

# YathaBhuta Yoga (YB Yoga)



## YB Yoga Flow Teacher Training

Trainer(s) Maggie Kortchmar

Session / Topic #	Title	Educational Category	Contact Hours	Contact Hours with Lead Trainer	Total Hours	Trainer
Module One	Arising, Abiding, dissolving; the roots of vinyasa yoga	Techniques, Training and Practice (TTP)	10.00	10.00	10.00	Maggie Kortchmar

### Description

Through dynamic and skillful asana practice, with work in the essential postures, you will learn the three tenets of Vinyasa yoga: Arising, Abiding, Dissolving. You will begin to discover how to practice and teach this in every posture, transition and breath. We will explore how to see and teach the transitions as postures within themselves, opening up to each and every moment until the final rest of savasana. You will learn the basic template of a Vinyasa/Hatha class which you can rely on to build creative and effective sequences

### Learning Objectives

To discover the value of having a plan, yet to be aware enough to notice when the plan will not apply due to the class that showed up. Having a sensible but fluid template to build your sequences on and to learn the basics of a flow class.

Module 2	The Elements of Balance and Transitions	Techniques, Training and Practice (TTP)	10.00	10.00	10.00	Maggie Kortchmar
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### Description

Here we begin the practice of standing on one leg in the eka padha (one-legged) postures as well as basic arm balances and intro to inversions. There are key elements in the balancing postures that if taught correctly will make standing on one leg, or two hands, stable and joyful. Key to this is the study of basic anatomy and transitions between the postures.

### Learning Objectives

Here we learn how to take from the study of transitions from the last module by moving into the standing balancing postures. We learn where our center of gravity is in each asana to more confidently balance and maintain ease.

Module 3	Intelligent sequencing for Hatha and Vinyasa Flow	Teaching Methodology (TM)	10.00	10.00	10.00	Maggie Kortchmar
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### Description

Learn how to put together a class that makes sense from the view of anatomy, class level and time of day. Always taking into consideration that you want to engage your students and keep their attention on what they are doing and feeling. How? By watching your students and being flexible in your teaching to create right action for whatever arises.

### Learning Objectives

Building from the class template from the previous module you will learn how to sequence a class choosing one, or a combination of; theme, peak pose or any of the many teachings yoga philosophy presents. Learning how to sequence a class well is the cornerstone to being a

successful yoga teacher.

Module 4	Hands On and Off Adjustments	Teaching Methodology (TM)	16.00	16.00	16.00	Maggie Kortchmar
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#### Description

In this workshop we will learn how to observe, approach and take right action to give an effective and informed hands on or off adjustment. You will gain insight through study of basic anatomy and how it differs from student to student..We will begin with a practice to ignite our hearts, open our senses, and become more sensitive with adjustments. We will explore alignment and how to spot and correct when it goes astray

#### Learning Objectives

We will discuss how to let our students feel seen and supported. We will also learn when verbal adjustments are appropriate and how to invite our students into better listening. Through group work we will explore how to see, place, and support safe alignment in our student's asana practice.

Module 5	The Eight Limbs and The Four Noble Truths-	Yoga Philosophy/LifeStyle Ethics (YPLE)	10.00	10.00	10.00	Maggie Kortchmar
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#### Description

Here we will study South Asian philosophy and its historic timeline from the Vedas to modern yoga. You will discover how yoga philosophy relates to teaching asana and how to infuse it into your classes and your own life. We will also study the core of the Buddha's teachings: The Four Noble Truths. These truths align beautifully with the way of the yogi.

#### Learning Objectives

to take a deeper look at Original Yoga so the trainee can understand the roots of south asian philosophy and its impact on movement/asana.

Module 6	Inversion and Arm Balances	Techniques, Training and Practice (TTP)	15.00	15.00	15.00	Maggie Kortchmar
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#### Description

This module is all about balancing our bodies and minds while upside down and on two hands. You will learn when, where and if to bring the teachings of inversions into your class and what steps must be taken before the final posture is attempted. Observation of your student is crucial in teaching this, we will concentrate on how to teach one student at a time to keep him safe as well as to have others observe and learn.

