

OBJECTIVE 1

Students will continue to build physical strength, flexibility and endurance through daily hot Bhakti flow practice. They will also learn the sequence of postures in the Bhakti Flow and primary cues associated with each posture through daily practice. Students will be able to integrate action and non-action. Through deliberate action in time and space the student moves into a Presence where all doing disappears; where the doer and the action become one. With regular practice, students move into a unified state of higher consciousness.

OBJECTIVE 2

Student will be able to give verbal cues, modifications for limitations and demonstrate instruction of proper alignment in all of the poses in the Bhakti yoga flow class. Students will be able to adjust others performing common alignment mistakes with verbal cuing and demonstration. They will be able to integrate cues for press points and energetic extensions with along their cuing for physical alignments. Students will be able to discuss the medical benefit of each pose and the breathing technique. Finally, students will readily state all postures names in Sanskrit.

OBJECTIVE 3

The first objective students will master in methodology is to do no harm. Students will perform adjustments in the most professional manner, holding rigidly to the ethics session objectives. Students will perform hands on adjustments most commonly used in a Bhakti flow class.

OBJECTIVE 4

Students will be able to list the most significant ancient yogic scriptures. They will differentiate between raja yoga and hatha yoga; explaining the importance and evolution of each including the most significant ancient teachers. Students will learn and integrate the principles of the Yamas and Niyamas into daily living.

OBJECTIVE 5

Based on the principles of Ayurveda, students will be able to use daily practices which bring optimal balance and harmony to their body, mind and spirit. Students will be able to choose foods and activities which best pacify their dominant and avoid foods and activities which aggravate their dominant dosha while integrating such influences as age, travel and season.

Technique, Training and Practice

- SESSION TOPIC # TTP-YN (Technique, Training and Practice: Amrit Method Yoga Nidra)

DESCRIPTION: Yoga Nidra is a dynamic state. Like ordinary sleep, it can renew the body and refresh the mind but Yoga Nidra has the ability to alter student's unconscious programming. This allows individuals to change conscious and unconscious patterns and habits which are not conducive to attaining a higher level of consciousness.

Yoga Nidra works by immersing the brain in the rhythms of the alpha state. Here, this state aligns the sympathetic and parasympathetic nervous systems to restore the body and mind to homeostasis. This is a state of oneness that by-passes the ego-mind and facilitates physical, mental and emotional well-being. Through this daily practice of Amrit Method Yoga Nidra, an integrative relaxation and meditation technique, students will achieve a higher level of consciousness.

LEARNING OBJECTIVE: Through a twice daily practice of the Amrit Method of Yoga Nidra and subsequent journaling, students will optimize their state of well-being, ability to learn and retain information and achieve a higher state realization and self-awareness.

HOURS: **24 Hours** w Head Trainer: Ed Gergler

- SESSION TOPIC # TTP-BF (Technique, Training and Practice: Bhakti Yoga SJ Hot Flow)

DESCRIPTION: This hot flow class is the primary sequence for which students will become certified. The standing series combines a Vinyasa flow class and a Hatha class. While the standing sequencing is consistent, the floor postures of each class focus on one or two of the following areas: 1) Supine poses, 2) back bends, 3) forward bends and 4) seated poses and spine twists.

LEARNING OBJECTIVE: Students will continue to build physical strength, flexibility and endurance through daily hot yoga practice. They will also learn the sequence of postures in the Bhakti Flow and primary cues associated with each posture through daily practice.

HOURS: **30.5 Hours** w Head Trainer: Sandra Gergler

- **SESSION TOPIC # TTP-AY (Amrit Method Yoga Practice)**

DESCRIPTION: The Integrative Amrit Method Yoga practice encompasses a range of approaches developed to enhance students' ability to live life fully, spontaneously and effortlessly. These practical methods include Amrit Yoga's Posture of Consciousness and Amrit Method Yoga Nidra. Individually and together, they facilitate students' ability to live in complete harmony with the present moment.

