reset with Bridget Puchalsky & Jennifer Prugh

JOY of Cleansing: The Complete Spring Reset with Bridget Puchalsky & Jennifer Prugh

JOY of Cleansing: The Complete Summer Reset with Bridget Puchalsky & Jennifer Prugh

JOY of Cleansing: The Complete Autumn Reset with Bridget Puchalsky & Jennifer Prugh

Mentorship (fully online) - total = 30 hours

This is an opportunity for yoga teachers to deepen their knowledge of yoga, and expand their teaching practice. Over the course of two months, you will be guided in an in-depth study of guiding asana, breath, subtle body practices, dharma and meditation, refining your teaching skills, and deepening your yogic study. Included in this program is a deep look into how we share the work we do professionally. You will follow your own path of interest and research which will be determined early in the course. You will be supported by Jennifer and the group to find and express your unique voice as a teacher.

JOY Mentorship with Jennifer Prugh

ELECTIVES

(30 Hours - 30 or 15-hour intensives)

Elective name: _____ **Hours:** _____

Elective name: _____ **Hours:** _____

Total: _____