

Wind of Prana School of Yoga Science

Yoga Teacher Certification Programs

2022 – 2023 School Year

Ascend from a Student of Yoga to a Teacher of Yoga

You have lived Yoga as a student of Yoga, you have clear understanding of the benefits of Yoga and its impact on your life and life of others around you! But if you find the passion to immerse much deeper into the life of Yogi or Yogini you must ascent from the student of Yoga to a teacher of Yoga and continue becoming a teacher of Yoga with a deeper/higher level of education. And if you decide to embark and/or to continue this spiritual journey, now is the time to do it!

Why now? For once, the learning becomes virtually accessible from anywhere and you have the time to do it. But there is another, much more important reason for you to continue becoming a teacher.

The humanity will need the teachers like us to take them on a different, more spiritual path after we all come out of this protective mode we are in now. There are many different forces at work right now, some good and some dark. It is up to us, the teachers to make sure the humanity moves towards the light, to finally acknowledge the oneness of us all and to thrive powered by our light. We will need to teach people that. We will need to cultivate it, nourish it, protect it. We will need to become human gardeners.

Yoga is such an encompassing science of life and living it and being lived by it is what the humanity needs now, more than ever.

Come, and we will teach you how to become and continue becoming such a teacher. Our curriculum is approved by and our school is registered with Yoga Alliance but our teachings go beyond that because we will not only teach you the wisdom of the ancients but also what we have learned, what we have experienced, our wisdom, to inspire you to learn who you really are and so you can gain clarity how things are, and so you can remove the veils of illusion, the delusion, so YOU, in turn will teach and inspire your students to do the same.

There is no greater role that is needed from us now, other than a role of a teacher!

This is truly an epic moment! We will guide you through it, so you can guide others!

Summary of Our Programs and Activities

| 200-Hour Yoga Teacher Certification Program | 300-Hour Yoga Teacher Certification Program | Other Courses and Activities |
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| <p>Techniques, Training, Practice</p> <ul style="list-style-type: none"> • Exploration of Asanas • Pranayama and Meditation • Biomechanics <p>Physical Anatomy</p> <ul style="list-style-type: none"> • Musculo-Skeletal • Physiological systems <p>Subtle Anatomy</p> <ul style="list-style-type: none"> • Gunas, Koshas, Vayus • Nadis and Chakras • Meridian System • Yin and Yang <p>Yoga Humanities</p> <ul style="list-style-type: none"> • History and Philosophy • Vedas, Upanishads ... • Bhagavad Gita • Yoga Sutras • Taoism (Tao Te Ching) <p>Professional Essentials</p> <ul style="list-style-type: none"> • Teaching Methodology • Class Design <p>Professional Development</p> <ul style="list-style-type: none"> • Ethical Commitment • Lifelong Learning • Business Aspects <p>Practicum</p> <ul style="list-style-type: none"> • Knowledge and Skills • Practice Teaching | <ul style="list-style-type: none"> • Yoga Humanities I – Yoga History, Philosophy, Lifestyle and Ethics • Wisdom of Yoga I – Study of Bhagavad Gita • Wisdom of Yoga II – Study of Yoga Sutras of Patanjali • Wisdom of Yoga III – Study of Upanishads and The Science of the Rishis • Wisdom of Yoga IV – Tao: The way of the mystical force that guides us • Subtle Anatomy -From Gunas, to Koshas, Vayus, Nadis to Chakras • Anatomy of You - from the birth to Self and to re-birth • Chakras as Vital Element of Energy fields • Pranayama – Bridge to Higher Consciousness • Yin Yoga - The Missing Half of Life Balance - Foundation and Practice • The Art of Teaching Yoga • Designing your own course (your subject) • ... and more | <p>Certifications:</p> <ul style="list-style-type: none"> • Yin Yoga Teacher Certification • Pranayama Certification • Yoga Nidra Certification <p>Other recommended activities</p> <ul style="list-style-type: none"> • daily yoga practice • meditation • walks in nature • dreamwork • rolling poetry • writing, music, painting, drawings • writing your own Upanishads • and more |
| <p>Our programs and courses can be used as:</p> <ul style="list-style-type: none"> • Complete teacher certification for 200, 300, and/or 500-Hour levels • Complete teacher certification for Yin Yoga, Pranayama, and Yoga Nidra • CE credits, as part of your personal and professional development • Advancing your own Yoga journey <p>We can design a personal program for you to match your needs and passions.</p> | | |

Our school is registered with Yoga Alliance and our Lead Teachers are registered E-500 RYT's and YACEP (Yoga Alliance Continuing Education Provider). Due to the current travel and gathering restrictions, Yoga Alliance allows us to teach all courses in a virtual learning environment (online). Our online sessions are live, but recordings will also be available if you missed the session or if you'd like to review the session.