LEARNING OBJECTIVE: Students will be able to integrate action and non-action. Through deliberate action in time and space the student moves into a Presence where all doing disappears; where the doer and the action become one. With regular practice, students move into a unified state of higher consciousness.

HOURS: 17.5 Hours w Head Trainers: Ed Gergler and Sandra Gergler

- **SESSION TOPIC # TTP-PT01 (Technique, Training and Practice: Posture Clinic Sessions)**

DESCRIPTION: Through discussion, active demonstration, and use of the trainee asana handbook, Teaching Yoga, we will identify alignment and cuing for stable, safe movement through all postures in the Bhakti Flow Sequence. We will identify how key muscle groups affect flexibility and strength in these poses and apply this to teaching modifications for limitations.

LEARNING OBJECTIVE: Student will be able to give verbal cues, modifications for limitations and demonstrate instruction of proper alignment in all postures in the Bhakti Flow Sequence. Students will be able to adjust others performing common alignment mistakes with verbal cuing and demonstration. They will be able to integrate cues for press points and energetic extensions with along their cuing for physical alignments. Students will be able to discuss the benefit of each pose and the breathing technique. Finally, students will readily state all postures names in Sanskrit.

HOURS: **50.0 Hours** w Head Trainer: Ed Gergler

Teaching Methodology

- SESSION TOPIC # TM-01 (Methodology; Voice Projection, Communication and Observation Skills)

DESCRIPTION: Students will practice leading a Bhakti flow sequence, focusing on voice projection and cue effectiveness. Students will practice using various cue alternatives to prompt the practitioner to follow the desired postural movements. Training students will use observation skills to learn to recognize when cues are not being effectively communicated or physical limitations and modifications are needed.

LEARNING OBJECTIVE: Student will effectively be able to use voice projection and inflection to guide a group yoga class with authenticity and confidence. Training students will be able to evaluate the effectiveness of their verbal cues through observation of yoga students' postures, recognizing when cuing is ineffective and then correctly modifying cues.

HOURS: **5 Hours** w Head Trainer: Ed Gergler

- SESSION TOPIC # TM-02 (Methodology; Hands on Adjustments I)

DESCRIPTION: Students will learn to recognize when hands on adjustments are appropriate to use in class. They will learn how to professionally approach a yoga student to perform hands on adjustments. Students will practice on fellow trainees the most common hands on adjustments used in a Bhakti flow class

LEARNING OBJECTIVE: The first objective students will master in this session is to do no harm. Students will perform adjustments in the most professional manner, holding rigidly to ethics session objectives. Students will perform hands on adjustments used in a Bhakti flow class.

HOURS: **5 Hours** w Head Trainer: Ed Gergler

- SESSION TOPIC # TM-03 (Methodology; Hands on Adjustments II)

DESCRIPTION: Students will learn the energy exchange, proper breathing and state of mind that are needed to execute safe and effective adjustments. This session expands upon Hands on adjustments I by reflecting on the multidimensional approach to adjustments that goes beyond physical alignment.

LEARNING OBJECTIVE: Training students will use their energy, breath and balanced state of mind to make adjustments to increase a yoga student's awareness, focus and self-confidence while improving physical alignment.

HOURS: **5 Hours** w Head Trainer

- SESSION TOPIC # TM-04 (Methodology; Teaching Multi-Level Classes)

DESCRIPTION: Students will practice delivering instruction for a multi-level class. They will practice concisely offering cues for those with physical limitations first, then readily guide those with increasing levels of ability in such a way that all student levels receive safe and effective instruction.

LEARNING OBJECTIVE: Students will be able to lead a yoga class while effectively offering postural alternatives for a wide range of ability; from those with physical limitations, to those with advanced levels of ability. Students will increase their ability to multitask and cater to various students' needs simultaneously.

