



Empower 200: Foundational Yoga Teacher Training

Curriculum for 2018

The [Empower 200 Foundational Yoga Teacher Training](#) provides an internationally recognised 200hr qualification to teach Embody Yoga. At a physical level, Embody Yoga is based on Vinyasa Yoga – a popular modern yoga which incorporates a dynamic, flowing practice and includes stronger, physically challenging poses. Also included in the Embody Yoga practice are longer held, more restorative yoga poses to facilitate deep stretching, relaxation and create a well balanced and integrated experience.

Embody Yoga is a contemporary yoga practice with firm roots in traditional Hindu yogic teachings and Buddhist practices like mindfulness. It also weaves in ancient Taoist and Traditional Chinese Medicine (TCM) ideologies. An Embody Yoga class involves considered, intelligent sequencing and may include philosophy and themes, working with the elements, hands on assists and the use of sound to invoke a specific state of mind. Embody Yoga teachers are taught how to bring themselves into a deep place of presence when teaching.

Embody Wellbeing is fundamentally about transformation though working with all aspects in a holistic way – recognising that health and wellbeing relies on a balanced approach to the physical, emotional, mental and spiritual aspects of our human experience. Embody Yoga applies this through the avenues of yoga and meditation.

Empower 200 is a comprehensive approach to yoga teacher training that provides dedicated students (and current yoga teachers who seek to expand their teaching) with a solid grounding to teach inspiring yoga that has the potential to facilitate powerful transformation in students. It is not necessary to intend to teach yoga to undertake this training – the journey with Empower 200 is a powerful journey in itself. On successful completion of the Empower 200 training, Embody Yoga teachers may be offered the opportunity to teach for Embody Wellbeing including facilitating the [Transformational Program](#). Other pathways include further professional development through [Embody 85](#) and [Yinbody 85](#).



In Empower 200: Foundational Yoga Teacher Training you will learn:

Yoga Asana (Poses) and Classes

- To teach yoga asana and sequences confidently from a place of focused presence
- Key Embody Yoga sequencing structures
- How to sequence a class that is intelligent, intuitive, interesting and intentional
- Good alignment and technique in poses – from an understanding that all bodies are unique and the importance of adapting the pose to work for the body not forcing the body into the pose
- Modifications, alternative poses and contraindications
- Skilled and creative cueing and instruction to come into, maintain, and come out of a pose
- Teaching methodology – how to teach a range of students with different learning styles
- Working with specific demographics, health conditions and contexts including trauma sensitive areas
- Hands on assists and an introduction to the art of healing through touch
- How to teach using demonstration as a learning aid and how to effectively teach without demonstration
- How to effectively use props – yoga props such as bolsters, straps, blocks and blankets and other supporting tools like essential oils and sprays
- About setting up your yoga class – the logistics, and how to create ambience for students

Yogic Philosophy, Lifestyle and Ethics

- A summary history of yoga including both ancient and modern history
- Yogic physiology (chakras, nadis, koshas, gunas and energy systems)
- Basic TCM and Taoist teachings on energetic physiology
- About important yogic texts including the Bhagavad Gita and Patanjali's Yoga Sutras
- About the Namaste principle and how to apply it during the training, when teaching, and on and off the mat
- Integrated yogic philosophy and ethics – applied on and off the mat
- Basic Ayurvedic concepts and practices
- Working with emotions and yoga – develop a basic understanding of the potential purpose of specific emotions and how to work with them through yoga
- About yogis in business – the nuts and bolts of teaching professionally



Practice and Training

- Yoga asana – learning of all yoga asana taught in the basic Embody Yoga sequence structure (using both online and face-to-face workshop style for all poses)
- To understand, practice and teach basic pranayama – simple and effective breathing techniques
- To understand, practice and teach basic meditation – various methods including mindfulness
- To use sound in powerful ways through chanting and mantra, toning and specific types of music designed to facilitate states of consciousness
- About working with the elements (Earth, Water, Air, Fire) when teaching yoga
- To find / further develop your unique, authentic and powerful voice
- About creating and holding ‘space’ – teaching from a place of connected inner power

Yoga Anatomy and Physiology

- About the systems of the body – respiratory, cardiovascular, lymphatic, digestive, endocrine and nervous systems
- The fundamentals of flexibility
- About the skeletal body
- About the physiology of movement
- Some fitness principles and exercise physiology
- About the families of poses

Plus you will have access for a full year to online anatomy course with world-renowned yoga educators and authors of the best selling text Yoga Anatomy – Leslie Kaminoff and Amy Matthews – units include:

- Building Blocks
- The Breath
- Strength, Flexibility & Movement
- The Spine
- The Lower Limbs
- Upper Limbs
- Anatomy in Asana and Asana Philosophy
- Anatomy in Asana and Pain & Sensation
- Anatomy in Asana and Vinyasa
- Anatomy in Asana and Arm Supports

