

100 HOUR VINYASA YTTC

WHAT IS VINYASA YOGA?

Vinyasa Yoga, often referred to as "vinyasa flow," is a dynamic style of yoga in which postures transition fluidly from one to the next, guided by the breath. Unlike Ashtanga Yoga, which follows a set sequence, Vinyasa allows for creative and varied sequencing in each class.

The word Vinyasa translates to “placing with intention,” emphasizing the mindful coordination of movement and breath to create balance in the body and calm in the mind. This practice builds internal heat, often includes a cardiovascular element, and cultivates strength, flexibility, and focus. In your Vinyasa Teacher Training Course, you’ll explore a variety of class themes—such as strength, balance, and flexibility—while learning intelligent sequencing, alignment principles, and the use of Ujjayi breath. Be prepared to move, sweat, grow, and enjoy the transformative journey of Vinyasa Yoga.

WHO CAN JOIN?

The 100-hour Vinyasa Yoga Teacher Training is open to certified yoga instructors looking to expand their skill set, dedicated practitioners seeking to deepen their understanding, and wellness professionals aiming to integrate Vinyasa Yoga into their offerings. It is also well-suited for motivated beginners eager to explore the practice, as well as those wishing to refresh their knowledge and reinvigorate their personal journey.

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

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.

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.

You will explore the five pillars of modern Vinyasa practice:

- Heat
- Breath
- Flow
- Gaze (Drishti)
- Foundation (Hands, Feet, Core)

ANATOMY AND PHYSIOLOGY

In this class, you will gain a foundational understanding of key body systems essential for yoga practice and teaching. You'll learn about the muscular and skeletal systems, exploring how muscles and bones interact during movement and asanas. The respiratory system section will cover breath control and its impact on overall health, while the nervous system basics will help you understand how yoga influences relaxation and stress management. Additionally, you'll delve into the cardiovascular system, discovering how yoga can support 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