HOURS: **5 Hours** w Head Trainer

- SESSION TOPIC # TM-05 (Methodology; Focus on physical limitations)

DESCRIPTION: This session will guide trainees through each posture in the Bhakti sequence with a greater focus on modification for those with physical limitations. While the typical Yoga Teacher Trainee has a greater than average level of physical ability, this session will also serve to increase trainee awareness of the myriad of limitations that exist and how important it is to make instruction inclusive of those with these limitations.

LEARNING OBJECTIVE: Students will acquire a deeper understanding of the practitioner who has physical limitations. Training students will be able to guide yoga students with various limitations such that they maintain safe execution and maximum benefit from all of the postures covered in this training.

HOURS: **5 Hours** w Head Trainer

Yoga Anatomy

- SESSION TOPIC #AP-01(Anatomy Session)

DESCRIPTION: Students will identify main muscles of the appendicular skeleton with their function in movement and stability. They will demonstrate specific postures which highlight coordinated movement patterns between the upper and lower limb tissues including bones, joints, ligaments, tendons and muscles pertinent to yoga practice.

LEARNING OBJECTIVE: Students will be able to describe the basic structure, function, and location of the appendicular skeleton: upper and lower limb tissues including bones, joints, ligaments, tendons and muscles pertinent to yoga practice. Describe the structure, function, and movements of the limbs, particularly as this relates to healthy movement patterns in yoga practice.

HOURS: **10 Hours** w Head Trainer: Sandra Gergler

- SESSION TOPIC # AP-02(Anatomy Homework)

DESCRIPTION: Homework assignment will be completed in The Anatomy Coloring Book; 4th Edition. Students will complete assignments related to the basic structure, function, and location of the appendicular skeleton: upper and lower limb tissues including bones, joints, ligaments, tendons and muscles pertinent to yoga practice. Describe the structure, function, and movements of the limbs, particularly as this relates to healthy movement patterns in yoga practice.

LEARNING OBJECTIVE: Students will be able to describe the basic structure, function, and location of the appendicular skeleton: upper and lower limb tissues including bones, joints, ligaments, tendons and muscles pertinent to yoga practice. Describe the structure, function, and movements of the limbs, particularly as this relates to healthy movement patterns in yoga practice.

HOURS: **10 Hours** Independent Study

Yoga Philosophy, History and Lineage

- SESSION TOPIC # YPLE-01(Yoga History and Lineage)

DESCRIPTION: Students will learn the historical timeline and significance of the ancient roots of yoga including the Vedas, the Upanishads, the Bhagavad Gita, the yoga Sutras of Patanjali, Tantra, Hatha Yoga, Yoga's Journey to the West and Contemporary Hatha Yoga Styles. This session will also focus on the life and ancient wisdom of modern master Yogi Amrit Desai; from humble beginnings to the explosion of Kripalu Yoga to a new age of yoga. This lecture will focus on the journey and wisdom of a living guru and modern master. Students will experience Amrit Yoga class in session TTP-AY and during this lecture learn more about what makes Amrit yoga and the posture of consciousness unique.

LEARNING OBJECTIVE: Students will be able to list the most significant ancient yogic scriptures. They will differentiate between raja yoga and hatha yoga; explaining the importance and evolution of each including the most significant ancient teachers.

Students will identify key points in the life of Yogi Amrit Desai. They will explain what makes Amrit Yoga unique and describe of the "posture of consciousness".

HOURS: **3 Hours** w Head Trainer: Sandra Gergler

- SESSION TOPIC # YPLE-02 (The Yamas and Niyamas)

DESCRIPTION: The Yamas and Niyamas free students to take ownership of their lives and direct it toward the fulfillment they seek. These ten ethical guidelines are the foundation to living skillfully. In this discussion, the Yamas and Niyamas will be covered. The philosophy and guidelines, with practical examples and applications, will be discussed. The practice of the Yamas and Niyamas build a path to gaining the skill to choose individual attitude, thoughts and actions. These concepts are central to an authentic yoga practice.

