



Hot Yoga Journeys

HYJ Yoga Teacher Training Level 1

Trainer(s) Elvis Rodriguez

Session / Topic #	Title	Educational Category	Contact Hours	Contact Hours with Lead Trainer	Total Hours	Trainer
Group Asana Practice	Group Asana Practice	Techniques, Training and Practice (TTP)	18.00	18.00	27.00	Elvis Rodriguez

Description

Group asana practice will focus on the dynamics of practicing and working with a group. It will give students an opportunity to become part of a yoga community and to integrate what they learn throughout the training in their Yoga Practice. This Section will also focus on creating a personal practice that is aligned with the principles outlined in the Book "Light on Yoga" by BKS Iyengar. This class will help build a foundation and structure that students can use to fuel their personal health journey for years to come. Group practice will also serve as a platform to explore new posture and adjustments that can be learned and practiced.

Learning Objectives

The learning objectives of this section will be to develop an understanding of the poses covered. The student will improve their personal practice. The students will be able to develop a greater sense of body awareness. They will be able to assess their progress by measuring their flexibility and strength as the group practice continues. They will be able to utilize this experience when they develop their own yoga asana sequences. Students will learn to become comfortable in the setting that they will be leading in the future.

Teaching Standing & Balance Asanas	Teaching Standing & Balance Asanas	Techniques, Training and Practice (TTP)	6.00	6.00	12.00	Elvis Rodriguez
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Description

This section will focus on the fundamentals of standing asanas and balancing asanas. It will review the most common standing poses and balancing poses used in a yoga class. Group lectures will be lead on the topics of benefits, modifications, frequent misalignments, and proper form. This section will explain how verbal cues can assist students in and out of standing and balancing asanas safely. In addition students will be assisted in learning how balancing postures keep us balanced and grounded.

Learning Objectives

The learning objectives of this section will be to develop an understanding of standing and balancing asanas. Student will learn how to give verbal cues to guide students through standing and balancing postures. Students will be able to identify the most common standing and balancing postures used in a yoga sequence. Students will learn modifications to assist other students in class. Students will learn the benefits of the most common standing and balancing postures.

Teaching Seated Asanas	Teaching Seated Asanas	Techniques, Training and Practice (TTP)	6.00	4.00	6.50	Elvis Rodriguez
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Description

This section will cover the purpose of the seated asanas and the importance to any yoga practice. It will cover the proper form and benefits that the most frequently used Yoga postures incorporated into yoga classes and everyday yoga routines. The students will participate in lectures and discussions about the anatomy, form and modifications for seated asanas.

Learning Objectives

The learning objectives of this section will be to develop and understanding about seated asanas. Students will learn the correct form of postures and when to apply modifications. Students will be able to give verbal commands to guide another individual or group into the proper way to carry out a seated Asana. Students will learn the correct way to introduce modifications. In addition the will learn the most common seated postures to include in their classes.

Teaching Twisting Asanas(Postures)	Teaching Twisting Asanas (Postures)	Techniques, Training and Practice (TPP)	6.00	6.00	8.00	Elvis Rodriguez
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Description

This section will cover and analyze twisting postures. The students will participate in lectures and discussions on the anatomy and benefits of twisting asanas. The most common twisting postures will be introduced and explained. The section will incorporate modifications, misalignments, variations, and form. Students will learn about the cleansing properties of twisting postures

Learning Objectives

The learning objectives of this section will be to develop and understanding for the most common twisting postures used in a yoga class. Students will be able to give verbal command to guide students safely in and out of postures. They will be able give verbal commands to help individuals get in and out of Twisting postures safely. They will be able to explain the benefits and guide them through modifications.

Teaching Back and Forward Bending(Asanas)Postures	Teaching Back Bending and forward bending(Asanas) Postures	Techniques, Training and Practice (TPP)	4.00	4.00	8.00	Elvis Rodriguez
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Description

This section will focus on back and forward bending postures. The students will participate in group lectures and assignments focused on the foundations of back and forward bending postures. . Students will learn thats back and forward bends create a sense of tranquility and calmness.. This section will incorporate discussion, observation and core practices. The students will be coached in the most prevalent forward & backward bending postures.

Learning Objectives

The learning objectives of this section will be to explain the benefits of back and forward bending postures. Students will be able to give guide and verbal commands to individuals through the most common back and forwards bending postures. They will be able give verbal cues to help students implement and perform backbends and forward bending postures safely.

