

Yoga Teacher Training (100 HOUR AND 200 HOUR) with EOIN FINN

A lot of people think that becoming a yoga instructor consists of learning to teach a basic form of fitness. Really, it is one of the most intense commitments one can make. To be a good yoga teacher, you need to understand anatomy as well as an orthopedic surgeon, be able to grasp philosophy like a university professor and become aware of the human soul like a priest. Furthermore being a good yoga teacher requires us to practice what we preach and gain the skills to handle hardships in life so we can maintain a high level of personal energy and integrity that allows us to give immensely to others.

If these skills are things you desire, then this unique, comprehensive and powerful course will fill you with confidence to teach what you love. We will cover yoga philosophy, sequencing, conscious alignment, yoga as therapy and lifestyle, tools that will be invaluable in making you a great teacher and a positive force in the world.

Because my major life mission is about bringing the energy from my deep connection to Nature into the world, I want to offer the second half of this course in a retreat setting. A place where we can leave our daily concerns behind, immerse ourselves in the wonder of being alive and surround ourselves with a community of other people on a similar bliss path. A place where we can fully absorb the immensity of the life-transforming commitment of becoming a yoga instructor. That place is one of my favourite spots on the planet, Ucluelet, BC.



Namaste,

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DETAILS

* YTT IS OFFERED IN TWO SESSIONS:

SESSION I: April 18 - 27, 2008 in Vancouver, BC, 100 hours

SESSION II: October 3 - 12, 2008 in Ucluelet, BC, 100 hours

* OPTION TO RECEIVE CREDITS FOR YOGA ALLIANCE CERTIFIED 200 HOUR TEACHER TRAINING.

* HOUSING + MEAL PACKAGE AVAILABLE FOR SESSION II.

* APPRENTICING OPTION THROUGH SUMMER.

* PAYMENT PLANS AVAILABLE. 100 HOURS: \$1799 + GST, 200 HOURS: \$2999 + GST.

YOGA TEACHER TRAINING COURSE OUTLINE

Understanding Yoga Asanas + Conscious Alignment

- Principles / Energetic Alignment for Physical Yoga Asanas: The 7 Vital Principles of Vijnana Yoga: Intention, Open heart, Open mind, Rooting, Connecting, Elongating, and Breathing.
- Pattern Recognition: Gaining a clear grasp of the general patterns that are repeated in each pose as per the Positive Force Alignment Principles.^(TM)
- Understanding Adjustments: Learning how to cue, correct, adjust, and connect practitioners in the poses.
- Understanding the physiology of various categories of yoga asanas: e.g. Twists, Forward bends, Back bends, Inversions and Standing Poses.

Sequencing

- Classical sequencing: Yoga Honey Routine.
- Creative Sequencing: Finding your inner teacher. Developing a yoga practice that you love and learning to share your practice with others with confidence and joy.

Anatomy

- Understanding how muscles work.
- Experiencing anatomical movements of the joints.
- Gaining insight into the functioning of the nervous system, cells, organs, fascia.
- Yoga therapy - special attention on back care, knee, shoulder and wrist issues body reading: tilts, rotations, shifts, bends.
- Honoring anatomical differences in bones structure and tissues.

Philosophy

- Hinduism, Classical Yoga, Patanjali's Yoga Sutras. Buddhism, Sufism, Native American spirituality, Joseph Campbell – Follow your Bliss.
- Overview of Chakras and Ayurveda, Gunas.
- Yoga for Happiness - what is happiness? How can we use our yoga asana practice as a tool to create a happy and full life?

Lifestyle

- Developing an 'upward spiral': Strategies for how to maintain a healthy perspective that can help us enjoy our life, co-create with the universe and share this perspective with others. This is one of the greatest gifts of the Yoga Teacher.
- Explore the role of Community and Nature in Yoga and self-development.
- Uniting Ecology and Yoga as a cohesive movement.

