

100 HOUR ASHTANGA YTTC

WHAT IS ASHTANGA YOGA?

Ashtanga Vinyasa is a dynamic form of Hatha Yoga that synchronizes breath and movement through a set sequence of asanas. This disciplined practice builds strength, flexibility, stamina, and mental focus, promoting overall well-being. Developed by Sri K. Pattabhi Jois in Mysore and inspired by the teachings of his guru, Sri T. Krishnamacharya, Ashtanga Yoga draws from the ancient Yoga Korunta text. Originally designed as a rigorous system for young men and soldiers, it gained international recognition in the 1960s when Jois began teaching Western students. The method includes six progressive series, each designed to purify the body and deepen internal awareness.

In this course, you will:

- Learn: The primary series of asanas, practicing both in led and Mysore style classes.
- Master: The Tristana method (asana, Ujjayi breath, Drishti), Vinyasa (synchronized breath and movement), and Bandhas (energetic locks).
- Understand: How to modify and adjust postures for different anatomies.
- Explore: The philosophy of Ashtanga Yoga, including the eight limbs of Raja Yoga as detailed in Patanjali's Yoga Sutras.

WHO CAN JOIN?

The 100-hour Ashtanga Yoga Teacher Training is open to certified yoga instructors looking to expand their expertise, dedicated practitioners seeking a deeper understanding of the practice, and wellness professionals interested in integrating Ashtanga Yoga into their offerings. It is also well-suited for enthusiastic beginners eager to explore the foundations of Ashtanga Yoga. Additionally, this training serves as an excellent opportunity for those wishing to refresh their knowledge and reinvigorate their personal practice.

PRANAYAMA AND MEDITATION

In this course, you will explore and practice a range of traditional breathing and meditation techniques designed to cultivate inner balance, clarity, and control over various aspects of life. Pranayama techniques covered include Surya and Chandra Bhedana, Ujjayi Breath, Sitkari, Sitali, Bhramari, Anulom Vilom, Kapalbhati, and Bhastrika. In addition, the meditation component includes Sthula Dhyana (Object Meditation), Jyoti Dhyana (Candle Flame Meditation), Sukshma Dhyana (Formless Meditation), Yoga Nidra, 7 Chakra Meditation, Trataka Meditation, Om Meditation, and Mind Sound Resonance Meditation, offering a deep and comprehensive experience of inner stillness and self-awareness.

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TEACHING PRACTICE, METHODOLOGY, AND TECHNIQUE

TEACHING PRACTICE IN YOUR YTT

During the teaching practice, you will focus exclusively on the Ashtanga Yoga Primary Series, complemented by an emphasis on Yin Yoga to ensure a balanced, mindful, and injury-free approach. Teaching begins on day five, starting with leading Asana classes. As the course progresses, you will gradually take on longer group sessions, culminating in leading full classes lasting 45 to 90 minutes. You will receive constructive feedback from both peers and instructors to refine your teaching skills. Key topics covered include hands-on adjustments, voice projection, class management, and diverse teaching styles.

Additionally, you will receive detailed guidance on planning and structuring yoga classes, including essential techniques such as demonstration, observation, assisting, and correction. Important subjects also address injury management, safety protocols, cultivating class presence, and the business aspects of yoga.

By the end of the training, you will be well-prepared to confidently teach the Ashtanga Primary Series while integrating Yin Yoga to maintain a holistic, safe, and enjoyable practice.

ANATOMY & PHYSIOLOGY

In this component of the training, you will develop a foundational understanding of key body systems essential for effective yoga practice and teaching. You will study the muscular and skeletal systems, gaining insight into how muscles and bones work together during movement and asana execution. The respiratory system segment will explore breath control techniques and their impact on overall health. Basic principles of the nervous system will be covered to help you understand yoga's role in promoting relaxation and managing stress. Additionally, you will learn about the cardiovascular system and how yoga supports heart health and circulation.