Teaching Arm Balancing (Asanas) Postures	Teaching Arm Balancing (Asanas) Postures	Techniques, Training and Practice (TPP)	4.00	4.00	4.00	Elvis Rodriguez
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Description

This section will focus on arm balancing postures. It will include a series of common Arm balancing postures. Students will study and develop an understanding about the dynamics of arm balancing postures. The student will engage in lectures and discussions about way to building strength in arm balancing postures. There will be discussions on the benefits and proper execution of arm balancing postures. This will include research and discussions about the most common balancing postures. Through yoga practice and group lectures they will get to explore the anatomy and benefits of the most prevalent balancing asanas.

Learning Objectives

The learning objectives for this section will be to develop an understanding of arm balancing. They will be able to give verbal cues to guide an individual or a group thru the proper way of performing arm balancing postures. Students will be able to guide individuals through the most prevalent arm balancing postures. Students will be able to describe and explain the beneficial properties of arm balancing postures.

Teaching Stabilizin	Teaching	Techniques,	4.00	4.00	4.00	Elvis Rodriguez
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g Postures	Stabilizing Postures	Training and Practice (TTP)				
Description						
This section will be centered on the study and main core principles of stabilizing postures. Students will learn a series of prevalent stabilizing postures. This section will incorporate anatomy in order to develop a knowledge of the foundation of stabilizing postures. The student will participate in lectures and group discussions about stabilizing postures and how they build core strength and support the structure of the body. Lectures will be conducted on the benefits and proper way to perform stabilizing postures.						
Teaching Inversion s (Asanas)Postures	Teaching Inversions (Asanas)Postures	Techniques, Training and Practice (TTP)	4.00	4.00	4.00	Elvis Rodriguez

g Postures	Stabilizing Postures	Training and Practice (TTP)				
Description						
This section will focus and analyze inversion postures. It will incorporate a series of prevalent inversion postures. In addition this section will conduct lectures and open discussions on anatomy of the pose, modifications, benefits, misalignments, variations, common misalignments, inconsistency, form and action. Students will be introduced to the proper way to execute an inversion and the common adjustments.. This will incorporate investigative lessons and discussions about the prevalent inversion postures. Students will get to experience the different inversion asanas.						
Teaching Restorative Yoga	Teaching Restorative Yoga	Techniques, Training and Practice (TTP)	6.00	6.00	6.00	Elvis Rodriguez

g Postures	Stabilizing Postures	Training and Practice (TTP)				
Description						
This sections will be centered on and focus on restorative yoga. It will cover anatomy of the pose, modifications, and benefits. In addition it will incorporate a variety of prevalent restorative postures. Lectures and discussion on the benefits and correct way to perform restorative postures. There will also be the integration of research and discussions about the most prevalent restorative postures. Regular yoga practice will allow them to experience the different restorative asanas.						
Teaching Sun Salutations Basics	Teaching Sun Salutations Basics	Techniques, Training and Practice (TTP)	4.00	4.00	4.00	Elvis Rodriguez

g Postures	Stabilizing Postures	Training and Practice (TTP)				
Description						
This section will be centered on Sun Salutations. Students will engage in lectures and discussion on anatomy of the pose, modifications, and benefits. It will incorporate various Sun Salutations and focus on the ones used more frequently. Students will learn Sun salutations are the core for a vinyasa yoga practice. Students will participate in discussions on the benefits and the correct way to perform Sun salutations. This will incorporate research and discussions relating to the most prevalent Sun Salutations.. Student will practice Sun Salutations and learn thru						
Teaching Sun Salutations Basics	Teaching Sun Salutations Basics	Techniques, Training and Practice (TTP)	4.00	4.00	4.00	Elvis Rodriguez

experience how to execute a Sun Salutation.

Learning Objectives

The learning objectives of this section are developing an understanding of Sun Salutations. Students will be able to instruct individuals through the most prevalent Sun Salutations. Students will be able give verbal cues to guide individuals on how to execute and modify Sun Salutations safely. Students will be able teach students the benefits of Sun Salutations.

