

# Transform your Life Recapture your Passion

*A Training program that defies the norm.*

4 Modules to enrich your knowledge, support your practice, and prepare you for any yoga career you choose.

**The only program that utilizes modern tools for education:**

- 'Online Folder' filled with audio, video and support material
- Blog immersion for online exposure
- Learn how to teach: Hot Yoga, Flow Yoga and Yin Yoga
- Business development and how to excel in your career.
- Anatomy, alignment and adjustments
- History and philosophy & much more.....

Connect with likeminded people and learn how to create new communities



# BikYasa Yoga:

## The Hot Flow Module

### Master these skills:

- Stand and lead a group of students through a class
- Speak with confidence
- Control music, heat and language

### You will learn and develop:

- How to teach a 60 min. and 80 min. BikYasa class
- The power of language
- Body language communication
- Hot Yoga History
- Flow Yoga Philosophy
- The healing power of the BikYasa sequence
- Human anatomy as related to BikYasa Poses
- How to speak from the heart
- Alignment, adjustments and intro to touch

BikYasa can be taken as its own module, or as part of the 200hr Yoga Teacher Training Program.

The BikYasa Module Includes:

- A powerful dialogue book
- 2 Live video BikYasa classes
- Flash cards for each section
- Full 560 pose BikYasa poster
- Music for the various flows

BikYasa Module is designed for beginners as well as established teachers. As you understand the universal language of Yoga, your teaching will become more clear, direct and empowering. You will learn the simple principles behind a healing yoga class, which will help you share this with your students for a clear picture into why they should bring others to your class.

# YinYasa Yoga:

## The Yin Yoga Module

### Master these skills:

- Assess bone vs. muscle restriction
- Engage students in their practice
- Lead transformative Yin classes

### You will learn and develop:

- Meridian theory and the power of Qi/Prana
- Human Anatomy for Yin sequences
- The scientific proof that life force exists
- The channels of life force in the human body
- Why Yin yoga is NOT Restorative yoga
- Why 'nYasa' is so important
- How to speak from the heart
- Alignment, adjustments and intro to touch
- The incredible use of stories

YinYasa Yoga can be taken as its own module, or as part of the 200hr Yoga Teacher Training Program.

The YinYasa Module Includes:

- 2 live audio Yin classes
- Flash cards for healing knees, hips and low back sequence
- Full YinYasa pose poster
- Music for the Yin Yoga

YinYasa Module is designed for beginners as well as established teachers. You will gain a deeper understanding to the human body, health and vitality, while supporting students with challenges to their practice.

# VinYasa Yoga:

## The Flow Yoga Module

### Build on what you learned in Bikyasa:

- Demonstration through communication
- Expression through improvisation
- The healing effects of music

### You will learn and develop:

- The Primary and ½ of Ashtanga's Second Series
- Patanjali's philosophy for modern life
- Intelligent sequencing
- How to teach workshops
- The importance of humor

VinYasa Yoga can be taken as its own module, or as part of the 200hr Yoga Teacher Training Program.

The VinYasa Module Includes:

- 2 Live video VinYasa classes
- Flash cards distinct VinYasa classes
- Full VinYasa pose poster

VinYasa Module is designed for beginners as well as established teachers. You will master sequencing principles, alignment cues, and how to support students in challenging postures.

# Functional Anatomy and Business Development

## Discover:

- Your full Yoga teaching potential
- Pave your own career
- Communicate how the body functions

## You will learn and develop:

- The secrets of public speaking
- Entrepreneur's proven formula
- What is 'functional anatomy'?
- The simplicity principle for human anatomy
- How to adjust and offer variations for any body type
- From workshops to retreats and beyond

Anatomy & Business Development can be taken as its own module, or as part of the 200hr Yoga Teacher Training Program.

This Module is designed for all levels of students and teachers. You are exposed to life changing information for any phase of your life. You will learn about health and functional anatomy or how the body functions, along with proven business tactics for marketing and exposure.

## A Program that is SUCCESSFUL!

**This program has supported studios in Brazil, Finland, Germany, Poland and throughout the USA.**

Join a program that understands the value of connection, sharing, and supporting our graduates.

**95% of our graduates TEACH!**

- Entire 200hr Yoga Alliance Teacher Training  
\$3,200 (includes \$200 non-refundable registration fee)
- Per module:  
\$799
- Already an RYT?  
Bridge program - \$599 per module

**You can teach this class ANYWHERE!**

Come learn our Hot Flow and teach one of the most exciting classes!



Registered Yoga Teacher  
 YogaAlliance  
Integrity. Diversity. Community.