

CLAYTON YOGA TEACHER TRAINING PROGRAM

**15-DAY 200-HOUR YOGA ALLIANCE CERTIFIED
YOGA TEACHER TRAINING PROGRAM
PRESENTED BY CLAYTON YOGA**

15-DAY OUTLINE

Clayton Yoga is the first Yoga Alliance 200 Hour School to be certified in the State of Missouri. At Clayton Yoga, we offer yoga instruction based on 10 years of practical experience, running a successful yoga studio, teaching corporate yoga classes and having trained over 450 yoga instructors to date to receive their Yoga Alliance Certification.

In our daily curriculum, we focus on one unit at a time and move through several different topics, keeping the material fun, accessible and relevant.

Clayton Yoga's Yoga Teacher Training course also offers a cutting edge marketing program inside of the yoga training. During the 4 live webinar trainings you will discover how to attract yoga students to your classes and build a prospering yoga business.

Please know in advance that from time to time, we will include outside sources to enrich your learning. These include: interesting movies covering the subjects of Neuroplasticity, mind/body, Shinto Buddhism, limbic system, yoga anatomy dvd, yin yoga dvd, Thai yoga workshop, etc. We encourage an open, shared learning environment and welcome your input and feedback!

Each weekend in advance of the training, you will be provided with homework assignments including writing assignments. We encourage you to engage with those assignments as they deepen your learning. We hope that you will have lots of fun absorbing this exciting material.

Now that you have all this new material to download and have an insider look into the quality of our training, please let us know what you think. Additionally, we would like to know if there are any topics you would be interested in covering. Do you have feedback and ideas you wish to share with us? Just send an email to Michelle at michellemaue@me.com and share your thoughts.

Yoga Teacher Training Office Hours are Tuesday mornings from 8-10am. Feel free to call in at 314-630-1677 or 877-226-5017 (international). Thank you!

Namaste.

Michelle Maue

Clayton Yoga

Day One - Orientation

INTRODUCTION

Take time well in advance of each training day to build a personal strategy and plan for you to absorb the material and be your best.

In each separate module, the teacher first instructs and then becomes a student, allowing you to lead and guide. You will not only learn about a great tool but we explore why to work with that particular tool, too

We cover thoroughly the material one lesson at a time. If you do not understand something, 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 perseverance, you will find that over time, and as the course develops, there will be much more clarity and understanding to grow and develop your own unique style.

Do you know the real story about how Clayton Yoga Studio got started?

The owner, Michelle Maue, began teaching in 1997, without any formal teacher training. Trusting in her intuition and love for yoga, Michelle just followed her passion and with great excitement started teaching new students at a local community college. Over time, she developed her technique and learned a lot from one of her favorite yoga instructors, Jonny Kest.

Very often, Jonny would say that peace was not the absence of conflict but the choice to remain peaceful in the face of challenge and difficulty. Yoga empowered Michelle to become better with her finances and gave her the strength to achieve her dreams.

Today, she has taught over 5,000 corporate yoga classes and trained over 450 fabulous yoga instructors around the world. Michelle likes Vinyasa yoga because of its healing, lasting and powerful results.

Recent Testimonials

Here is what some of Clayton Yoga corporate students say about our classes:

"My blood sugar is down to 5.5 from 6.2. Yoga works!!" Carla Johnson

"My strength, energy and flexibility have improved after having 2 surgeries in 2009 for cancer."
Walter Jones

"This class is a good stress reliever for me. Before taking the yoga class, I was having chest pains and I have not had them since starting yoga." Phyllis Dilworth-Weaver

"I had migraines up to 16 times a year before. Since starting yoga 7 months ago, I've had 2! I'm off my migraine maintenance medication, and only have pain meds for migraines now." Kathy E.

STUDY SUBJECTS WITH LINKS TO MATERIALS

Review the Private Training Site: www.ClaytonYogaTeacherTraining.com Please you need to login to view our materials on the private membership site!

LUNCH BREAK JOURNALING

Life can get messy. There are no absolutes-even with the practice of Yoga. Utilize the **"Marketing Training Workbook Part 1"** (in the private membership site under Marketing" to break down big goals into smaller do-able steps. It is okay to feel. Acknowledge hopes, triggers, fears, and doubts. When we are afraid to feel, we may push them down, and we feel a loss of power. Yoga is not the answer, but to process, to utilize the tool of detaching to feel greater universal support and courage to be yourself. Please write a 200-word essay.

CHECKLIST AND IN-CLASS EXERCISES

500 Words on Marketing Me Assignment

Back Pain Flyer

Anatomy of Sun Salutations

“Prep Overview Skype Coaching Calls” Worksheet

Learn all Restorative Postures

Every day, students will be given a checklist and in-class exercises designed to support and provide students with a clear and directive goal.

- Separate Subject Folders in a 3 ring binder notebook, organize fresh new handouts coming your way!

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 Vinyasa!

Review Yoga Alliance Code of Conduct

TAKE AWAYS

One: Yoga Buddy Time: A wonderful quality about this teacher training is the student self-determination and group support we simultaneously encourage. We present the material in a very clear manner and then ask you to go to your yoga buddy for review and practice.

Two: This ongoing process allows you maximum personal freedom, ample time to review more difficult subjects, get practical hands-on experience teaching, asking for feedback and feeling supported along the way. Every student learns in a unique way.

Three: Teaching is a skill, not a talent, so we encourage you to be patient with yourself as you develop taking the lead.

HIGHLIGHT OF THE DAY!

As a yoga teacher for 16 years, I can tell you, life is filled with plenty of up's and down's. Even if the floor that you stand on appears solid... buried deep down into the earth's mantle are volcanic movements of molten lava and plate tectonics show us how things are constantly shifting.

When you find your life changing, count your blessings! This is a good sign. And remember to try to breathe more throughout your day. Breathing deeply will help you to go with the flow and make those dreams come true!

One of the best benefits of yoga is the calm effect it has on the mind. When we slow down and breath more deeply, we dramatically alter the mind into a more peaceful and harmonious state.

Students at Clayton Yoga report greater life satisfaction, vitality, lower blood pressure and an improved resilience to stress.

HOMEWORK

Please look up 5 blogposts from www.claytonyoga.com and comment on your favorites!

