



300-Hour Advanced Teacher Training Program

Advance your Training
Enhance your Teaching
Strengthen your Voice.

Curriculum

The foundation of the program is comprised of 5 Core Modules. All students enrolled in the 300-hour program must complete all 5 Core Modules regardless of which track you are pursuing. The Core Modules makeup 150 of the required hours in the program and are taught by Daphne Larkin.

The additional 150 contact hours are completed through Sanctuary for Yoga's Advanced Elective Studies. Based on your teaching style, areas of interest, specialties, and/or past experiences, you select which electives will best inspire and evolve your teaching.

The Core Modules & Electives may be completed in any order. The 5 Core Modules are generally scheduled each year. Some Elective Modules are annual events while some may be scheduled more/less frequently.

Open Enrollment

Our program is structured with an open enrollment approach. This means you may begin at any time. Through Core Modules and Advanced Elective Studies, you can customize and tailor your training to your individual needs or key focus.



Great for Experienced Students

While the overall focus of the program is on teaching and deepening your capabilities, experienced students will find many of the modules a great way to deepen their personal knowledge and experience.



Prerequisites

200-hour Evolutionary Exploration Teacher Training certificate from Sanctuary for Yoga, or other Yoga Alliance-Approved 200-Hour Yoga Teacher Training.

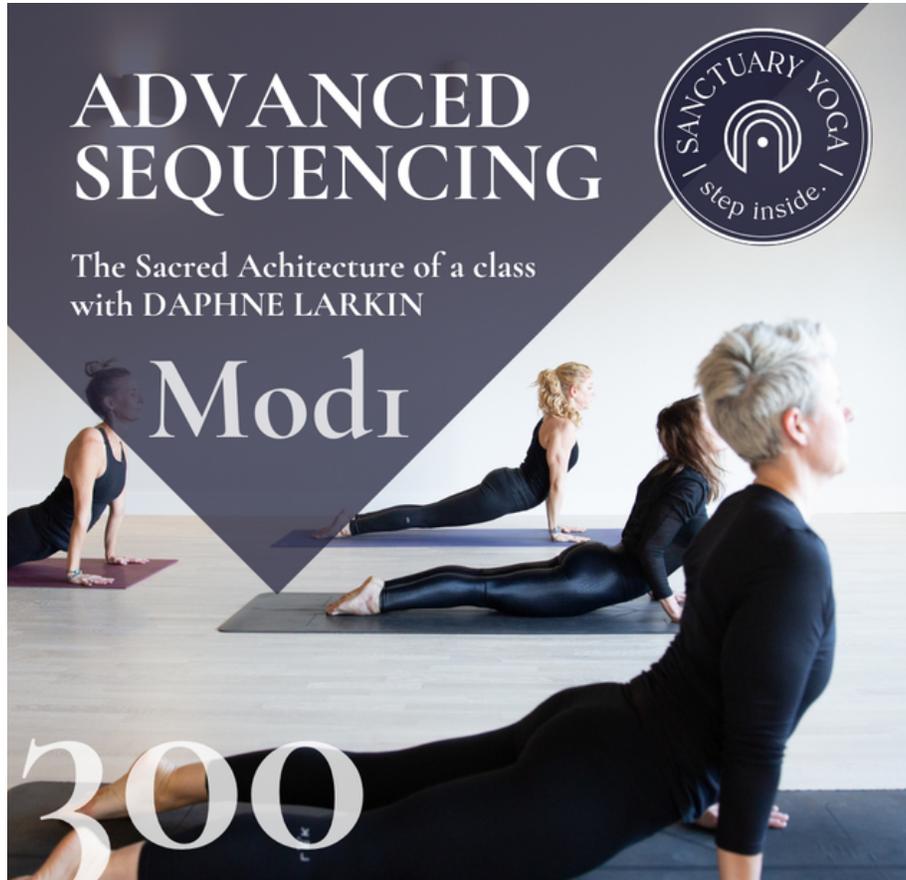


YA CEUs

Already Yoga Alliance certified? Certified teachers can receive CEUs for participation in any given module or elective.



5 CORE MODULES (ALL REQUIRED)



ADVANCED SEQUENCING: THE SACRED ARCHITECTURE OF A CLASS (MODULE 1)

The focus of this module (30 hours) will be on the evolution of a class from the carefully placed intention and the first unified breath to the stillness of savasana. We will explore the relationships between asanas and the deliberate unfolding of a sequence to a peak. During the module, we'll use a full spectrum of asanas to create simple to complex sequences and learn techniques for skillfully guiding students through movement in all directions. Learn to add depth and dimension to your classes to take students deeper into poses and more complex asanas with ease.

