



Practice with Purpose at the OAC
200 HR Yoga Alliance Certified Teacher Training
with Kerry Lundy

Course Format:

Designed to offer you the best of both worlds, this structure allows you the depth and value of several; deep immersions, while allowing you the flexibility to build your own balance and integration of yoga into your daily life.

Course Outline:

ASANA – *Learn key alignment techniques to deepen your practice and to comfortably lead a class through an Asana practice.*

- Explore a variety of yoga styles to understand various lineages
- Deepen your practice by understanding key alignment techniques, including the benefits, precautions, and modifications for Asanas
- Explore Hatha shapes through posture labs
- Learn to teach safely, effectively and with confidence

Mantra, Kirtan, Kriyas, Pranayama, and Meditation will be included in our practices, lectures and discussion.

ANATOMY – *Introduction to the major components of the physical body and how yoga affects it.*

- Learn the major muscles and bones in the human body and how yoga affects our body and its systems.

THE SUBTLE BODY – *Introduction to the yogic elements of the subtle body.*

- Explore the Subtle body, including the 5 sheaths, gunas and nadis.
 - Introduction to Ayurveda, yoga's sister science and discover your doshas
 - Understand "OM" and the bandhas (energy locks)
 - Delve into a deeper understanding of our chakra system

PRANAYAMA & MEDITATION – *Learn and explore powerful breath techniques and why we do them. Learn to practice and teach a variety of meditation techniques to focus and quiet the mind.*

- Pranayama practice will include techniques such as ujjayi, kapalabhati, nadi sodhana and kumbaka.
- Learn the benefits of meditation and some of its many practices, and how to teach it.
- Begin to build a meditation practice at home.

YOGIC HISTORY & PHILOSOPHY – *Learn the main teachings of this ancient philosophy and consider how to apply the traditional teachings to our current Western reality.*

- Read, review and work in groups to understand the main teachings of the ancient roots of modern yoga
- Explore the different paths of yoga – bhakti, karma, hatha, raja, and jnana yoga.



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YOGIC ETHICS AND LIFESTYLE - *Apply the yogic teachings of mindful living to daily life.*

- Learn to live mindfully, consciously and ethically.
- Touch base of Ayurveda lifestyle

TEACHING METHODOLOGY - *Discover what it is to be a yoga teacher. Find your voice as a teacher. Create the appropriate environment for a safe yoga practice. Discussion around what to expect from the Yoga profession.*

- Create a safe, happy place for students
- Understand the key elements of a balanced hatha practice
- Learn how to sequence and plan your classes
- Find your own teaching voice, including learning how and when to cue, demonstrate, offer adjustments and assists. As well as how to modify for special needs or interests (like injury, pregnancy, illness, etc.)
- Discussion of the professional standards and what to expect from the Yoga Profession

PRACTICUM

- There will be practice teaching sessions throughout the training, and will be followed by feedback from the lead instructor as well as by your peers.