Day Two - Breathing

INTRODUCTION

Why Breathing Is So Helpful?

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. When we wish to let go of our day, soothe our energies, we are igniting the parasympathetic.

Breathing ignites the diaphragm muscle. According to Chinese medicine, the diaphragm muscle has long 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 being attached 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.

Staying present without trying to change anything increases our capacity for greater self-acceptance. There, we can replenish, renew, recharge, and increase our healthy attitude and can do spirit!

Why Does Yoga Breathing Give Us so Much Energy?

Yoga breathing is free, right under our nose and can be accessed anywhere anytime. When we initiate the yoga breath and breathe in and out from our belly, we soothe our frazzled nerves, stay calm and increase new levels of energy and vitality. With deeper yoga breathing, we circulate the body with life force energy and rewire the brain to make better choices and face everyday challenges with greater confidence.

STUDY SUBJECTS WITH LINKS TO MATERIALS

Scientists at the Institute of HeartMath (IHM) have already conducted extensive research on the power of heart, the heart/brain connection, heart intelligence and practical intuition.

<http://www.youtube.com/watch?v=QdneZ4fIIHE>

HeartMath researcher and director, Rollin McCraty, PhD said that the true nature of human emotion is one of care and love. Research shows that focusing on these core heart-felt emotions can enhance one's connection with others, and that this connection extends far beyond the individual.

http://www.youtube.com/watch?v=Kyfm5_LLxow

Watch very inspiring yoga video about kids in school learning to breathe:

<http://www.youtube.com/watch?v=tE5Vmggh3XE&sns=fb>

<http://www.mindbodygreen.com/0-5756/10-Reasons-Why-We-Need-at-Least-8-Hugs-a-Day.html>

“Happiness 101” with Ben Shal-Tahir

Watch “Never Give Up” Arthur Yoga Video on Private Training Site

LUNCH BREAK JOURNALING

Yoga Off the Mat Handout + Journal Exercise

This article and Handout speaks to our own ability to withstand uncomfortable moments with greater ease and purpose!

CHECKLIST AND IN-CLASS EXERCISES

Be knowledgeable about the 22 Restorative Yoga Postures and how to set each one up precisely with props: bolsters, blocks, straps and blankets.

Everyday Trauma Handout

Exercise with Two Eye Pillows on the Belly

Understand how to start yoga class with 5-10 minutes of deep breathing

Study the natural, diaphragmatic, 3 part, yogic counting breath and alternate breath and the order in which to use these during class.

Dr. Marcelle Pick Yoga Handout “Exactly What is Happening at the Physiological Level”

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 Breathing Handout

Meditation and Yoga Class Openers Handouts (training manual)

Sun Salute A and B: Sequence + Sanskrit for Ashtanga

Anatomy: Sun Salutation Postures: **modification, sanskrit, misalignment tendency and helpful adjustments both verbal and physical.**

Learn 22 Restorative Postures, modifications and benefits

Research Finding Dr. Pamela Peeke Overview

Introduce 2 New Inversion Yoga Postures

Breathing correctly for Savasana

TAKE AWAYS

Lack of deep breathing is the primary cause of all major stress. Remote areas of the world, even including parts of Africa now suffer from stress related disorders like indigestion, headaches, and ulcers. Stress has now become a worldwide epidemic.

Breathing ignites the lymphatic system, thus helping to remove toxins, cools down the limbic system so that we may engage in our work projects efficiently and with less likelihood for burnout. Breathing also increases self-regulation for those who suffer from PTSD.

HIGHLIGHT OF THE DAY

We utilize the challenges found in Vinyasa Yoga and in life to bring us to a place where we ourselves continually increase motivation, courage and compassion. When we become inspired as Pantajali says, dormant forces, faculties and talents come alive and we find ourself to be a far greater person than we ever imagined ourself to be.

HOMEWORK

Complete Discovery Session Form (Marketing Training Workbook Part 1 inside private membership site)

Write a one page breathing assignment which will open your class.

Write your own Breathing Script for the following weekend - Include simple and direct instructions and add the benefits of breathing.

Know the Sun A + Sun B Flow and Sanskrit in Ashtanga Yoga

Day Three - Yin Poses

INTRODUCTION

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

Allow our ability to be with uncomfortable, longer hold times thereby improving the flow of energy and chi in the body. Yin can be practiced at any part of the yoga sequence beginning, during or end. Increases meditation, and longer awareness times.

Slower practice--Counteract busy lifestyle!

STUDY SUBJECTS WITH LINKS TO MATERIALS

Yin Yoga DVD Lecture by Paul Grilley

Summary Ancient Yogic Drawing of the Nadis

PTSD, Resiliency versus Perfectionism Model: Reflections of Peace

A proven antidote to anxiety and restlessness, the ancient practice of Yoga Nidra has been adopted by veterans, recovering addicts, and run-of-the-mill stressed out people.

<http://www.yogajournal.com/practice/2814>

Healing our War fighters: <http://healingourwarfighters.org/downloads/yoga-nidra.pdf>

LUNCH BREAK JOURNALING

Please write a 25 minute Yin Yoga Sequence. Include in your sequence, simple, clear and direct instruction, plus two benefits per posture. Have a specialty theme, such as hip opener, or soothing for anxiety! Have a hard copy ready for all yoga students.

CHECKLIST AND IN-CLASS EXERCISES

Anatomy of Standing Postures

Sarah Power's Yin Yoga Sequence Handout

8 Yin Yoga pages in the teacher training manual

Yin Yoga Exercises Summary + Postures: teacher training manual (p.45-55).

PTSD Article + How we take steps to lower daily stress in our everyday life

Dr Andrew Weil: CD Lecture on Power of Breathing

Dr. Andrew Weil Handout (p. 57-59 Training Guide)

The Art and Practice of YOGA NIDRA (p. 186-189 yoga teacher training manual)

Wisdom of No Escape Pema Chodren

When things Fall Apart by Mark Epstein

TAKE AWAYS

Yin Yoga regenerates the most vital living tissues of our body and opens the circulatory energetics of our meridian system. Yin Yoga facilitates a supportive challenging edge. 8 layers of ligaments that run up and down the spine.