Break down krama within a pose/sequence/class

Sequences that move from front to back of mat

Techniques for guiding students through complex sequences

Peak poses - understanding their purpose/function/path to the peak

Development of sequences during the module; expanding sequences in a variety of directions for different peaks within the same family

Sequences for mixed level classes



GETTING OFF THE MAT: ADVANCED ASSISTING IN THE FLOW (MODULE 2)

Learning to flow on and off your mat as a teacher of Vinyasa yoga while maintaining the rhythm of a class is a skill. This (30 hour) module focuses on the development of skills to guide students into proper alignment and deeper into asanas through a variety of techniques.

Refine observation skills

Teaching alignment in the flow

Review of prana; the pancha vayus; integration of prana within an asana; the body as a container of prana

Advanced hands-on assists

Assisting “in the flow” of a class

Skillful assisting through verbal cues and hands on assists

Partner assists



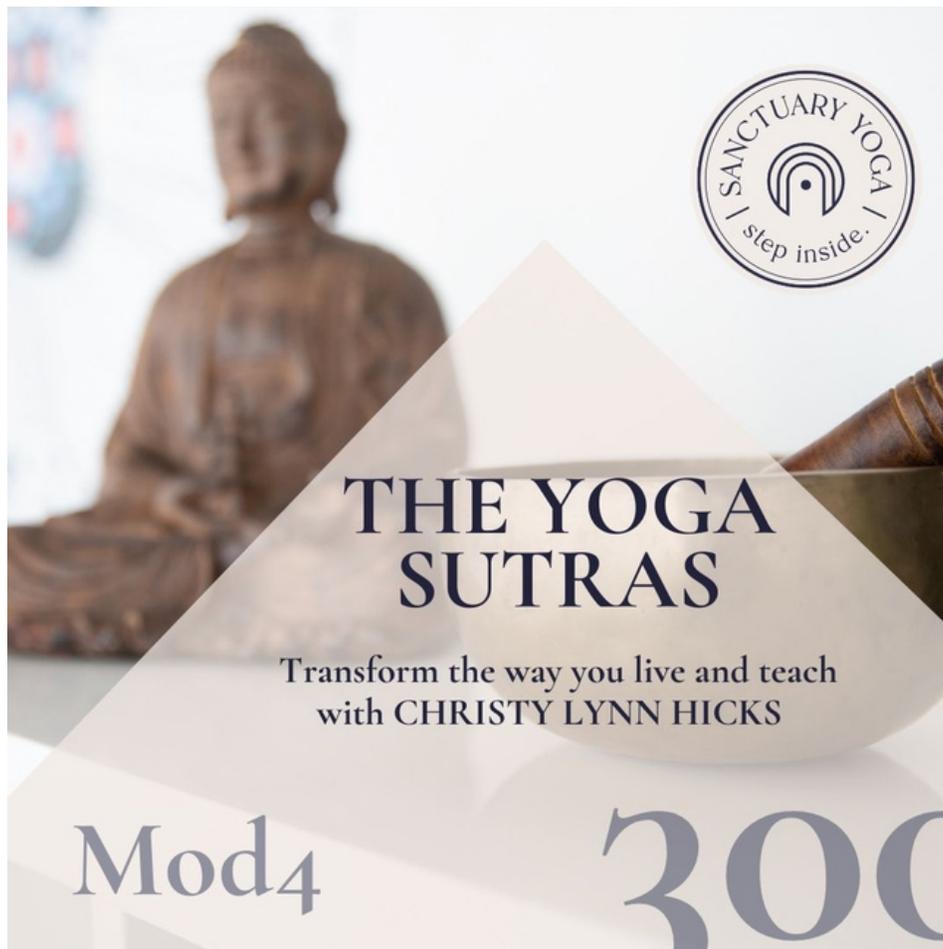
TRUTH: FINDING YOUR AUTHENTIC VOICE (MODULE 3)

In this module (30 hours), teachers will explore techniques to discovering their authentic voice. Each person is unique. We bring the sum of our experiences both on and off the mat to our teaching and our own unique offering.

This module also focuses on the heart-opening family of backbends as a foundation for our work during the module. We'll build a complete experience literally from the ground up.