Teaching Chair Yoga Postures Yoga Basics	Teaching Chair Yoga Postures Yoga Basics	Techniques, Training and Practice (TPP)	4.00	4.00	4.00	Elvis Rodriguez
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Description

This section will be centered on teaching Chair yoga seated postures Basics. There be incorporated a series of common Seated Chair Yoga postures. Students will learn a variety of poses that can be done either in a chair, or by using a chair as a prop. There will be Lectures on the benefits and proper execution of chair postures. students will learn Using a chair as a prop in yoga can allow those who may not be able to get up and down from the floor easily to experience the benefits of yoga. A chair as a tool can also help the more challenging postures become more attainable. This will include investigative activities and discussions.

Learning Objectives

The learning objectives for this section are learning a basic knowledge of Basic Chair seated postures. Students will be able to instruct other on these basics individually or in groups. They will be able give verbal cues to assist individuals perform postures safely. Students will be able to give others and insight on the positive effects of these basic chair postures.

Teaching Yin Yoga Basics	Teaching Yin Yoga Basics	Techniques, Training and Practice (TPP)	5.00	5.00	5.00	Elvis Rodriguez
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Description

This section will be centered on the basics of Yin Yoga and teaching the most prevalent postures.. It will incorporate a variety of Yin Yoga postures. There will be lectures and demonstrations on the positive effects and correct way of engaging in Yin Yoga postures. . Students will participate in investigative work and open forums with lead teach and other students. Students will participate in Yin Yoga Classes to gain the experience in the postures.. In addition this section will incorporate anatomy and form.

Learning Objectives

The learning objective of this section will be to familiarize the student with the most frequently used Yin Yoga postures. Students will be able to instruct individuals through the most prevalent Yin Yoga postures. Students will be able give verbal cues to assist individuals perform of Yin Yoga postures safely. Students will be able to give others and insight on the positive effects of Yin Yoga.

Introduction to Pranayama Breathing Techniques	Introduction to Pranayama Breathing Techniques	Techniques, Training and Practice (TPP)	6.00	6.00	16.00	Elvis Rodriguez
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Description

This area of study will focus on pranayama breathing techniques. This are of study will incorporate a variety of prevalent pranayama breathing exercises and techniques. Students gain insight into the purifying effects of pranayama. students will learn various pranayama techniques, the anatomy and science of a breath practice, the benefits of pranayama, and the challenges or cautions for each practice. Pranayama techniques that will be practiced ;nadi shodhana, ujjayi , dirgha, kaki, kapalabhati, and brahmari. Students will participate in lectures on the benefits and proper form and engagement of pranayama. Student will participate in investigation activities to create a better awareness of pranayama and the benefits that it bring into a daily practice. In addition students will participate in Yoga classes that incorporate pranayama so they are able to experience the different forms of pranayama.

Learning Objectives

The learning objectives of this section will be to develop an awareness on the different form of pranayama. In addition student will learn how to incorporate pranayama into their daily lives. Students will be able to instruct individuals through the most prevalent pranayama exercises.

They will be able give verbal cues to assist individuals safely thru pranayama exercise.

Introduction to Meditation	Introduction to Meditation	Techniques, Training and Practice (TPP)	10.00	10.00	10.00	Elvis Rodriguez
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Description

This section will be centered on Meditation. Student will learn the different paths of mediation and the most common ways that people meditate. Incorporated wil be a variety of meditation practices. Students will learn about various meditation techniques, the science behind a meditation practice, and the benefits of meditation. There will be discussions on the benefits and proper execution of meditation practices. Student will participate in mediation classes to gain experience in different types of meditation.

Learning Objectives

The learning objectives of this Section will be developing an understanding and appreciation of the variety of mediation approaches. Students will be able to instruct individuals through a guided meditation practice. They will be able give verbal cues to assist individuals get in and out of meditation safely. Student will be able to give insight on the positive outcomes of meditation and the proper way to adjust a mediation for individual needs.

Introduction to Yoga Nidra & Mudras	Introduction to Yoga Nidra & Mudras	Techniques, Training and Practice (TPP)	3.00	3.00	3.00	Elvis Rodriguez
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Description

This section will be centered on the Yoga Nidra and mudras Students will gain an insight into yoga nidra (yogic sleep) and the positive effects of this practice. Students will participate in lectures on proper engagement of prevalent mudras and understand their effect on the body, mind, & spirit. Students will participate in investigative activities and lectures about the most prevalent Yoga Nidra and Mudras techniques. In addition students will participate in Yoga Nidra Classes and Learn the basic mudras to incorporate in their routines.

Learning Objectives

The learning objectives for this section will be to instruct students on the different mudras and the techniques for Yoga Nidra Students will be able to guide individuals through yoga nidra (yogic sleep) and the benefits of this practice. They will be able give verbal commands to help individuals. They will be able to explain the benefits and guide them through modifications.