#### Learning Objectives

To confirm in the trainees practice their own expertise in inversions. To deconstruct inversions in order to teach them safely and at the appropriate time in the class. Arm balances can teach us how to gather all parts of body and mind together, we will learn how staying calm in the most challenging postures can make them more accessible and how we can apply our meditation practice in the midst of great effort.

Module 7	The Art Of Teaching an All Levels Class	Teaching Methodology (TM)	10.00	10.00	10.00	Maggie Kortchmar
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#### Description

Teaching any yoga class is teaching to different bodies, minds and levels. Yet there are wonderful tools that can be employed to keep an all levels class safe for beginners, dynamic for more advanced, and a joy for all involved

#### Learning Objectives

We will explore the different scenarios of an all levels class and how to teach effectively and with confidence. Trainees will gain experience in crafting sequences appropriate for all levels. Through work in small groups, and under the observation of lead trainer, trainees will reference several required texts to deconstruct a peak pose, through this deconstruction they achieve a better understanding of modifications and how to make the best use of props.

Module 8/Series 8	Meditation and Pranayama Essentials	Techniques, Training and Practice (TTP)	10.00	10.00	10.00	Maggie Kortchmar
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**Description**

Here we dive deeper into a meditation practice. You will learn the meditation of "calm abiding"; Shamatha. With a focus on the second limb of yoga: the "Niyamas" (virtuous observance). We awaken the Niyama "Svadyaya" (self-study). A consistent meditation practice not only enhances your own daily life, but it shows up in your teaching and is at the heart of what yoga is about: freedom.

**Learning Objectives**

. You will learn not only to meditate, but where and how to teach elements of meditation into your classes. We will also study and practice basic breathing practices known as Pranayama and how it affects the body and mind.

Weekend Module 9	From Asana to Meditation & Back	Yoga Philosophy/LifeStyle Ethics (YPLE)	20.00	20.00	20.00	Maggie Kortchmar
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**Description**

This weekend we summarize through discussion, questions, practice and journaling, the elements of your training and discover the path you have taken to arrive in the balance between effort and effortlessness: "Flow".. We will discuss ethics and your aspirations as you wind down this training and prepare for how you will keep the teachings vital and a source of delight.

**Learning Objectives**

This weekend will be based around Cyndi Lees book: Yoga Body Buddha mind. Trainees will be spending the first half of the day with instruction in Shamatha meditation and Kinhin (walking meditation). Trainees will be taken through 4 periods of seated meditation and one walking meditation, after each period trainees will journal their experience with a discussion and further instruction. Through reference of several required texts, trainees will spend the afternoon and following day in open discussion, asana practice, and confirming how asana is the bridge to meditation, and how meditation can bring clarity and ease to their practice and in their teaching-Trainees will focus on the correct way to handle the student/ teacher relationship by learning how to pick up when a student may be dissatisfied with the teacher or the school, etc.. and how to handle the situation when a disruption arises in the class. Trainees will learn how to diffuse this type of situation by taking a compassionate yet firm stance through language, listening, and the importance of resolution. They will understand how this harkens back to Arising Abiding Dissolving, (our first module), as a template to teaching asana, meditation, and honoring the ethics of teaching yoga. Trainees will spend time in groups, with assignment from teacher on how to handle one of these instances in a "staged" class practice session. The last hour and 30 minutes will be spent on touching on the business of yoga as trainees give voice to their aspirations, concerns and questions regarding how to take their teaching from training to teaching. We will discuss the benefits of teaching yoga as a fulfilling act of service in their communities, schools, and other parts of marginalized society that can benefit from their commitment to service.

TT Series 1	All Levels Flow Series	Techniques, Training and Practice (TTP)	56.00	37.75	56.00	Maggie Kortchmar
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**Description**

A two hour session, once a week for Four weeks... 6 rounds required..Scheduled throughout the duration of TT schedule.. In this series trainees will get direct instruction in a daily class setting from their lead trainer.. Under the guidance of their lead trainer they will confirm and practice how the YB Yoga template is applied in an All Levels Class. A guided yoga practice series that keep the trainee sharp and able to implement actual practice, and practice teaching on a regular basis as they move through the training.

