

CLAYTON YOGA TEACHER TRAINING

6 unique ways to absorb the information!

Teacher Instruction

In each separate module, the teacher will first instruct and then become a student, allowing you to lead and guide. We will work through the material one lesson at a time. If you do not understand or have any questions, please feel free to ask your questions after each tutorial. Our training is wonderful because we not only teach you the basics of great yoga, we encourage you to find your own voice. With patience and perserverance, you will find that over time, and as the course develops, there will be much more clarity and understanding to grow and develop in your own unique style.

- Teacher training day separated in 8 categories
- Breathing
- Restorative
- Yin Yoga
- Ashtanga Yoga
- Sanskrit
- Adjustments and Modifications
- Vinyasa Yoga
- Yoga Off the Mat
- Combining these tools together, we create a vinyasa...!

Yoga Buddy

What is wonderful about this teacher training is that we present the material in a very clear manner while encouraging each student to be their unique self. Buddy time is an excellent tool as it allows you personal freedom and support to cover material you are interested in covering.

- Essential 'you time' to cover the course lesson that you are interested in reviewing for that day
- Great practical class experience
- Practice applying the tools of the course with your buddy 30 minutes per partner
- Review more difficult alignment and anatomy materials with a buddy
- Give support, honest feedback and provide encouragement

Practice with the Group

The course offers plenty of time for students to actually practice their new skills. Teaching is a skill, not a talent, so be patient with yourself as you develop taking the lead. We will focus on one unit at a time and in the course of one day, move through several different topics keeping the material fun, accessible and highly relevant.

- Practice the separate lessons as a group
- Practice with a buddy each day for one hour
- Practice demonstrating course material with sequence writing and demonstration of 20, 40 and 60 minute yoga classes

StudyGuide and Handouts

Our training includes up to date, relevant and pertinent key information geared to supporting each student. These materials include:

- Covering relevant course material
- Study session and time to review handouts
- Cover material in the training manual, handouts and articles
- Resouce DVD/Audio: 6 different lectures in the field of holistic medicine, breathing and the virtues of living a more healthy positive lifestyle.
- Research Findings
- Group Book Review
- Read, Discussion and Review course articles from the welcome packet

Journals

Great tool to acknowledge things that you love to do. Journals provide a grounded, reflective tool to support you in your growth, difficult passages and any awkward or uncomfortable feelings. Journaling also provides space and time to reward yourself as you make progress!

- Write out your feelings, keeping the material personal for your own clarity
 - Complete Homework Questions
 - Quiet time during the day allows you to align yoga with your everyday values
 - Prioritize what you would like to achieve and set short term goals
 - Provide a backdrop to your progress through the course
 - Dialogue with inner power + learn how to ask angels for guidance
- Great tool to acknowledge growth, reward yourself and have fun making progress!

Marketing

Understanding how to confidently navigate with your new training certification is key to making the most of your yoga training. This course will make time for you to develop yourself both as a professional and a yoga instructor.

- Discuss personal example of Michelle Maue's journey from starting out as a yoga teacher part-time at the local community college to now owning her own yoga studio and leading 6 corporate yoga wellness classes per week
- Learn how to set appropriate boundaries with your clients
- Yoga Music CD's
- You will also receive a bonus of a free 45 minute coaching call with Judit Mueller (valued at \$150). Judit will show you just how to market yourself confidently and effectively.

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Building Blocks and Course Overview

Yoga Breathing and Restorative Postures

One of the most fundamental tools to great yoga and a healthy body is the yogic breath. Also described as the 3 part breath or the diaphragmatic breath, the yogic breath has profound mind–body–spirit benefits. Our body is built on a network of wiring called the central nervous system. This system is made of a balance between two important and different functions called the sympathetic and parasympathetic.

The sympathetic is like an alarm clock inside our body, helping us to get up and go while the parasympathetic is our resting state where we allow our body to repair. A good example of the sympathetic system is when we mobilize our energy to quickly complete a project or drive to get somewhere. Using our primary muscles of breathing, we inhale, expanding the abdomen, allowing the diaphragm to release, the lung tissue to expand and the deep, rich oxygenated breaths to flow.

When we wish to let go of our day, soothe our energies, we are igniting the parasympathetic. The diaphragm muscle has been associated with courage. In yoga, we understand that as a living healthy organism, we must undergo change in order to remain healthy. When we stay connected to our breath, we let life unfold without attaching to results. We circulate the body with life force energy and wire our brain to stay calm, confident and centered right in the center of change.

- 25 Restorative Postures found in the teacher training manual
- Exercise to create your own yoga sequence opening with 2–3 restorative yoga postures
- Understand most comfortable yoga postures to demonstrate how to breath and instruct others to breath
- Meditation Handout
- Dr. Andrew Weil CD Lecture on Power of Breathing
- Study the natural, diaphragmatic, 3 part, yogic counting breath and alternate breath and the order in which to use during class.
- Understand how to start yoga class with 5–10 minutes of deep breathing
- 10–15 minutes of warm up postures based on deep breathing
- 20–25 minutes into class parasympathetic system kicks into gear
- The use of scientific findings to demonstrate the validity of breathing. for example, According to the National Institute of Health report in the 2003 Mayo Clinic Health Letter, the regular practice of deep, slow breathing through the nose

helps produce a multitude of health benefits including reducing anxiety and high blood pressure.

