

BEGINS 1/19/2024

@Blue Lotus Yoga
www.BlueLotusYogaStcloud.com



WEEKEND SESSION #1

1/19/2024-1/21/2024 *In-person

"Begin Within Welcome Weekend" Join us for this powerful first weekend session that will begin to light the path "home" to our True Self, which is peace...more than the personality, name and life story. We will begin to explore the deeper understandings of Yoga, an exploration of unity, present moment awareness and non-judgment.

This weekend will include the following:

Crystal Bowl Chakra Sound Bath Welcoming Experience, Introductions/Meeting Your Jnana Sangha, Program Philosophy, Covid-19 Safety Precautions/Housekeeping, Lineage of Integral Hatha Yoga, The Many Styles of Yoga, Honoring & Understanding 'The Edge' in Yoga practices, History of Yoga, The Branches of Yoga, The Limbs of Yoga, Styles of Yoga: Yoga Nidra, and students will learn to instruct the intro/centering component of our class scaffolding & seated poses.



WEEKEND SESSION #2

2/16/2024-2/18/2024 *Virtual-live

"Go with the Flow & Developing the Teacher Within Weekend" This weekend we will learn to 'go with the flow' as we explore teaching aspects, learning styles, creating safe, inclusive space for students as well as Yoga Anatomy.

This weekend will include the following:

Compression vs. Tension, The Eight Major Joints, and Anatomy of the Spine & Shoulders. Students will learn to 'go with the flow' as they are introduced to Styles of Yoga: Vinyasa Yoga. Yoga Sutras 101 will begin and students will learn to instruct the warm-up component/sun salutation of our class scaffolding.



WEEKEND SESSION #3

3/15/2024-3/17/2024 *In-person

"Spinning Our Wheels to Wellness" This weekend session will focus on understanding energy anatomy 101, developing an experiential & knowledge based understanding of the Chakras and will allow students to explore techniques that will assist in revitalizing, unblocking, stimulating, or balancing those specific energy centers.

This weekend will include the following:

Chakra Exploration & Integration classes, Heart Opening Yoga Class, Chakra lecture, Pineal Gland Meditation, Anatomy 101: The Lower extremities, Understanding and practice teach of Standing Asana Poses with students learning to instruct the Asana portion of class scaffolding including understanding of the art of asana sequencing/movements of the spine.



WEEKEND SESSION #4

4/19/2024-4/21/2024*Virtual-live

"Breathe & Balance Weekend" This weekend session will add upon the teachings of energy anatomy, cover the Anatomy of the Breath, Anatomy of Pelvis, Styles of Yoga

This weekend will include the following:

Yin Yoga, basic Intro to Ayurveda & yogic diet, Vegan Lunch, Pranayama Techniques, The Nervous System, Practice Teach Pranayama, & continuation of The Yoga Sutras 101, Understanding and practice teach of Balancing Asana Poses with students continuing to learn to instruct the Asana portion of class scaffolding.



WEEKEND SESSION #5

5/17/2024-5/19/2024*In-person

"Just Be Wellness Weekend" Immerse yourself in the meditative experience throughout this session and discover the power of the presence that you are. This weekend will highlight and include: various foundational meditative techniques and teach students how to practice and instruct these techniques to assist themselves and others in experiencing liberation from the false self & experience their True self which is the non judgmental awareness, An intro to Noble Silence w/practice, Developing the Teacher

This weekend will include the following:

Correction vs. Connection w/practice time, How Sweet It Is: yoga sweeteners, Briefing on the Gita, Anatomy Upper Extremities, Styles of Yoga: Gentle Yoga, Understanding and practice teach of Forward Bends and Backbends Asana Poses with students continuing to learn to instruct the Asana portion of class scaffolding.



WEEKEND SESSION #6

6/21/2024-6/23/2024*Virtual-live

"M&M: The Power of Mantra & Mudra" Experience the high vibrations of the practice of Sanskrit Mantra.

This weekend will include the following:

Sanskrit Mantra 101, Foundational Mudra, Styles of Yoga: Chair Yoga, Anatomy of Muscles, Understanding and practice teach of Inversion, Twists & Recline Asana Poses with students continuing to learn to instruct the Asana portion of class scaffolding, final assignments, testing and graduation will be addressed.



WEEKEND SESSION #7

7/19/2024-7/21/2024 *In-person

"The Beginning is the End Final Integration Weekend" The final weekend session

This weekend will include the following:

Styles of Yoga: Restorative Yoga, Accessible Yoga, All about Props w/practice teach, Teacher Take Care, Yoga Ethics 101, Trauma Informed Yoga, Final Group Teach, Yoga Alliance Registration & Benefits, The Business of Yoga in Modern Day, Understanding and practice teach of Yoga Nidra, Final Meditation & closing of class scaffolding, Closing Crystal Bowl Chakra Sound Bath & Graduation Ceremony.

200 HOUR



YOGA TEACHER TRAINING

Weekend Session summary

YOGA ALLIANCE APPROVED PROGRAM

Call: (407) 837-3626