Yin Yoga puts "pressure" on the joints and bones of the body for longer holding times. Relax the muscles. Within limits, the living tissue adapts to stress.

Why Practice YinYoga? 4 Great Reasons:

- a. Avoid degeneration/immobilization.
- b. Work against Contracture.
- c. Work against joint fixation.
- d. Stimulate Hyaluronic acid.

HIGHLIGHT OF THE DAY!

Could Meridian Tissue be our soul tissue? Helping us shift from competitive, critical to positive, listening, compassionate, gentle, and kind -Unlocking vitality and increasing sensation throughout the body, benefitting openings electromagnetic impulses to move 1 meter in 4 seconds and traveling through the pulsing living tissue.

HOMEWORK

Write a 20 minute Yin Presentation. Use 4 key postures you like and talk about the modifications and benefits of each pose. Type it up and bring a copy for your fellow students. Be prepared to present your project to the class! Have fun!

Day Four - Playing the Edge

INTRODUCTION

Playing the edge helps us create space. We will find a greater ability to respond, not to react. When we take time to really listen, to sequence postures correctly, we allow the body to access support, safety and new levels of energy. This helps us not only open our hips, but also our heart. Always remind yourself and your students to honor the first sign of resistance and wait until the sensations say go.

The real plus to playing the edge consistently is that we have greater levels of equanimity. Having greater equanimity, we feel stronger emotions of resentments, blocks, and allow them to dissolve. Especially as we become older, we can also find greater mental flexibility and hold more space for ourself. We are then able to shift into a peaceful knowing that we are co-creative collaborative souls. We validate our direct experience and override negativity, fear and self-doubt. When we do this, we can really be a lighthouse for many others, simply by noticing our own awareness and opening the possibility for harmony in all walks of life.

STUDY SUBJECTS WITH LINKS TO MATERIALS

Understand how to safely move students to their edge particularly in backbends and inversions.

Yoga Nidra CD with Richard Miller

Transcending Trauma: Our animal friends have an instinctive capacity to rebound from fear, and so do we. Through gentle body-based practices, yoga allows trauma survivors to reconnect with their innate power to heal. By Linda Sparrow.

http://www.traumacenter.org/products/pdf_files/yoga_transcending_trauma.pdf

See the Masuro Emoto DVD documentary on “Healing Messages, Healing Water”.

Relaxed and Contented: Activating the Parasympathetic Wing of Your Nervous System by Rick Hanson

<http://www.wisebrain.org/ParasympatheticNS.pdf>

LUNCH BREAK ASSIGNMENT

Yoga as Art of Self-Transformation by Joel Kramer + Handout

Lunch: Write about 25 Things that make you happy!

CHECKLIST AND IN-CLASS EXERCISES

Anatomy of Seated Postures and Forward Bend

10 Questions for the Dalai Lama DVD

Introduce 50 Key Accessible and Challenging Postures (p.64-71 in the training manual).

Ethics and Code of Conduct (Five Precepts in Manual)

Adjustments with the Stephanie Pappas book. Best way to learn how to play the edge: practice, lots of practice!

Teaching Simple and Direct Instructions Teacher Training Manual (Handout)

TAKE AWAYS

One: A recent NY Times article pointed out that because of injury in yoga that it may be best not to practice at all. We believe when yoga teachers force their own agenda on students, this drives tension and fear deeper into the body.

Playing the edge and Sequence Development: increase the edge, hold postures longer, introduce new poses, hold for 5 breaths, introduce new poses then one breath per minute. Continual adjustments is the way to optimal health. We must undergo change in order to remain healthy. Play the edge in each posture, increase energy, mood and transform your life!

Two: Yoga provides us with a much needed loving, peaceful environment in which we can re-teach ourself that we are loveable, whole and blessed. Then, we are free to live, spontaneously, fully and more alive.

Three: Leave the last two breaths per postures silent.

Four: Breathing and Exercise are the only two steps to ignite the lymphatic system. Breathing is the edge detector.

HIGHLIGHT OF THE DAY!

Most injuries occur coming out of a posture, not because of alignment.

Good pain is any sensation that feels dull, “achey”, provocative, uncomfortable, tolerable, confrontational, Myofacial tissue moving, dense, tight, shaking.

Bad Pain is any sharp, sudden, shaking without the support of the breath, electrical.

HOMEWORK

Bring copy of inspiring Yoga Fable - Story - Yoga Metaphor - Yoga Sutra.

Write 500 Words about how this fable inspires you to elevate yoga, wellness and lifestyle.

Write your first 15 minute yoga class, in sanskrit, with 5 minute breathing in Savasana or seated pose to start, two warm up pose, two standing postures, and one forward bend. Include one benefit for each pose, and present the sequence to your Yoga Buddy.

Find 2 award winning yoga handouts that are interesting and present cutting edge thinking!

Photocopy handout for all students.

Day Five - Anatomy

INTRODUCTION

Besides 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 does 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.

At Clayton Yoga, we support individual differences in both style as well as application. No two bodies will ever produce the same results. Therefore, rather than strive to perfect a pose, we believe that a proper yoga posture helps open our energy centers and bring about a more peaceful and transforming energy. Furthermore, we teach that it is the individual breath which detects appropriate edges, not the yoga instructor!

Playing Your Edge: Good Pain versus Bad Pain

Address Challenging postures with Modifications and the yoga breath

Study Anatomy Handout Guide on each sub-category and subject: Standing Poses, seated postures, etc. found in the Yoga Teacher Training Manual.

Learn common misalignments and how to make necessary corrections

Learn how Tadasana or “Mountain Pose” is a template for standing and Dandasana a template for Seated postures.

STUDY SUBJECTS WITH LINKS TO MATERIALS

Dr. Brené Brown is a researcher professor at the University of Houston, Graduate College of Social Work, where she has spent the past ten years studying a concept that she calls Wholeheartedness, posing the questions: How do we engage in our lives from a place of authenticity and worthiness? How do we cultivate the courage, compassion, and connection that we need to embrace our imperfections and to recognize that we are enough -- that we are worthy of love, belonging and joy?

