

AYC YOGA TEACHER TRAINING

Starts July 14, 2023

Fridays: 6 to 8 pm

Saturdays and Sundays: 1 pm to 5 pm

*Dates: July 14 -16 / August 18 – 20 / September 15 - 17 / October 13-15 /
November 10-12 / December 8 – 10*

Meetings on Sundays from 1 pm – 4:30 pm:

*Practice teaching, sequencing, feedback, peer support and community building,
cueing and finding your voice, the art of teaching*

*Dates: 7/23, 7/30, 8/6, 8/13, 8/27, 9/3, 9/10, 9/24,10/1, 10/8, 10/22,10/29, 11/5,
11/19, 11/26,12/3,12/17*

Week 1:

Yoga journey to the west – yoga styles

Breath – Vagus Nerve – Nervous System – Psoas - Respiratory Diaphragm
– Psoas - Relaxation Response – Safety and inclusive practices Anatomy

Week 2:

Yoga history and philosophy

Anatomy and Family of Poses – Movements of the spine

Week 3:

Asana/Sun Salutes/Sequencing/Modifications/Designing a class/Props

Week 4:

Business of yoga

Special populations - Prenatal - Modifications and Injuries

Restorative - Yin - Chair

Week 5:

Pranayama - Posture - Pelvis - Feet

Subtle Body

Week 6:

TBA

Syllabus order might change. Training also includes 37+ recorded material.

To graduate you must complete all homework assignments, final presentation and requirements as well as being able to teach a safe and inclusive practice.

For students who prefer to do the whole training in person:

If you miss any portion of the training, please let the lead trainer know in advance so you can access the recording after.

Training can be done completely in person, hybrid or online (via recordings and zoom meetings with lead trainer)