Introduction to the Bandhas	Introduction to the Bandhas	Techniques, Training and Practice (TPP)	4.00	4.00	4.00	Elvis Rodriguez
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Description

This Section will be centered on the Bandhas. Students will gain an insight about the three main bandhas (locks): mula bandha, uddiyana bandha, and jalandhara bandha. They will learn about the teachings and perspectives behind the bandhas, how to educate students on the bandhas. The students will also learn the benefits of using the bandhas during asana and pranayama. Incorporated in this section will be lectures about the benefits and proper performance of the Bandhas. In addition to lectures students will engage in investigative research in reference to the most commonly used Bandhas. Students will practice the bandhas and experience their execution in group class sessions. We will include the common misconceptions of the bandhas and teach students the correct forms.

Learning Objectives

The learning objectives of this section will be that students will be able to incorporate the bandhas into their classes. Students will also be able to give an explanation of the benefits and guide others on how to use the bandhas. Students will be able to teach others the most frequently used bandhas.

Adjusting & Assisting Yoga Asana	Adjusting & Assisting Yoga Asana	Teaching Methodology (TM)	6.00	6.00	6.00	Elvis Rodriguez
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Description

This section will be centered on learning how to adjust students in yoga asanas. Students will learn how to use both verbal commands and by using hands-on adjustments in order to assist students that have challenges. The purpose of these adjustments will be both for keeping the student safe. In addition to guiding the students into postures safely students will learn how to take others into postures deeper. Students will engage in lectures on the beneficial properties and correct way to adjust students. This section will include investigative research and open discussions about the most frequently used adjustments. Students will practice these adjustments in mock classes and group classes with fellow trainees.

Learning Objectives

The learning objectives for this section will include Students being able to guide individuals through the most frequent adjustments. Students will be able to give spoken cues to assist individuals conduct adjustments properly. Students will be able to explain the beneficial properties of adjusted yoga postures and assist them through modifications.

Special Populations	Special Populations	Teaching Methodology (TM)	6.00	4.00	10.00	Elvis Rodriguez
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Description

This section will be centered on Special populations Students will acquire the fundamentals of teaching and modifying yoga poses for special populations for example children, seniors, pre- & post-natal, beginners, and those with the most common injuries. Students will participate in yoga classes that will incorporate techniques that help and guide students that belong to special populations. Students will engage in different scenarios where they will experiment and put in action modifications that pertain to special populations.. This unit will incorporate anatomy of the pose, modifications, benefits, misalignments, variations, common misalignments, inconsistency, form and action.

Learning Objectives

The learning objectives for this section will be ; Students will learn the fundamentals of teaching and adjusting yoga postures for special populations: children, seniors, pre- & post-natal, beginners, and those with the most common injuries. Students will learn and write and teach a modified sequence that targets one of these populations.

Class Structure and Sequencing	Class Structure and Sequencing	Teaching Methodology (TM)	6.00	6.00	11.00	Elvis Rodriguez
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Description

This section will be centred on how to set up a sequence for a class and the different way that they can differentiate their class according to the level that their students are on. Students will learn the proper way to start a class and how to include a warm up before their actual sequence starts. They will learn the postures that typically go together and the best way to transition from one posture to another. Students will learn how to incorporate correct breathing into their classes and how to include the most basic techniques to get started. This section will teach students how to sequence different types of classes from rigorous to gentle classes.

Learning Objectives

The learning objectives of this section will be ;Students will be able to structure sequences for various class types and will practice teaching these sequences during their training. Students will be able to give spoken cues to assist individuals perform the yoga postures that are in the sequence created. Students will be able to describe the beneficial properties of the postures in the sequences and assist them through modifications. Students will be able to perform the postures in order to show others the proper way of carrying out the postures in the particular sequence that they are teaching.

Theming	Theming	Teaching Methodology (TM)	4.00	4.00	9.00	Elvis Rodriguez
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Description

This section will focus on how to create a theme for classes. Students will learn the fundamentals of incorporating a theme to their class. The student will learn and experience that creating a theme not only will engage their students but allow them to add creativity to their yoga sequences. Students will practice theme oriented classes to experience the different way to use themes in their own classes. This section will also incorporate investigative research on themes that inspire students and motivate them to further their yoga practice. The integrity of the Yoga practice will also be emphasized that while themes are a tool to inspire students they are not the core of the Yoga practice. Students will learn various themes centered around yoga including but not limited to balance, form, using creative art such as poems or

Learning Objectives

The objectives of this section will be to discover and learn how to use themes to engage students in a yoga class. Students will learn how to incorporate different themes into their classes and how to modify them for students. Students will create theme samples that they can use in their future yoga classes and they will be able to speak and explain the motives and inspiration of their themes.