<http://www.youtube.com/watch?v=X4Qm9cGRub0>

Abraham-Hicks ~ I Can Feel Better Right Now

<http://www.youtube.com/watch?v=8HfTwCRTUvE>

LUNCH BREAK JOURNALING

Notice one area of your life which you have transformed: ego, tension and fear, expecting a magic bullet solution or seeking 'absolutes'. Now intersect with your spirit, bring the sacred into the everyday with your own peaceful inner wholeness.

Write about getting symbolic, forgiving, and creating what you want. Connect to this new power within, and express 500 words of ways you will collaborate with others to receive greater alignment to your joy! Have fun with this exercise.

CHECKLIST AND IN-CLASS EXERCISES

Playful Basic Postures and Adjustments, p. 86-100 Yoga Teacher Training Manual

Donna Farhi CD: the Ethics of Teaching Yoga

Special Needs in Yoga, p. 176-180 in yoga training manual

Yoga Therapy in Practice: Preventing Injuries Book Review Article Handout

Inversion Yoga Practice One Hour daily

72,000 Nadis Openings for Energy Centers throughout the Body

TAKE AWAYS

We are all on a path of empowerment to find greater empathy, warmth, connectivity, trust and engagement. With this we are able to do the light work and increase compassion. We remember that enlightenment is not discovered by focusing on the movement of light, but by making the dark conscious. (Carl Jung)

Understand the two great myths of meditation. Meditation is not perfect silence nor is it a place where we control and still the busy mind.

Meditation is a place to observe without attachment. When we transcend our judgment, fear and ego, we can then see the beauty in everything and recognize this as truth. Meditation is a time to go in and practice allowing the breath to be the greatest of purifying elements for the busy mind.

Day Six: Ashtanga - The Eight Limbed Noble Path

INTRODUCTION

Debunking the myth that a Yoga posture is the ultimate place or solutions to problems in our life.

Ancient yogis believe the breath is the key to the mind. When we breathe deeply and regularly, we unlock higher energies which support and sooth our nervous system. These powerful shifts help us to “get out of our head or intellect” and explore greater creative possibility in our day.

Finding stillness and that place of infinite power helps us to observe the activity of our mind without judgment. We then have more compassion to allow the changes in our life to help us grow and make better choices. As we keep practicing, over time, we begin to thank those lower energies (fear, resentment, anger, jealousy) for slowing us down and teaching us how to allow more blessings and good energy to come into our lives.

Yoga does provide useful tools when applied on a regular basis. It increases our energy, clarity and helps us to listen with our heart and bring magic into everyday moments.

STUDY SUBJECTS WITH LINKS TO MATERIALS

Know the 4 parts of the Primary Series for Ashtanga.

Cover the three main bhandas, dristi, and eight limbs of yoga.

Can recite all eight limbs of the practice.

Vision Board

LUNCH BREAK ASSIGNMENT

Combine opening breathing exercise, restorative sequence 2-3 yoga postures, 2-3 Yin Poses and add now add on 15 minutes of accessible postures such as hip openers! Present to Yoga Buddy.

CHECKLIST AND IN-CLASS EXERCISES

Judith Orloff: Emotional Freedom

The Eight Limbs of Yoga Handout

Proficiency in Sanskrit.

Finding Joe DVD documentary

Mind Matters Most in Clayton Yoga Teacher Training Manual

Somatic Exercise: Describe and write 20 things you feel when you are very relaxed. Now do the same when you are getting very stressed and tense. Share with the group your findings.

TAKE AWAYS

Very recently, the NIH found that yoga can make a big difference for trauma survivors. A 3 year research study done by the National Institute of Health found that a regular yoga practice significantly reduced symptoms of post-traumatic stress including anger, anxiety, depression, and guilt.

The study concluded that yoga directly addresses and minimizes the fight-or-flight response through a combination of active asanas, pranayama, and deep relaxation.

At Clayton Yoga, we do not try to put our students into a yoga pose, instead we inspire them to practice constant, challenging postures and then remain calm.

Did you know that the yoga asana or pose is just training for real life situations?

HIGHLIGHT OF THE DAY!

That the true meaning of yoga is not about doing the splits, or headstand, but all about cultivating greater "equanimity and balance of mind" even under the most compromising and stressful of situations.

HOMEWORK

Write a Yoga Bio-Resume. Include your mission statement, experience, credentials, and current places you are teaching.

Standing Sequence Flow and Sanskrit names in Ashtanga Yoga (from Pada Gustasana to Paschimottanasana).

Day Seven - Modification Postures

INTRODUCTION

A teacher is instrumental in providing a positive and inspiring environment 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 accessible and helpful tools to encourage students to go at their own level.

Keep in mind that modifications are not easy in nature but rather help push your clients outside his or her comfort zone and finding challenging new edges in the body. Modifications help us break down complex postures and take doable steps toward improvement.

STUDY SUBJECTS WITH LINKS TO MATERIALS

<http://www.youtube.com/watch?v=nQ0IzEbeG2o> John O'Leary a St.Louis Inspiration Story

Yoga Journal's Renewable Energy by Melanie Haiken <http://www.yogajournal.com/health/2581>

Recent discoveries about how the heart works show that it's in communication with the brain all the time-- a kind of coherence. Interestingly, the layers of the earth and its atmosphere (such as the ionosphere) share the same frequency as the heart/brain coherence.

http://www.youtube.com/watch?v=5_v6mtngBl8

LUNCH BREAK JOURNALING

When I do good, I feel good. When I do bad, I feel bad. Abraham Lincoln once said these words. How has yoga practice moved you from ego to serving, from reactionary, victim mode, to victorious and proactive? Please write about any new shifts that have occurred for you today such as moving from confusion to trust, surrender, intuition, and passion.

CHECKLIST AND IN-CLASS EXERCISES

10-15 minutes of warm up postures based on deep breathing.

20-25 minutes into class parasympathetic system kicks into gear.

Thai Yoga Postures and Adjustments

Gain the knowledge of 50 key yoga postures which target tension and compression in the body.

Learn 40 basic and different physical adjustments throughout the Ashtanga Primary Series.

Learn how to provide physical adjustments that are supportive, helpful and empowering.

Understand key differences between tension and compression and when to offer verbal and physical adjustments.

