



In-Depth Yoga Study & Teacher Training Certificate Program (200 Hour) Syllabus

This highly experiential program, suitable for aspiring teachers and dedicated students looking for a deep yoga experience, is a year long program designed to give you a solid foundation in the richness and depth of Hatha Yoga and empower you to take the essence of those teachings out into the world, through the teaching of yoga and in the way you live your life. Led by Nathan Hayes, an accomplished yoga teacher and practitioner, this course will transform your yoga practice and your life, giving you the tools to live your life in integrity with your values and to inspire others by example.

The Living Spirit Yoga In-Depth Study and Teacher Training Certificate Program will prepare you for all aspects of teaching and living yoga.

- Immerse yourself in a yearlong process of self exploration and discovery
- Deepen your practice and tap into the unlimited power within
- Discover and embody the essence of the poses from the inside out
- Learn how to teach clearly and effectively from a deep place of knowing
- Develop personal and professional ethics and boundaries
- Learn the business of yoga

The Living Spirit Yoga Teacher Training program consists of Modules 1 through 4 (each Module consists of one weekend per month for three months, for a total of twelve weekends). This program is registered with Yoga Alliance.

Module 1

- The Origins of Movement: Cellular Breathing and Being Guided from Within
- The Anatomy of Standing Postures1: Building the Foundation
- The Diaphragms and the Ilio-psoas Complex
- Anatomy: the Skeletal Structure
- Inversions 1: Gaining Stability and Awareness in Shoulderstand, Headstand, Handstand and Forearm Balance
- Pranayama: Ujjayi, the Doorway to Spirit
- Insight Meditation: Becoming the Witness
- Cultivating a rewarding and lasting personal practice
- What is Yoga?: Understanding Yoga Philosophy
- Principles of teaching Warm-ups



Module 2

- Standing Postures 2: Integrating Upper and Lower Body
- Surya Namaskar: Classic Sun Salutations and their variations
- The Breath in Asana Practice
- Lower Back Fundamentals: Sacroiliac and Lumbar Health
- Standing and Supine Forward Folds
- The Prana Vayus and Bandhas
- Anatomy: Listening to the Stories of Muscles and Tissues
- Pranayama 2: Viloma, Nadi Shodhana and Kumbhaka
- Patanjali's Eight Limbs of Yoga
- Meditation: Stilling the Mind
- Teaching: Principles of Observation, Instruction, Demonstration and Touch

Module 3

- Deepening All Levels of Practice
- Anatomy: Deep Release of Organs
- Principles of Backbends: Organ, Muscular and Nervous System Support
- Arm Balances 1: Self Empowerment
- Twists and Hip Openers 1: Internal Cleanses
- Inversions 2: Head stand and Shoulderstand Cycle
- Savasana & Yoga Nidra: The Art of Letting Go
- The Koshas: Sheaths of Awareness
- Meditation: Space Consciousness
- Teaching: Archetypal Movement Patterns & Asana Clusters

Module 4

- Embodying Your Yoga – On & Off the Mat
- Vinyasa & Ashtanga Vinyasa Yoga
- Backbends 2: From the Known to the Unknown
- Twists, Hips and Arm Balances 2: Cultivating Creativity & Vibrancy
- Restorative Yoga: The Journey Inward
- Chakras, Nadis and Kundalini
- Meditation: Samadhi, Living & Being
- Teaching: The Art of Sequencing
- Ethics of Teaching



Daily Schedule (times are subject to change):

Module 1-4

Fridays: 6-9 pm

Saturdays: 11 am - 6 pm

Sundays: 10 am - 4 pm

At Home Activities

To enhance the learning process, in between weekend sessions you will be expected to commit to a daily practice, keep a sadhana journal, practice the yamas and niyamas, observe other teachers' classes, and complete the required readings and written assignments

Dates for Course Starting Oct 2011

Module 1: Oct 14-16, Nov 11-13, Dec 9-11

Module 2: Jan 6-8, Feb 3-5, Feb 17-19

Module 3: March 2-4, March 31-April 1, April 14-16

Module 4: April 27-29, May 18-20, June 15-17

Prerequisites

A minimum of one year of practice and a serious interest in Yoga and commitment to the Living Spirit program are all that is required. Due to the unique blend of the components of the program, it is necessary to begin with Module 1.

Program Costs

The tuition for the entire program is \$2,400, or \$650 per Module payable one month prior to the start of a Module or the Program. A deposit of \$650 will reserve your place.

Deposits for this program are nonrefundable after your acceptance in the course has been confirmed.



How to Register

Please mail your deposit to Nathan Hayes, Living Spirit Yoga, P.O. Box 2204, Olympia, WA 98507

Questions? Call Nathan at (360) 432-3635 or email him at info@livingspiritryoga.com

About Living Spirit Yoga

Living Spirit Yoga, a rich and dynamic style of Hatha Yoga developed by Nathan Hayes, integrates many different ancient approaches to the practice of yoga and offers a fresh, balanced, modern and accessible system that facilitates personal transformation, joyfulness and an ever increasing consciousness.

About Nathan Hayes

Nathan, founder and director of Living Spirit Yoga, has devoted the last 20 years of his life to the study, practice and teaching of Yoga, with extensive emphasis in the rich and varied traditions of Kripalu, Iyengar and Ashtanga Yoga. His teaching reflects his enthusiasm and reverence for the power of Yoga to bring wholeness, authenticity and joy into people's lives, including his own.. Having studied extensively with most of the world's best and well-known yoga teachers, and from decades of daily practice on his own, Nathan has developed a unique and fresh style of yoga known as Living Spirit Yoga. The hallmarks of Nathan's style of teaching are warmth and humor, the are creative and sensible sequencing of poses, precision in instruction on alignment, attention to breath and body awareness, a sense of adventure, and bodily experiences of union and deep peace.