LEARNING OBJECTIVE: Students will integrate the principles of the yamas and niyamas into daily living. They will document progress and awareness through a daily journal and summary.

HOURS: **6 Hours** w Head Trainer: Sandra Gergler

- **SESSION TOPIC # YPLE-03 (The Yoga Sutras)**

DESCRIPTION: The yoga Sutras as an ego-transcending spiritual practice will be discussed. The Yamas (moral observances) and Niyamas (moral disciplines) are explored as the path to a higher state of consciousness. The physical disciplines of asana (postures) and pranayama (breath/ life force). The mental disciplines of pratyahara (withdrawing from distraction) and dharana (concentration) as well as the spiritual disciplines of dhyana (meditation) will also be covered. Students will discuss the final experience of yoga; Samadhi (enlightenment/ ecstasy).

LEARNING OBJECTIVE: Students will be able to explain the role of asana in a yoga practice as set down by Patanjali. Students will discuss the practice of yoga as an eight limb path, detailing the importance of each limb.

HOURS: 3 Hours w Head Trainer: Sandra Gergler

- **SESSION TOPIC # YPLE-04 (Subtle Energy)**

DESCRIPTION: The subtle energy session will explore the overarching concept of subtle anatomy in the 5 interrelated sheaths, the 5 prana vayus and hidden potential in this permeating life-force, the principle of nadis, the 3 primary bandhas, the 7 chakras, their significance and 3 gunas will all be discussed.

LEARNING OBJECTIVE: Students will be able to list and differentiate between subtle energies; the 5 sheaths, prana, the nadis, the bandhas, the chakras and the gunas. They will experience and explain the system of energetic being that is consciously developed through the practice of yoga.

HOURS: 3 Hours w Head Trainer: Sandra Gergler

- **SESSION TOPIC # YPLE-05 (Ayurvedic Diet and Lifestyle)**

DESCRIPTION: Ayurveda is the sister science to Yoga and literally means science of life. It is an approach to living in harmony with the universe, the seasons and nature in order to achieve optimum health. Developed around 1500 BC, this ancient science is built on solid theoretical and experiential foundations which provide a profound understanding of the physical and biological laws that govern human physiology. Students will learn foundation principles of Ayurveda; learn which their dominant dosha is and how to use this information to optimize individual health and well-being.

LEARNING OBJECTIVE: Students will be able to use a daily routine which bring optimal balance and harmony to their body, mind and spirit. Students will be able to choose foods which best pacify their dominant and avoid those which aggravate their dosha.

HOURS: **4 Hours** w Head Trainer: Sandra Gergler

- SESSION TOPIC # YPLE-06 (Yoga Ethics)

DESCRIPTION: The Yoga Alliance Code of Conduct and the Bhakti Yoga Teacher Training School Code of Ethics will be reviewed in detail. There will be discussion about illustrating examples of ethical situations which may arise and how such situations are to be ethically handled.

LEARNING OBJECTIVE: Students will understand and agree to the code of conduct and ethics as described by the Yoga Alliance and the Bhakti Yoga Teacher Training School.

HOURS: 2 Hours w Head Trainer: Sandra Gergler

Teaching Practicum

- SESSION TOPIC # PCTM-01 (Practicum)

DESCRIPTION: Students will lead fellow students in instruction through the primary sequence of poses in the Bhakti flow. Students will then teach an open class at Bhakti Yoga South Jersey with the oversight of a lead trainer.

LEARNING OBJECTIVE: Students will gain confidence by instructing a whole or part of a Bhakti Hot Flow Class. They will gain a deeper understanding of the factors that influence successful instruction of a group yoga class, including energy in the room, student's level of ability, limitations and ability of students to listen and follow instructional cues. During this session, students will overcome the hurdle of teaching their very first yoga class, with the support and guidance of the experienced lead trainer and fellow training students.

HOURS: **10 Hours** w Head Trainer: Ed Gergler