Yoga Adjustments Handout in the Teacher Training Manual

Use this book for an added resource: Yoga Posture Adjustments and Assisting by Stephanie Pappas.

Jon Kabot Zinn the Heart of Yoga Audio CD

TAKE AWAYS

Difficulties make us strong! There is a time to blossom and a time to incubate.

The baby chick is developing inside the incubator. We get stronger too with resistance and challenge. Difficulty makes us a stronger and a better person. Practicing yoga by first honoring resistance helps us to do our own inner work. Practice listening with unconditional support and watch for miracles!

HIGHLIGHT OF THE DAY!

“I do not think that selfishness is wrong. Loving oneself is crucial. It seems the when people talk of compassion, they have the notion that it entails a sacrificing of one’s own interests. This is not the case. In fact, genuine love should first be directed at oneself.” - Dalai Lama

HOMEWORK

Find 2 award winning and fabulous yoga handouts and make copies for your fellow students!

Day Eight - Yoga Off The Mat

INTRODUCTION

The use of Research 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 reduced anxiety and high blood pressure.

STUDY SUBJECTS WITH LINKS TO MATERIALS

Escape Fire Documentary

Judith Orloff: Emotional Freedom DVD

LUNCH BREAK ASSIGNMENT

Develop your 1 minute elevator pitch.

St. Louis Corporate Yoga: Positive Case Study Results with corporate yoga onsite classes!

Clayton Yoga offered their new corporate yoga client, TransStates, the first ever case study. Based on the responses of 19 students and only after taking 5 corporate yoga classes, we found an overall 25% increase in energy levels, better overall satisfaction with one's fitness, and improved overall feeling of health.

Are you or anyone you know interested in offering on-site wellness yoga classes at work? Let us help design a customized program to better fit your company's unique needs.

To bring yoga to your workplace, please visit our new website at <http://stlouiscorporateyoga.com/>.

Who are you? What do you offer? What is your passion or main interest for doing this? How can you help add value to people's lives? How can you directly improve people's happiness?

CHECKLIST AND IN-CLASS EXERCISES

Yoga Off The Mat and Handout

Self-care Techniques

Value Exercises

Exercises to help identify with spirit versus, ego-fear and control

General Guidelines or Instructions for Meditation

1. Not full stomach
2. Not right before bed, too sleepy
3. Patient with practice
4. Close eyes focus on nostril area
5. Allow for natural breath when feeling disoriented
6. Slightly harder breath to come back to the present moment
7. Left/Right nostrils, perhaps both nostrils.

Chakras p. 106-118 in Yoga Teacher Training Manual

Use of Aromatherapy

Flower Therapy Use of Crystals

Moving from fear to Joy! Transition over bumps - reactivity - fear - addiction - stuck - distraction

Supportive Coaching Tips: Self-acceptance, Gentleness, Dream Big

Lower Expectations: Slow down more, become more available to your true passion, release critical sabotage, 95% praise-5% correction

TAKE AWAYS

The principle of scaffolding. You want to inspire, support, but never to do the posture for the student. Ask permission, move in and out slowly and always offer support and encouragement.

Verbal Adjustments are essential. They offer encouragement and motivation. Process oriented language. For example “Move the body toward rather than to”.

Point out a few scientific research findings. Introduce easier postures first.

Speak directly, loudly, and use simple words.

HIGHLIGHT OF THE DAY!

SELF CARE TIPS

Clayton Yoga's Tips for a Better Sleep

Clayton Yoga offers students valuable handouts this month to help improve your sleep.

Did you know that drinking more water can help improve your sleep?

Also, spending an hour or two away from the computer at night will improve sleep. Also reading a positive book or taking a warm bath, drinking herbal tea, writing in your journal or going for a nice long walk can also be beneficial. After a fabulous night's rest, you will feel great again.

Movement and deep yoga breathing are two of the best things to rid your body of toxins and clear your mind of unnecessary stress and tension.

HOMEWORK

Find four research findings that demonstrate yoga benefits in everyday life. Titles relevant to today's business world are even better! Bring in 4 summaries of recent, relevant, yoga double blind studies or research in a handout form for all students. We will collect them and share at the end.

Day Nine - Sequencing

INTRODUCTION

Clayton Yoga Teacher Training will show you how to safely and effectively challenge all level students whether teaching to a small class of 4 or teaching to larger audiences of up to 20 or 30.

We will learn the correct order of Yoga Sequence as well as the importance of breaking down advanced postures giving appropriate modifications.

You will also learn why the first ten minutes of class is most important, how to provide students with inspiring verbal adjustments, gentle refreshing, new sequences, and simple, direct, easy to follow instruction.

STUDY SUBJECTS WITH LINKS TO MATERIALS

How Yoga and Meditation can Supercharge Your Life

http://www.huffingtonpost.com/2014/01/13/dean-ornish-yoga_n_4575817.html?utm_hp_ref=fb&src=sp&comm_ref=false

LUNCH BREAK ASSIGNMENT

A great quote: "I have learned so much from my mistakes, I think I will make a few more."

Delete the words mistake and guilt. We are here to learn lessons. Pick and write down 10 yoga inspirational quotes that truly touch your life and inspire the everyday. Type your response and share this handout with the group.

CHECKLIST AND IN-CLASS EXERCISES

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

Creating Themes for Class

Lunch: Yoga Buddy 15 minute sequence Presentations. 4 segments

1-Breath--Restorative/Yin

2-Warm up postures safe (50 accessible postures)

3-Challenging

4-Cool down poses, integrate the class, forward bends, bridge, inverting safely, Savasana.

Have the ability to create 'slow flow' and 'fast flow' combining breath and movement for variable needs of students.

Learn how to create safe, effective, challenging sequences for all backgrounds and open level yoga classes.

Understand how to provide beneficial postures to help work with limitation and injuries.

Understand the benefits of longer hold times in a pose.

Practice utilizing the yoga breath throughout the entire sequence.

Adjustments and modifications in your sequence for both small and large classes.

Breath combined with movement creates moving meditation. Introduce pose for 5 b's. Integrate with Vinyasa. Add new posture for 5 Breaths. Integrate 1 Breath and flow...

