



## **HERIZEN™ YOGA FOR WOMEN**

# **HERIZEN™ YOGA & AYURVEDA TEACHER TRAINING / CERTIFICATION & SELF MASTERY FOR WOMEN**

### **300-Hour Advanced YTT - Learning Objectives**

1.) Trainees will have a deep understanding of all 8 limbs of Patanjali Yoga to develop a personal practice and individual teaching style, including Pranayama, Meditation, Asana and ways of Yoga Living (Yamas and Niyamas). Students will be able to integrate in their Yoga Class / Teaching, design the teachings of Patanjali Yoga Sutras, the Bhagavad Gita and Introduction to Indian & Yoga Philosophy.

2.) Trainees will have increased Confidence and clarity of communication through the use of **Clarimizing™** in presentations, written and verbal exercises, They will demonstrate their understanding and apply the principles during their teachings.

3.) Trainees will have an understanding of the basic Principles of Ayurveda. They will be able to apply the basic principles of Ayurveda in the design and teaching of a Yoga asana class.

4.), Trainees will have a functional understanding of anatomy and physiology; including an Ayurveda perspective. With a holistic view of the body and approach to teaching Yoga, class sessions are designed so that there is a fuller understanding of the bio-mechanics of the body and healthy movement patterns so that the Yoga practice is safe, effective and people are nurtured and empowered on all levels.

Trainees will have respect and appreciation of Ayurveda body / mind types and endeavor to present Asana practice in a way that is personalized both physically, emotionally and spiritually to meet the practitioner's own nature and unique requirements.

5.) Trainees will be able to confidently teach a Hatha Yoga sequence for Intermediate to Advanced students. They will also be able to teach the class without physically instructing the class, using clear verbal communication only. Students will demonstrate the ability to assist their students with both verbal and physical cues. Trainees will confidently teach a Natural Meditation technique, at least 4 Pranayam techniques, the effective use of Mudra through the practice and at least 2 Chants or Kirtan integrated into their class.

6.) Trainees will be able to apply the principles of Ayurveda to determine a weak digestion and how to improve it through an Ayurveda lifestyle for overall health and natural well-being. They prepare at least 2 churna (spice mixes), 2 chutney and at least 2 other ways to enhance the digestive agni (fire).

7.) Trainees will confidently teach a Healing Light Yoga and Chakra Class using Yoga asanas and pranayams specific to individual chakras.

8.) Trainees will demonstrate and teach a Natural Meditation Technique confidently and be able to address questions appropriately that arise from students.