- Breathing and Beyond Handout
- 5 Ways to Introduce Breathing to your students handouts in the training manual
- Initial Practice of Ujayi Breathing Handout
- Energy and Breath Handout
- Breathing correctly for Savasana

Ashtanga

Ashtanga in direct translation stands for ashto, or eight” and anga, or “limb or stages” . Pantanjali, 2,000 years ago assigns eight limbs to the tree of yoga—each limb being a stage or step along the path to self-relaization. 8 stages are Yama (moral codes), Niyama (self-purification and study), Asana (posture), Pranayama (breath control), Pratyahara (sense control), Dharana (concentration), Dhyana (meditation), Samadhi (contemplation). Yoga Shri K Pattabhi Jois says “do your practice and all is coming” . He does not mean that enlightenment will just happen if you practise, he is advising that once the seed has been planted, it has to be tended daily, nurtured, and watered through the discipline of regular practice. And as a result of devoted practice, insights sprout within, and an understanding of the tree of yoga begins to grow.

- Learn the order of the postures and the sankrit name for each one
- Modification for each Ashtanga posture
- 8 Limbs of Yoga and what are there names, the correct order and what is each one in description
- Refer to the Article on “The Eight Limbs of Ashtanga”
- Article and Book on Yamas (Moral Codes) and Niyamas (Self-purification and Study)
- Ashtanga DVD with modifications for all postures
- 12 pages in the teacher training manual that cover modifications for all postures

Sanskrit

Learn between 30–50 terms in this 2,000 year old language which describes the names of all yoga postures.

- Learn the pronunciation and sanskrit word from the 3 handout sheets in the welcome packet
- Understand what the word 'Asana' means
- Know sanskrit of each Ashtanga posture
- Complete the Sanskrit In House Quiz

Yin Yoga

Yin works the deepest layers of the body, opens connective tissue and strengthens our joints. Weight bearing postures on the joints improves the synovial fluid, the hydrolauranic acids, prana and 'chi' in the body. Yoga and in particular 'yin yoga' (similar to acupuncture), works the energy body, opens the meridians and sends electrical currents back to the internal organs which promote long term health and healing.

- 8 Yin Yoga pages in the teacher training manual
- Yin DVD practice session
- Yin Yoga DVD Lecture by Paul Grilley
- Yin postures covered in the teacher training manual
- Write your own restorative and yoga sequence and deliver to class

Modifications and Adjustments

A teacher is instrumental in providing a positive and inspiring background in which students can feel free to go at their own pace. Many students feel very nervous and apprehensive about their ability to be successful with yoga. Modifications and Adjustments are helpful tools to encourage students to go at his or her own level. Modifications help us break down complex postures and take do able steps toward improvement.

- Gain the knowledge of 50 key yoga postures which target tension and compression in the body
- Understand the key differences and when to apply verbal and physical adjustments
- Learn how to provide physical adjustments that are supportive, helpful and empowering
- Use this book for an added resource, [Yoga Posture Adjustments and Assisting](#) by Stephanie Pappas
- Yoga Adjustments Handout in the Teacher Training Manual
- Learn between 1-5 types of adjustments for every single pose.

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 so that one may not become injured. Students also learn anatomy as a way of breaking down complex, advanced postures in order to assimilate and absorb greater and greater understanding of yoga. Yogis believe that a proper posture helps open our energy centers and bring about more peaceful and transforming energy.

- Playing Your Edge: Good Pain versus Bad Pain
- Address Challenging postures with the yoga breath
- Step by step approach to learning more difficult postures
- Study Handout guides on each sub-category and subject:

Standing poses, seated postures, etc.

- Increase Body self-awareness
- Learn common misalignments and how to make necessary corrections
- Tadasana as a template for every other posture
- Sequence yoga classes according to a physical theme
- Paul Grilley 4 hour DVD Yoga Anatomy
- Energy Anatomy and the study of Chakras
- How to create yoga sequences which create specific health benefits

Sequence-Vinyasa Yoga

Vinyasa yoga includes yoga breathing as its foundation, restorative yoga to quiet the mind, yin yoga to open the connective tissues and key knowledge of modifications and anatomy to bring students safely through a long combination of postures which open up vitality, ignite spirit, and release layers of tension of stress. The result is finding tremendous peace, power, gratitude and light on the inside.

- Learn to create safe, effective, challenging sequences for all backgrounds and open level yoga classes
- Understand how to provide beneficial postures to help work with limitations and injury
- Understand the benefits of longer hold times in a pose
- Practice utilizing the yoga breath throughout the entire sequence
- How to utilize adjustments and modifications in your sequence for both small and large classes.
- You will learn the correct order to follow when creating your sequence
 - Restorative
 - Warm up

- Standing
- Sun salutations
- Hip openers
- Backbends
- Forward bends
- Inversions
- Twists
- Savasana

Yoga Off the Mat

Take time well in advance of the course to help build a personal strategy and plan for you to absorb the material and be your best! Clayton Vinyasa yoga includes key knowledge of everyday practical exercises which will open you up to greater vitality, spirit, peace, power, gratitude and light on the inside.

- Exercises to help us identify with our spirit vs. our ego or personal story
- What does your spirit love?
- What do you value?
- What do you do that brings you happiness and fulfillment?
- Are you in alignment with your passion?
- Tools to developing a more compassionate, bubbly you
- Ways to improve your relationships and elevate your appetite for life!...