Taps into our inner beauty and stamina. Safe warm-up begin with attention to breath, safe sequence, leave time for 5-10 minute Savasana.

Sequence yoga classes according to a physical theme

Learn how to create specialty yoga sequences to meet the demands of certain ailments such as fatigue, arthritis, anxiety, and other specific health benefit

TAKE AWAYS

1. Importance of establishing a regular yoga practice. Set a goal. Use a journal to mirror your achievements and set do-able tasks. Reward yourself with a little treat like flowers, a candle or going for a nice meal.
2. Restorative Yoga helps bring the practice inside. To move away from outside and start to develop our own true inner strength requires that we are able to still the mind. We have the ability to learn how to access these celestial and blissful vibrations. And when we do, we begin to receive, to just "be" and to allow healing, harmonizing and loving energies to take hold.

HIGHLIGHT OF THE DAY!

In The Field

It is by going down into the abyss
that we recover the treasures of life.
Where you stumble, there lies your treasure.
The very cave you are afraid to enter
turns out to be the source of what you are looking for.

The damned thing in the cave that was so dreaded has become the center.
You find the jewel, and it draws you off.
In loving the spiritual, you cannot despise the earthly.

by Joseph Campbell

HOMWORK

Pick one healing modality. Research it in depth. Write a descriptive 500 word essay on why you chose that particular modality. How is it best to integrate this form of therapy? Please cite research to support these conclusions. What valuable tips or support does the application of this do to support your peace of mind or yoga practice? For example, Lavendar now is widely used in yoga rooms in the eye pillows and in scented sprays to calm the busy mind and soothe a restless spirit.

Day Ten - Empowerment Day

“A Hero is an ordinary individual who finds the strength to persevere and endure in spite of overwhelming obstacles.” Christopher Reeve

INTRODUCTION

CREATING YOUR IDEAL SELF

What if, before you got out of bed and began your day, you took the time to ask yourself one simple question? “What is the greatest ideal of myself that I can be today?”

This is the question that provoked Dr. Joe Dispenza to look at how modern science now demonstrates that mindful observation of reality really matters and more importantly how we too can begin to put positive vibrations into everyday life.

Work with tension, tightness - drama comes up, not to suppress or indulge. Working with the edge in pose, breathing deeply, listening to the body as a metaphor for the mind.

In our yoga training, we don't just teach the anatomy of postures, but explain how these poses are interconnected and how uncomplicated safe, challenging and fabulous yoga can really be!

STUDY SUBJECTS WITH LINKS TO MATERIALS

www.hayhouseradio.com

www.dharma.org

www.soundstrue.com

Dan Harris explores how to meditate with Insight guru Joseph Goldstein:

<http://abcnews.go.com/GMA/video/beliefs-meditation-meditate-guru-joseph-goldstein-11919688>.

Watch Buddha Documentary on www.pbs.org.

LUNCH JOURNAL ASSIGNMENT

Please describe 4 separate positive experiences or memories that have helped you to feel confident, centered and empowered. Example, getting an A in science, asking successfully for a promotion, having more acceptance and love for family choices that reflect different values.

CHECKLIST AND IN-CLASS EXERCISES

One Hour Description of Anatomy for Backbend Postures

Buddy One Hour

Yoga buddy Time: Review before 50 Minute Yoga Sequences

TAKE AWAYS

1. Be interactive with your students. Try new and different things! Change your sequence frequently and look at your students when teaching them. Encourage commonality and cooperation right from the start! Let them know you care and that you authentically mean it. Demonstrate the unity in your ability to reach them one to one. Encourage students to have their own direct experience and be very patient, results will come but over time...
2. When we feel sensation or reactivity in the body and stay with the breath: we remain neutral, calm and empowered. It is then that we are able, right in the middle of our stressors of a busy workday, to pause and remember all that we are: our whole, good, creative, appreciative, vital and wise.

HIGHLIGHT OF THE DAY!

Vinyasa Yoga, combines the breath with moment. Each moment is unfolding something new and wonderful, and being alive inside the mystery and giving back our energy we collaborate further. Yoga as discovery not judgment. Encourage child pose often.

Understand power difference or what is known as transference between a yoga teacher and student. You have a very important and powerful role. Offer to them encouragement. Stay open, curious and continue to develop yourself as well...continue taking your own yoga classes, practice at home, ask for grace each day, look and notice your thoughts from a loving angle.

HOMework

Start working on your 60 minute yoga sequence. Include sanskrit names for each posture, warm up postures, breathing exercise, 2 yin postures, hips openers, backbends, forward bends, and inversions. Add the benefits and modifications for every pose. Give your class a theme. Final presentation will need to be typed and shared with the group. Have fun!

Day Eleven - Vinyasa Yoga

INTRODUCTION

Yoga is a 5,000-year-old practice that reintegrates the mind, breath and body, providing each practitioner with a practice of recognizing one's true nature: wholeness. Transforming our sleeping dragons of limitation, fear, and inadequacy through the practice of loving and witnessing our whole self brings us to a place where we stay open to the present. Each Clayton Yoga asana class challenges the student to witness their inner dialogue, create equanimity and move the body into anatomically challenging and safe Vinyasa sequences bringing us to our full potential and creative possibilities.

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 vitality, ignite spirit, and release layers of tension and stress. The result is finding tremendous peace, power, gratitude and light on the inside.

Helping students overcome weaknesses and discover solutions to their limitations. Help students stay curious and constantly learning and more than anything, you need to study your students closely and interact with their particular needs.

STUDY SUBJECTS WITH LINKS TO MATERIALS

Meditation helps relieve PTSD. Increases self-regulation, make better judgment and find relief from alcoholism-drugs.

<http://www.youtube.com/watch?v=Vs9RUECdqFo>

David George, Infantryman, United States (US) Army 101st Airborne Division

The first time I meditated I experienced this relief from the constant anxiety attacks my life had become.

<http://www.youtube.com/watch?v=NbjBPELLor0>

Luke Jensen learned the Transcendental Meditation (TM) technique - a stress reducing practice, proven to combat the effects of PTSD.

