



## 200 HR YOGA ALLIANCE TEACHER TRAINING

### ASHTANGA HATHA VINYASA INTENSIVE

Dates: May 10-30<sup>th</sup>, 2018

Venue: The Shala Ananda – Bucerias

Schedule 8:00am-5:30pm daily

*Approximate daily routine (subject to CHANGE depending on topic:*

8-10am	practice/panayama/meditation
10-12pm	History – Philosophy - Theory
12:00-1:30	lunch break
130-330	Postures - Explained
3:30-5:30	Anatomy – Props – Adjustments

**Investment 2,300usd 45,000pesos**

**What we will cover:**

**What is yoga? - History and Philosophy**

**The breath**

**Mantras**

**Sanscrit**

**Ashtanga Yoga: The 8 limb path**

**Sama Vinyasa**

**Universal ques for all postures.**

**Universal alignments.**

**Perfect downward dog.**

**Correct use of props.**

**The Ashtanga Primary Series in Full.**

**Asjustments and variations.**

**Bhandas**

**Anatomy related to the practice**

**Samskaras**

**Koshas**

**Chakras / nadi system**

**Yoga Nidra**

**Hatha Yoga**



***THIS TRAINING IS AIMED AT:*** Students who want to deepen their understanding of the practice. Students who want to develop a daily practice. Students aiming to earn a 200hr Teacher Training Certificate. Yoga teachers who would like to dive into the Ashtanga Practice and further their education.

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