The Business of Yoga/ Career As a Yoga Teacher	The Business of Yoga/Career as a Yoga Teacher	Teaching Methodology (TM)	3.00	3.00	3.00	Elvis Rodriguez
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Description

This section will be centered on how to make Yoga a business not only as an instructor but as an entrepreneur. Students will view sample resumes and business plans to get an idea of the steps that it takes to become successful in the Yoga business. Student will learn the benefits of being part of Yoga alliance and the different levels to upgrading their teaching status following the correct standards already put in place. Students acquire knowledge about how to make a career as a yoga teacher, either part-time or full-time. They will explore the different levels of being a yoga teacher as an independent contractors/employee/studio owners, liability insurance, code of conduct/ethics, social media, business licensing, advertising/marketing yourself, being a part of a yoga community, how to be profitable.

Learning Objectives

The learning objectives of this section will be that students will understand the different tracks to proper certification of a Yoga teacher. Students will learn the fundamentals of a business plan for a yoga studio. Students will also learn the benefits of having Insurance as a Yoga teacher. Students will also learn the different way that they can promote themselves as yoga teachers and create website to start their new career.

Anatomy Workshop -The Body	Anatomy Workshop- The Body	Anatomy & Physiology (AP)	15.00	15.00	15.00	Elvis Rodriguez
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Description

This section will be centered in the Anatomy of the body in yoga postures. Students will investigate and acquire knowledge of the structure of the physical body a whole including the skeletal system, muscular system, cardiovascular system, nervous system, and circulatory system.

Learning Objectives

The learning objectives of this section will be that Students will learn how the human body operates as a whole system and acquire knowledge on how the physical yoga postures affects these systems. The students will also learn Anatomy & physiology and will be assessed with reviews and examinations. Students will be given to practice assignments and ensure the student has a deep understanding of the body.

Anatomy Workshop - The Energetic Body	Anatomy Workshop- The Energetic Body	Anatomy & Physiology (AP)	4.00	4.00	4.00	Elvis Rodriguez
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Description

This section will be centered on the subtle body. Students will learn about the chakras, vayus, koshas, nadis, and gunas and how they are stimulated and incorporate into to the yoga asana, pranayama, and meditation principles.

Learning Objectives

The learning objectives in this section are: Students will be able to explain to others about subtle body. They will be able to guide students to thru postures that engage the subtle body movements. They will also learn on how to engage students and how to set up classes are targeted to use and develop the energetic body.

Anatomy-Incongruit	Anatomy-	Anatomy &	4.00	4.00	4.00	Elvis Rodriguez
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Description

This section will be centered on the most common physical limitations that come up in a yoga class and how to alter and make minor changes to different poses. Students will learn how these Incongruities relate to those physical challenges that other may have. This section will incorporate lectures on how to incorporate and be able to demonstrate modifications for the most frequent physical limitation.

Learning Objectives

The learning objective for this section are: Learning how to make minor or major changes to postures to assist students in yoga classes. Students will learn how to assist students with challenging postures due to physical limitations. They will learn how to incorporate postures into their sequences that aid students have a more successful yoga practice

The Eight Limbs, Philosophy, and History of Yoga	The Eight Limbs, Philosophy, and History of Yoga	Yoga Philosophy/LifeStyle Ethics (YPLE)	14.00	14.00	22.00	Elvis Rodriguez
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Description

This section will be centered on the foundation of Yoga. Students will be guided and lectured on the roots and the origins of yoga, the history of the philosophy of yoga and how yoga has developed into what we practice today. Students will participate in investigative and open discussions on the many beliefs and most commonly practiced styles of yoga. Students will engage in Readings from the yogic texts and studying the eight limbs of yoga will be a requirement. This section will incorporate creativity by engaging students in presentations on one of the following: a Yama, a Niyama, Pratyahara, Dharana, Dhyana, or Samadhi.