<http://www.youtube.com/watch?v=UV05FQ6aBcA>

LUNCH BREAK ASSIGNMENT

Please read Joe Dispenza's reinvention oneself and reflect on what animates and excites you most about the yoga practice. Joe writes "we should never wait for science to give us permission to do the uncommon; if we do, then we are turning science into another religion". Wisdom is a process, not a one stop, place or state of mind. In what ways have you felt your soulful energy teach you to let go more and have greater compassion, when you felt competitive, confused or worried?

CHECKLIST AND IN-CLASS EXERCISES

30 Minute presentations

Complete Inversion Yoga Practice One Hour

The Art of Yoga Nidra with Richard Miller CD

Temple Grandin Biography DVD

TAKE AWAYS

One. When we ask for empowerment, the universe will say, ok! now you are ready to take on your: hopes, triggers, fears, doubts. When we push them down, we feel terrible. When we acknowledge how we feel, we feel better. Working with proper anatomy and alignment, will give you a greater feeling of support, courage to be genuine, and in addition to breathing and exercise, help you to rewire your central nervous system and strengthen the limbic system too, so you can take on more challenge!

Two. We are all on a path of empowerment to find greater empathy, warmth, connectivity, trust, engagement. With this, we are able to do the light work and find enlightenment. We remember that it is not discovered by focusing on the movement of light, but by making the dark conscious. Carl Jung. We focus on a strength based practice (not much labeling - as this is a

deficit) and find better ways to keep the focus on noticing the things we are great at! Giving ourself time and space to find right balance.

HIGHLIGHT OF THE DAY!

Have a destination in mind but always check in with students first and ask them how they feel about the new adjustments.

HOMEWORK

Watch Buddha and the 7 Wonders of the World.

Write your first 30 minute yoga class, in sanskrit, with 5 minute breathing in Savasana or seated pose to start, four warm up pose, four standing postures, and two forward bend, one inversion and 5 minute Savasana. Present to the Group. Include two key research findings from the 200 Yoga Research Findings on Yoga Private Membership Site.

Day Twelve - Marketing Day

INTRODUCTION

Our goal is that by the time you graduate, you will have a clear action plan for marketing your awesome services.

Our Clayton Yoga teacher training includes four 2-hour very special and highly inspirational **marketing seminars with Judit Mueller-Kiss**, my business coach. All marketing webinar instructions, access information and worksheets Judit shares can be found on the Marketing Webinars page on the private membership site.

The exact dates of these content-filled trainings will be scheduled separately throughout your course. You will get a special link where you can sign-up to get the login info for the webinars.

The most important thing is that you engage with the materials we share with you during the webinars and put your learning into practice through filling out the handouts.

Please fill out the general yoga marketing survey which you can access at this link:

<https://www.surveymonkey.com/s/HR39VCB>

This live 4-part webinar training course (8 hours of training altogether) will give you practical tips and take home exercises so you can learn and market your new yoga teaching skills with confidence and ease!

The major topics of the marketing series are:

1. Your Dream Yoga Business – Creating Your Vision and Goals
2. Creating a Marketing Plan for Your Yoga Business
3. Creating Marketing Materials: Elevator Speech and Yoga Bio
4. 4-week Yoga Marketing Action Plan
5. Corporate Yoga Success Tips

STUDY SUBJECTS WITH LINKS TO MATERIALS

Webinar topics and handouts can be found in the private membership site – please remember to login so you can access the materials below:

Your Dream Yoga Business – Creating the Vision and Goals

Handouts

PDF: [CYTT Marketing Training Workbook Part 1](#)

doc: [CYTT Marketing Training Workbook Part 1](#)

Creating a Marketing Plan for your business

Handouts:

PDF: [CYTT Marketing Plan Template Final](#)

doc: [CYTT Marketing Plan Template](#)

Creating Marketing Materials + Corporate Yoga Success Tips – Elevator Speech, Yoga Bio and Yoga Business Marketing Action Plan

Handouts:

PDF: [CYTT Marketing Materials Yoga Bio Elevator Speech](#)

doc: [CYTT Marketing Materials Yoga Bio Elevator Speech](#)

Yoga Market Facts 2012 PDF: [CYTT Marketing Materials Yoga Market Fact Sheet](#)

Corporate Yoga Marketing Tips: [CYTT Marketing Materials Corporate Yoga Marketing](#)

JOURNALING EXERCISES

Get valuable insights and prepare for your new career with the help of these journaling exercises:

Money, Yoga and You – How do you feel about money? What are your most important beliefs around money? How do you feel about charging for your yoga classes? Yoga and money – how do they fit together?

Ideal Client – Who is your ideal yoga client? Please prepare a detailed description on the basis of what you learned in the second webinar training.

Differentiate yourself! – What will set you apart from all the other yoga teachers on the market? Why would a yoga student choose your classes? What special solutions will you be bringing to your market? Use what you learned during the third webinar training!

Action Plan - Please create a short action plan for promoting your yoga classes. What will you do? When? How? An action plan example at the end of this workbook [CYTT Marketing Materials Yoga Bio Elevator Speech](#) will be of great help with this exercise!

HIGHLIGHT OF THE DAY!

During the marketing training, you will have a chance to get some mentoring live!

What is a Hot Seat? This is your opportunity to get mentoring, ideas, suggestions and Judit's advice on any yoga marketing/business question you might have! Share your question and get live coaching during the webinar. A typical Hot Seat session is 5-15 minutes.

This is going to be fun and an excellent learning opportunity for all students!

Please answer these questions to apply for the Hot Seat session:

1. Give us some background info on your yoga teaching career. How long do you teach, other experience, your vision, passionate Why, etc – anything that is important to understand your challenge more deeply.
2. What is your question you would like to get mentoring on? Please be specific, give data if necessary.
3. What would you like to get out of the Hot Seat session?

Send your Hot Seat application to Judit@ClaytonYoga.com. Please share your name and email, too.

TAKE AWAYS

One: There is more to running a successful yoga business than just being a highly skilled and respected yoga teacher. You need to think and act as an entrepreneur!

Two: Getting certified to teach yoga is the first step but in order to build up a thriving yoga business you need to market your own programs in a consistent manner.

In our experience the sooner you begin spreading the word about the fantastic yoga classes you offer, the easier it is to fight overwhelm around marketing. We know that business might not

be the easiest topic for a yoga teacher! That is why you need all the support you can get especially at the beginning of this exciting new journey!