**Learning Objectives**

In this module trainees will attend a one hour class taught by lead teacher. They will observe the structure of the class, modifications offered, alignment instruction. The second hour will be spent in small group work with the trainees writing down the entire class and their observations of how the opening sequence related to the the peak pose and where yoga philosophy was implied and understood or

misunderstood. trainees will then be given a sequence of the class for one member of the group to teach, (while the others in group apply adjustments ) with evaluation and discussion afterwards from their teacher and trainees.

TT Series 3	Intermediate Flow	Practicum	32.00	32.00	32.00	Maggie Kortchmar
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**Description**

A two hour session, once a week for Four weeks... 4 rounds required..Scheduled throughout the duration of TT schedule.. In this series trainees will get direct instruction in a daily class setting from their lead trainer.. Under the guidance of their lead trainer they will confirm and practice how the YB Yoga template is applied in an Intermediate Vinyasa Class. A guided yoga practice series that keeps the trainee sharp and able to implement actual practice, and practice teaching on a regular basis as they move through the training.This series focuses primarily on Vinyasa flow at a dynamic yet moderate pace. Moving deeper into the basics of inversions, arm balances and standing balancing postures... We will deconstruct asana to have a full understanding of how it works, not just how it looks. Within this series students will practice teach 1.25 hours per series for a total of 5 hours.

**Learning Objectives**

In this module trainees will attend a one hour class taught by lead teacher. They will observe the structure of the class, modifications offered, alignment instruction. The second hour will be spent in small group work with the trainees writing down the entire class and their observations of how the opening sequence related to the the peak pose and where yoga philosophy was implied and understood or misunderstood. trainees will then be given a sequence of the class for one member of the group to teach, (while the others in group apply adjustments ) with evaluation and discussion afterwards from their teacher and trainees.

TT Weekend Module 10/Lab 10	Applied Anatomy for Yoga Teachers	Anatomy & Physiology (AP)	20.00	20.00	20.00	Kelly Colln
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**Description**

Students in this course study the major joints, muscles and connective tissues in the human body, as well as learn proper kinetics as applied to yoga asana. Participants will gain confidence in knowing which movements are appropriate and which are contraindicated for conditions and injuries. The anatomy presented will be simple, powerfully relevant, and easily applied to a variety of yoga postures and sequences.

**Learning Objectives**

To study and observe the body in order to teach how it works in asana. ( please note YA that Maggie does not teach this course it is Kelly Colln but drop down menu would not let me select.

Mentoring	Mentoring Program	Yoga Philosophy/LifeStyle Ethics (YPLE)	8.00	8.00	8.00	Maggie Kortchmar
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**Description**

During the course of the program trainees attend 8 hours of mentoring one on one with lead trainer Maggie Kortchmar. Trainees receive one on one sessions covering aspects of anatomy and physiology, Yoga philosophy, the business aspects of teaching yoga, and guidance in preparing their practicum. Each session trainee will spend 15 minutes of the hour with lead trainer on the ethics of teaching yoga.

**Learning Objectives**

Mentoring will be scheduled after 2 modules have been completed and continue in that structure until practicum.

Final Practicum	Final Practicum	Practicum	4.00	4.00	4.00	Maggie Kortchmar
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**Description**

Trainee will teach a one hour 15 minute All Levels Flow class. As well as deliver written essay on "The Benefits of Yoga"

**Learning Objectives**

To pass the teaching practicum and receive certification.

TT Module Weekened Module 2	Intro To Restorative Yoga	Teaching Methodology (TM)	14.00	14.00	14.00	Kelly Colln
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**Description**

Our Restorative Yoga Training is based on the work of Judith Hanson Lasater. In this training you will learn and experience the History, Philosophy and Science providing the foundation of Restorative Yoga.

**Learning Objectives**

To learn how to place your students in postures using props correctively to allow for deep rest and renewal.

Energy Anatomy	Intro to Energy Anatomy	Anatomy & Physiology (AP)	14.00	14.00	14.00	Kelly Colln
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**Description**

We are multi-faceted beings. Just as your body has a physical anatomy, it also has an energy anatomy. In this module you will be introduced to the biomechanics and functions of your energy body. You will be able to identify the major chakras, learn the corresponding mantra, color and function. You will learn how the chakras, elements (tattwas) and Five Vayus (winds) interact and create health and vitality in our system.

**Learning Objectives**

Trainees will be able to teach and sequence classes, integrating knowledge of energy anatomy.