PHILOSOPHY

- **Yoga Overview:** History, meaning, and lifestyle of yoga.
- **Four Paths of Yoga:** Jnana Yoga (knowledge), Raja Yoga (meditation), Bhakti Yoga (devotion), and Karma Yoga (action).
- **Ashtanga Yoga:** Study of the Ashtanga Yoga system and Patanjali's Yoga Sutras, including the eight limbs of Ashtanga Yoga.
- **Yogic Lifestyle:** Understanding the yogic way of life and its practices.
- **Obstacles and Solutions:** Identifying common challenges on the yoga path and strategies to overcome them.
- **Satsang and Sangha:** The importance of spiritual community and gathering.
- **Three Gunas:** Concepts of Satva (purity), Rajas (activity), and Tamas (inertia).
- **Ethics and Lifestyle:** Guidelines for ethical behavior and lifestyle for yoga practitioners and teachers.

AYURVEDA: FOUNDATIONS AND KEY CONCEPTS (IN GOA ONLY)

- In our Ayurveda section, you'll explore the foundational principles of this ancient healing system, which focuses on balancing the body, mind, and spirit to promote overall well-being. Here's what you'll learn:
- **Basic Principles of Ayurveda:** Understand the core concepts of Ayurveda, including the three doshas (Vata, Pitta, and Kapha), and how they influence your physical and mental health.
- **Dosha Characteristics:** Learn about the unique qualities and functions of each dosha, and how they interact with your body's constitution and health.
- **Ayurvedic Diet and Nutrition:** Discover how to tailor your diet to balance your doshas, improve digestion, and enhance vitality through the consumption of foods and herbs suited to your unique constitution.
- **Daily Routines (Dinacharya):** Explore daily practices and routines recommended in Ayurveda to maintain balance and harmony in your life.
- **Seasonal Routines (Ritucharya):** Learn how to adjust your lifestyle and diet according to seasonal changes to support your body's natural rhythms and maintain equilibrium.
- **Cleansing and Detoxification (Panchakarma):** Gain insights into traditional cleansing methods that help remove toxins and rejuvenate the body and mind.
- **Herbal Remedies:** Get introduced to common Ayurvedic herbs and their therapeutic uses for promoting health and treating various conditions.

By grasping these fundamental concepts, you'll be equipped to incorporate Ayurvedic principles into your daily life, enhancing your overall health and well-being.

HANDS-ON TRAINING

In the hands-on training, you will learn how to confidently guide Yin Yoga classes, lasting up to 90 minutes or less. You will be taught to lead both the class and individual asanas, including how to guide students with their eyes covered, using verbal cues to direct their practice. Each session has a specific goal, which you will work towards. Throughout the training, you will receive personalised guidance from our experienced yoga instructors.

You will also have the opportunity to practice teaching, give and receive constructive feedback, observe others while they teach, and assist students during classes led by your fellow trainees.

TYPICAL DAILY SCHEDULE

06:15 - 07:15

Begin your day with pranayama, meditation & cleansing (Kriya)

07:15 - 07:30

Tea Break

07:30 - 09:00

Immerse yourself in the art of asana practice

09:30 - 10:00

Enjoy a serene, silent breakfast, nurturing both body and mind

10:00 - 11:00

Teaching Practice, Methodology, and Technique

11:00 - 12:00

Explore the intricacies of anatomy and physiology

12:00 - 13:00

Discover the connection between Yoga and Astrology.

12:30 - 14:00

Enjoy your deserved lunch

14:00 - 15:00

Engage in self-study, allowing time for personal reflection

15:00 - 16:00

Dive into the realm of philosophy

16:00 - 17:30

Return to the mat for another invigorating asana practice

17:30 - 18:00

Sunset

18:00 - 19:00

Meditation, mantra chanting, sound healing, kirtan, and more!

19:00 - 20:00

Rejuvenate with a nourishing dinner

20:00 - 05:00

Transition into a restful night's sleep