Explorations into our authentic selves include:

- Exercises with poetry, sacred texts, images, inspiration that is meaningful to you personally
- Musical exploration - developing playlists that are unique to you; an expression of your classes
- Journaling and vision boards as a landscape for our class experience
- Setting the tone for a class
- Weaving theme into classes



THE YOGA SUTRAS OF PATANJALI TRANSFORMING THE WAY YOU LIVE & TEACH (MODULE 4)

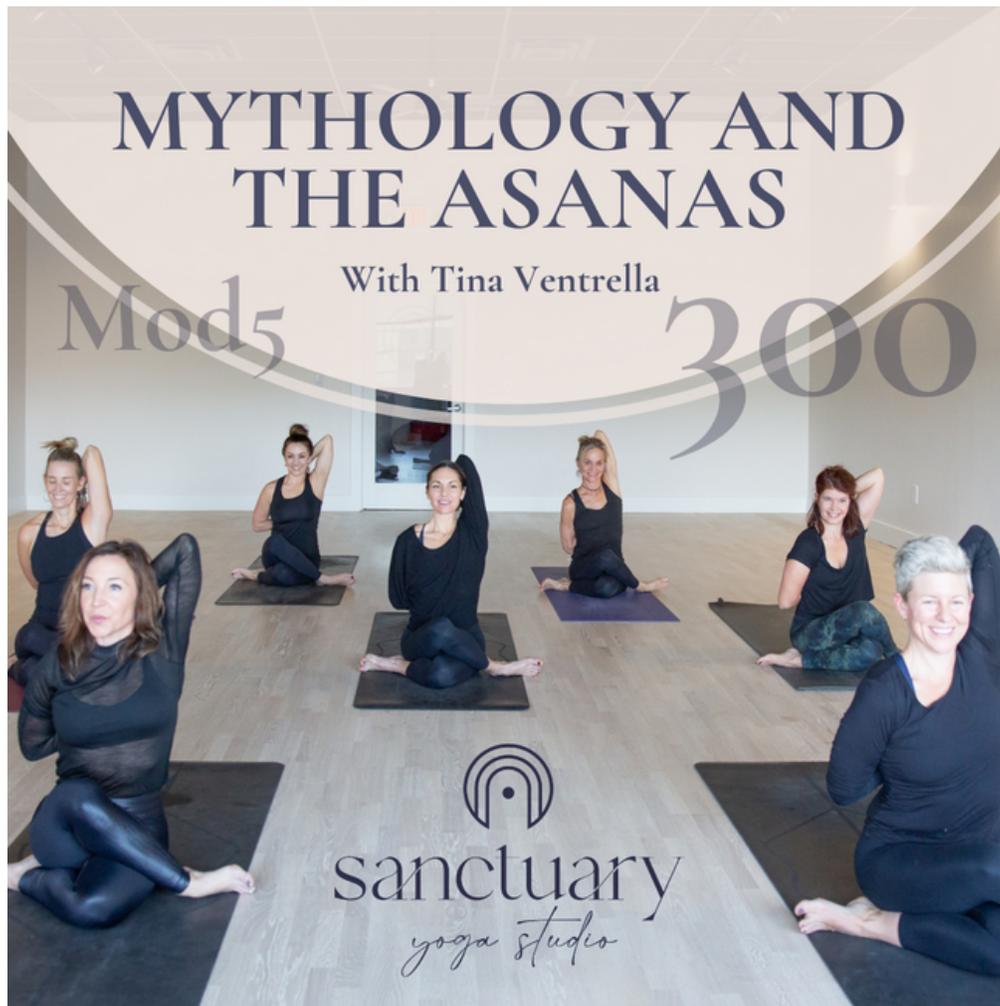
The Yoga Sutra is an ancient yet very practical road map for the practice of Yoga on the levels of mind, body & spirit.

In this immersion, we will explore the practice of Yoga from a holistic perspective by drawing upon the timeless wisdom offered in the Yoga Sutra along with ways to integrate what you learn in order to enhance the quality of your life as well as the lives of your students.

We will discuss the entirety of the Yoga Sutra, exploring some sutras word by word and broadly covering the overarching themes of others. Regardless of whether you have studied the Yoga Sutra before or if you are newer to it, this weekend will offer a new perspective while deepening your current understanding.

Some of the topics we will cover include:

- Samkyha Philosophy as the foundation for the practice of Yoga
- What Yoga is, how the mind works, and the obstacles along the way
 - Short term practices to bring us back to union
 - The causes of suffering & what to do about it
 - The 8 Limbs of Yoga
 - The power of a long term practice
 - The freedom that comes from our commitment



MYTHOLOGY AND ASANA WITH TINA VENTRELLA (MODULE 5)

Discover some of the concepts of eternity, rebirth, liberation and empathy found in the roots of the yoga practice for thousands of years and learn how to tell the story!

Together we will explore the magic from Indian Mythology and its connection to yoga asana. You will learn how to blend the grace of asana with some of the most beloved stories at the heart of the yoga tradition. We will discuss the myths behind some of our favorite, and not so favorite, asanas and learn to skillfully and intelligently integrate while teaching a class or to inspire your home practice.

This course is open to anyone looking to deepen their understanding of yoga philosophy.