



## All That Matters' Pranotthan 200-hour Yoga Teacher Training

### Curriculum

#### Teaching Techniques and Methodologies

- Explore 25 classic yoga postures with basic benefits and contraindications
- Learn the foundation of musculoskeletal principles of alignment
- Learn techniques to create dynamic core power and stabilization, promoting health and longevity of the spine
- Learn the gradient approach to teaching asana and how to adapt and modify postures to create ease in all body types, thus appealing to a wider range of students
- Become aware of common compensatory misalignments and the theory of the kinetic chain to observe the body as a whole unit
- Use the eight anatomical landmarks cues for leading postures clearly and effectively
- Incorporate the Koshas – the 5 layers of the human cosmology (physical, energy/breath, mind/emotions, witness and bliss) – as a map for the multi-dimensional approach to teaching and practicing yoga
- Learn how to structure a yoga class using The Eight Elements to create a comprehensive class experience
- Find creative sequencing and class designs that express your authentic self
- Learn to instruct fundamental Pranayama, from heating to cooling, from calming to motivating.
- Learn foundational Meditation techniques and establish an ongoing meditation practice
- Learn to teach Relaxation techniques
- Master Samyama, the art of attention and absorption
- Discover original and fun ways to stoke the fire and warm up the body for asana practice
- Learn the sacred art of assisting and adjustments
- Utilize your authentic voice and presence to take space as an inspiring leader
- Learn the business of yoga including marketing and right-livelihood support

#### Philosophy, Scriptures, Ethics, and Lifestyle

- Experience yoga as a path of self-discovery and transformation
- Integrate holistic lifestyle tools
- Learn and practice Conscious Communication skills
- Explore scripture through experiential lectures on:
  - o The Bhagavad Gita
  - o Pantanjali's Yoga Sutras
  - o Pantanjali's 8 Limbs of Yoga (emphasizing the Yamas and Niyamas)

#### Anatomy and Physiology

- Learn embodied yoga anatomy
- Understand the basic physiology of the organic systems
- Deepen your understanding via the latest science and research on yoga

*Pranotthan Yoga is compatible with all other styles and traditions of yoga.*



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### Schedule

This 6 month training runs October 25, 2017 - April 29, 2018 and takes place over 7 required weekend intensives. Complete attendance at all weekend modules is mandatory, and all requirements must be fulfilled for certification.

#### **Weekend 1:** Oct 25-29, 2017

Wednesday 5:30pm-9:30pm; Thursday-Saturday 8:30am-7:30pm; Sunday 8:30am-6pm

#### **Weekends 2-6:** 2017: Nov 10-12, Dec 8-10; 2018: Jan 19-21, Feb 23-25, Mar 23-25

Fridays, 5:30pm-9:30pm; Saturdays, 8:30am-7:30pm; Sundays 8:30am-6pm

#### **Weekend 7:** Apr 26-29, 2018

Graduation weekend at Providence Zen Center begins Thu, Apr 26 at 10am and ends Sun, Apr 29, mid-afternoon. 4-day, 3-night lodging and meals included.

### Tuition and Benefits

Tuition of \$3,150 includes:

- 7 weekend intensives with Devarshi and guest teachers
- Pranotthan Yoga Teacher Training Manual and supplementary materials
- Graduation Retreat Weekend (4-day, 3-night lodging and meals at Providence Zen Center, Cumberland, RI)
- 3 Anatomy courses with Dr. David Dwyer - Chiropractor, All That Matters' Owner and Yoga Teacher
- Rooms at All That Matters South Kingstown location for practice teaching and study groups
- Ongoing Support from All That Matters staff
- Discounts at The Store at All That Matters and on All That Matters workshops and health services

Tuition does not include:

- Required books and DVDs
- Required basic props – yoga mat, 2 blocks, cushion, blanket, strap, eye pillow, journal and notebook

Payment plans are available. For details, [click here for application](#).

### Required Reading

*Yoga Essentials: Musélan's Guide to Yoga Poses* (Laura Erdman-Luntz, Jill Barber)

*Anatomy and Asana* (Susi Hatley Aldous)

### Recommended Reading

*Bhagavad Gita: A New Translation* (Stephen Mitchell)

*Yoga Sutras of Patanjali* (Mukunda Stiles)

*Yoga Teacher Toolbox* (Joseph and Lillian Le Page)

Please note all of these books are available at *The Store* at All That Matters.