Three: We encourage you to find a way to differentiate yourself and create special programs for your yoga niche. Your professional background, life experiences, even struggles will be the basis of discovering a sustainable yoga niche. Do you feel a bit lost finding the perfect niche for you? Let's help you during our hot seat sessions!

Four: We cannot promise that just listening to the marketing trainings will change your world, but **we are 100% sure that if you take action on the business building steps we share you will be off to an excellent start!** In fact the most important message of this training series is that you can master marketing with solid education and consistent action.

HOMework

Fill out all the workbooks after the corresponding webinar session

Create your Elevator Speech and Yoga Bio

Send in your Hot Seat application at least 24 hours before the last webinar session. Send them to Judit@claytonyoga.com!

Day Thirteen - Evaluations

INTRODUCTION

60 Minute Final Yoga Presentations + Feedback

Qualities of Openness, Curiosity, Persistence and Compassion

Write Two Vinyasa Sequences for a typical 60 minute class. Start by “steeping” the students in the breath for the first 10 minutes. Use 2-3 warm up postures to help you do this.

Move into postures of your choice but have them safely sequenced in the following order: 2 Sun Salutations, 4 Standing Postures, 2 Hip Openers, 2 Balancing Postures, 2 Backbend Postures, 2 Forward Bending Postures, 1 Inversion, 1 twist and Savasana.

STUDY SUBJECTS WITH LINKS TO MATERIALS

Ted Talks from the Yoga Private Membership Site, www.claytonyogateachertraining.com

Trust, morality – and oxytocin? – Paul Zak

Jill Bolte Taylor’s stroke of insight

The Power Of Mindsight – Daniel J. Siegel

The Ecstasy of Surrender – Judith Orloff

Dalai Lama Video -Enjoy...

<http://www.youtube.com/watch?v=abTIBsxBUpw>

LUNCH BREAK JOURNALING

Book Review Janet Conner Writing Your Soul Down

CHECKLIST AND IN-CLASS EXERCISES

Yoga Class Evaluations p. 181-182 in training manual

- Demonstrate clear and simple directions in their yoga classes.
- Will be able to safely sequence a 60 minute Vinyasa Flow class.
- Able to confidently adjust students one to one.
- Able to develop a theme and maintain that focus throughout the class.
- Develop a broad understanding of anatomy and alignment.
- Design an all level yoga class great for any type of environment/ background

Have some fun with Thai Yoga Massage

Thai Yoga Massage Privates

Thai Yoga Massage is one of the world's oldest massages, dating back more than 2500 years. It combines the best of yoga and massage to provide the client with acupuncture, energy work, yoga assisted postures and rhythmic motion which opens your mind, body and soul.

HOMEWORK

Complete Yoga Evaluations and prepare for Video and Written Testimonials for Clayton Yoga Teacher Training

Day Fourteen- Evaluations

60 Minute Final Yoga Presentations + Feedback

Evaluations: Qualities of Openness, Curiosity, Persistence and Compassion

Design an all level yoga class great for any type of environment/ background

STUDY SUBJECTS WITH LINKS TO MATERIALS

Arthur's Transformation (Extended Cut) – Never, Ever Give Up!!

<http://www.youtube.com/watch?v=bIXOo8D9Qsc>

Learning to Dance in the Rain Movie

<http://play.simpletruths.com/movie/dance-in-the-rain/>

CHECKLIST AND IN-CLASS EXERCISES

2-60 Minute Yoga Presentations

Feedback + Testimonials

Types of Yoga Insurance

Evaluations: Qualities of Openness, Curiosity, Persistence and Compassion

LUNCH BREAK ASSIGNMENT

Practicing yoga, can help us all become more understanding. Did you know, recently, a research project was implemented for medical students to help them increase their empathy levels for their patients? It was found that higher levels of empathy are associated with better patient outcomes. Patients feel better cared for when their health providers show they understand.

Read more here! <http://www.coloradotrust.org/news/blog/blog-entry/increasing-empathy-to-improve-patient-outcomes-2>

Day Fifteen - Graduation Day

“I do not think the selfishness is wrong. Loving oneself is crucial. It seems that when people talk of compassion, they have the notion that it entails a sacrificing of one’s interests. This is not the case. In fact genuine love should first be directed at oneself” - The Dalai Lama

When we are numb, asleep, distracted, we look to outside authority-like relationship to fix. In eyes of soul, it is our everyday life that can make expansion possible, bring strength back inside. In a yoga stretch, we breath, stay calm, release, “let go”, stretch and self-accept.

Student Book Review

Create and maintain a regular personal practice of yoga and meditation.

Always remembering to honor the higher power as the source of inspiration, movement and protection.

CHECKLIST AND IN-CLASS EXERCISES

Feel confident in teaching others leading ten minute meditations

CHECKLIST AND IN-CLASS EXERCISES

Establish a regular yoga and meditation practice: Handout Journal, Set specific time each day, establish small do-able steps!

LUNCH BREAK ASSIGNMENT

What if you knew you were not going to fail - what would your dream be? Soul Growth a Bumpy, Jaggedy Road

**nuclear family to ecofamily

**goal oriented to balance with work and family

- **competitive to collaborative
- **confused to trust, surrender, intuition, passion
- **perfectionism to having needs and making continual adjustments
- **guarded-insecure to permission to be vulnerable + open
- **complacency to experience flow + new possibilities
- **approval to mystical (moment to moment)
- **judgmental to compassionate
- **despair to humanity and service
- **worry-fear to stewardship and goodwill

HIGHLIGHT OF THE DAY!

When we stay centered, present, and empowered during times of great uncertainty, we become empowered. When we compete with ourselves, we inhibit our own progress. Very often, just at the edge, when our yoga teacher encourages us to breathe, there we may discover new hidden faculties, talents, loving energy and strengths within.

HOMEWORK

Go share the tools you have gained in this course with the world! Thank You!

**TO SEE A WORLD IN A GRAIN OF SAND
AND A HEAVEN IN A WILD FLOWER
HOLD INFINITY IN THE PALM OF YOUR HAND
AND ETERNITY IN AN HOUR.
-WILLIAM BLAKE**