



## Advanced Teacher Training: Sequencing and Asana

Thank you for your interest in Yogamaya's Advanced 300 Hour Teacher Training.

Our Advanced 9-Day Intensive Modules will enhance your teaching, your heart, and your knowledge. Taking all four of our 9-Day intensives will constitute a full 300-Hr Teacher and you will be able to register with the Yoga Alliance at the 500-Hr level. Each module is designed to stand-alone and may count as 75 hours of continuing education credit with the YA. Many teachers take individual modules covering topics they want to study more deeply.

All topics listed assume a basic working knowledge of each subject and will be taught at a more advanced conceptual and practical level.

**DATES:** Oct 21<sup>st</sup> -29<sup>th</sup>, 2017

**TIMES:** Mon-Fri: 8am-5:15pm, Saturdays & Sundays: 1-7:30pm

**WITH:** Bryn Chrisman, Stacey Brass and Anna Greenberg

**TUITION:** \$900

### Topics

1. Yogamaya class structure, sequencing methods and philosophy of teaching
2. Detailed and advanced study of alignment and actions of specifically chosen asanas
3. How to create intelligent alignment based Vinyasa sequences
4. Building a foundation for your classes and teaching that feels authentic and rooted in a tradition
5. How to create warm ups and Sun Salutation variations for specific class focuses





## Schedule

### **Saturday Oct 21<sup>st</sup>**

- 1-7:30pm – Standing Poses with Stacey

### **Sunday Oct 22<sup>nd</sup>**

- 1-7:30pm – Bird Poses 1 with Bryn

### **Monday Oct 23<sup>rd</sup>**

- 8am-12:15pm, 1:45-4pm – Warm Ups and Sun Salutations with Anna

### **Tuesday Oct 24<sup>th</sup>**

- 8am-12:15pm, 1:45-5:15pm – Bird Poses 2 with Bryn

### **Wednesday Oct 25<sup>th</sup>**

- 8am-12:15pm, 1:45-5:15pm – Leg over the Arm Balances with Stacey

### **Thursday Oct 26<sup>th</sup>**

- 8am-12:15pm, 1:45-5:15pm – Back Bending 1 with Stacey

### **Friday Oct 27<sup>th</sup>**

- 8am-12:15pm, 1:45-5:15pm – Back Bending 2 with Bryn

### **Saturday Oct 28<sup>th</sup>**

- 1-7:30pm – Bent Leg Seated Poses with Stacey

### **Sunday Oct 29<sup>th</sup>**

- 1-7:30pm – Long Leg Seated Poses with Bryn





After the completion of this module each participant will be scheduled to assist in 4 classes taught by Stacey, Bryn and/or Anna in order to fulfill the 75-hour requirement. Participants from out of town will have customized arrangements.

Attendance is required for all scheduled dates and times in order to receive a certification. Missed days can be made up and we handle them on an individual basis.

Your tuition includes unlimited classes at Yogamaya during each module. You will receive a special on-going Yogamaya Grad Rate after you have completed our full program.

We request that all interested applicants have a minimum of one year teaching experience and attend a few classes at Yogamaya between Stacey & Bryn to ensure this is the right environment for your yoga study. Exceptions can be made for people coming from out of town, but will require a personal conversation in addition to your application.

We invite you to join in this long and ancient lineage of seekers taking the next steps.

Yogamaya is registered with Yoga Alliance at the 200-Hr and 500-Hr Level.

*\*\*For all inquiries please email us at [TTInfo@yogamayanewyork.com](mailto:TTInfo@yogamayanewyork.com).*