Learning Objectives

The objectives of this module will be: Learning Yoga philosophy from the different Yoga traditions. Students will Practice and study the Yamas and Niyamas. Students will learn how to integrate these practices into their Yoga classes. Students will explore and discover how to incorporate these practices in their daily living.

(Sanskrit)-The Language of Yoga	(Sanskrit)The Language of Yoga	Yoga Philosophy/LifeStyle Ethics (YPLE)	4.00	4.00	8.00	Elvis Rodriguez
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Description

This section will be centered on the importance of sanskrit and the use of it in yoga classes. Students will learn the basic sanskrit words used in describing yoga postures and will also study pronunciation. Students will acquire knowledge of the roots of Sanskrit. Students will engage in lectures pertaining to Sanskrit vocabulary and the explanations of why it is incorporated in yoga. Student will apply and evaluate the most common Sanskrit terminology used in yoga today.

Learning Objectives

The objectives of this section are :Learning the fundamentals and most frequent Sanskrit words in Yoga practice. Students will acquire knowledge about the mechanics of the Sanskrit language in relation to yoga asanas. Student will practice correct pronunciation and practice the most frequently used terms for Yoga asanas

The Yogic Diet & Lifestyle-Ayurveda:	The Yogic Diet & Lifestyle-Ayurveda	Yoga Philosophy/LifeStyle Ethics (YPLE)	4.00	4.00	8.00	Elvis Rodriguez
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Description

This section will be centered on the importance and principles of Ayurveda. Students will discover and comprehend its core beliefs of health, wellness, and diet from the Ayurvedic Point of view. This section will incorporate Dialogues on the Ayurveda which will include the three doshas, the five element theory, the gunas as they attribute to food, and the six tastes according to Ayurveda. Students will participate in a Dosha quiz and be motivated to apply some of the Ayurvedic practices into their daily lives in relation to their dosha

Learning Objectives

The learning objectives of this section will include: Students will acquire knowledge about Ayurveda. Students will become familiar with the fundamentals. Students will learn how Ayurveda relates to their Yoga practice and daily day to day life.

Yoga Ethics	Yoga Ethics	Yoga Philosophy/LifeStyle Ethics (YPLE)	4.00	4.00	4.00	Elvis Rodriguez
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Description

This section will be centered in ethics. Students will engage in lectures on the ethics of teaching yoga and the current ethical issues happening in yoga today. This section will incorporate: the yamas & niyamas in relation to ethics. Students will learn The importance of the teacher- student relationship. Students will also participate in investigative research on the dynamics present in the yoga classroom. Students will learn how to handle potential vulnerabilities that may arise as students engage upon the yoga asana practice. They will also acquire knowledge on raising awareness around the exchange of energy in both circumstances.

Learning Objectives

The learning objectives of this unit will be: Students will acquire knowledge on incorporating ethics to a yoga practice and as a Yoga teacher. Students will Learn the significance of the student teacher relationship and how to set examples and limits as a yoga teacher. Students will learn How to manage prospective situations that may arise in their Yoga career.

Karma Yoga-Yoga as Service	Karma Yoga-Yoga as Service	Yoga Philosophy/LifeStyle Ethics (YPLE)	4.00	4.00	8.00	Elvis Rodriguez
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Description

This section will be centered on Karma Yoga. In this section Students will participate in karma yoga around the studio During the teacher training program. This will include small task to engage with the yoga community and to honor the space where they practice. Students will complete small task directed to Incorporate discussions of seva (selfless giving) as essential fundamentals to undertake yoga teacher training.

Learning Objectives

The learning objectives of this unit are: Students will Learn to value effort and time. They will be able to differentiate what is and is not appropriate to ask and to be asked in the name of Seva.

Practice Teaching 1	Practice Teaching 1	Practicum	10.00	10.00	10.00	Elvis Rodriguez
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Description

This section will focus on the art of teaching and Students will learn to offer hands-on assists. Lead instructor will guide and assist students how to lead their own classes and oversee the students as they practice they acquired skills.. Student will engage in exchanging discussions with lead instructor and will work on techniques to improve and elevate their classes. Students will be asked to teach individual poses or sets of poses as they are learning them to support learning and help them begin to find their flow.

Learning Objectives

The learning objectives of this section are: Students will be able to engage in performing spoken cues, demonstration, and hands on assists in these mini-classes under the observation of their lead instructor. Students will participate in giving and receiving feedback to each other. Student will apply techniques and strategies to enhance their sequences and direction of their classes in the future.