

8 key building blocks for Great Vinyasa Yoga!

In our yoga teacher training course, the instructor will provide the simple and most direct language to help you learn the material one lesson at a time. With lots of one to one support, honest feedback, and encouragement, you will find as the course develops, and the eight building blocks are taught, greater self-confidence and understanding for your own unique style!

Yoga Breathing and Restorative Practice

Our breath is both voluntary and involuntary. We have the power to practice breathing, and when we oxygenate deeply, our body and mind shifts from fight or flight mode into deep relaxation. According to yoga, we must undergo change in order to remain healthy which is why a certain amount of stress is beneficial. In this training course, you will learn to regulate your breathing, play the edge, and ignite the spirit. When we do, yoga helps us to resist less, embrace life more, and ignite compassionate, forgiveness and a detached outlook, creating new space, possibilities and opportunities for growth and dynamic support. we increase our parasympathetic portion of the nervous system and in turn heal, repair our body, and bring clarity to the mind.

Ashtanga Yoga

Pattabi Jois, a world known expert on Ashtanga says that when we practice regularly, everything we need will be provided. We must be the one to create conditions of health, and just like a seed is planted, it must also be tended to daily, nurtured, watered and with regular practice, new insights and understanding grows. Learning the primary sequence of Ashtanga helps provide a safe yoga sequence for all level students, massage the internal organs and teach us to resist less, embrace life more, and ignite forgiveness and

developed a more detached outlook. Within that newfound space, new possibilities and opportunities for growth and dynamic support will arise.

Yin Yoga

Holding certain postures for longer periods of time increases our stamina, meditation skills, and deep relaxation for the body and mind. Here, we will learn 12-15 essential Yin Yoga Postures, with their modifications and adjustments to see just how these amazing weight bearing poses improve our joints and youthful energy and body glow.

Sanskrit

We will develop our language skills through the practice, demonstration, teaching and confidence of 30-50 sanskrit terms.

Modifications and Adjustments

Many students are unsure, nervous or apprehensive about their own ability to be successful with yoga. Modifications and adjustments are helpful tools to encourage students to go at his or her own level. In this Clayton Yoga International Training, we will learn the modification for every yoga posture (excluding the fifty best yoga warm up postures found in the yoga manual). Each teacher is instrumental in providing this positive backdrop to which students can feel free to go at their own pace.

Anatomy

Outside of breathing, proper anatomy is one of the most important tools used in teaching and practicing yoga. Postures are to be practiced in a safe and supportive manner. Students will learn

anatomy as a way of breaking down complex, advanced postures in order to assimilate and absorb greater understanding of anatomical building blocks open every body type safely and with inspiration.

Sequence Development

Learn to create for yourself, challenging sequences to quiet the mind, open up vitality, and release layers of tension and stress for all backgrounds for all yoga level classes.

Bring Yoga Into the Everyday World

Clayton Yoga International Training teaches you the relevant information you need to know and how to apply yoga and these powerful tools into your everyday life. In this course, we begin with the study of the eight fold path and learn how to bring the moral precepts of Ashtanga and non-harm into the everyday. Through the application and practice of our daily yoga practice, together we learn how to play the edge of each pose, follow the breath, rewire our nervous system and prime our brain to receive the vitality, support and universal energy to help us tackle any life situation and learn to thrive.