

# Advanced 100 hour YTT curriculum plans 2020

## Nadine's Syllabus (designed by Nadine Watton to be delivered by full faculty)

### Overview

- To continue the awesome training provided in 2019 for both L1 and L2 trainees.
- L1's to work with the same format as last year. L2's to explore other concepts to enrich their learning from last year.
- We would like to make this deliverable in a way that L2 students attending for the first time don;t feel as though they are "catching up" or have "missed out" from last year.
- The content also wants to be varied enough to entice and stimulate the L2's!

### Plan

- Amy and I have come up with some big plans! Possibly too many - which we can carry over to 2021

### Key points of study.... And possible soundbites for promoting the training...

Some key ideas and the theme of the training are - yoga as therapy, practice for life, pranayama - lots of, building confidence in sequencing safely both physically and energetically.

- **Yoga as therapy.** All yoga is therapy but in these sessions we can explore the therapeutics of practice for physical, mental and emotional wellbeing.
- **Sirsasana for healing.**
- **Study of the respiratory system** and disorders
- **Deepening understanding of Vinyasa Krama** - assisting and guiding students.
- **Building Urdhva Dhanurasana-** accessibility for all.
- **Key asanas for life...**Taking some reasonably advanced asanas and looking at how to adapt i.e - salambasana - krama, variations, modifications, exploring the traditional asana and then looking at other styles (yin/restorative)
- Really getting to grips with **pranayama and delivering** it to students. We're quite keen to make this module quite pranayama centered to then explore more concepts around meditation in 2021.

- **Pranayama** - understanding breath ratios and delivering it safely to groups, Working with specific breath patterns within the realms of asana.
- Flying on the sequencing carpet! Getting things to flow, **building creative, therapeutic sequences**. That move physically and energetically.
- **Playing with Yin- Yang flow**
- Adjustments 101 and adjustment masterclass - refining the basics of adjustments.
- **Adapting your styles** - shifting from gentle to power.
- **The Teacher;s voice** - how to adapt and modify your voice during the journey of a class and in different teaching contexts.
- More juicy chants - some Upanishads - Agnirne, Sham no et - and more?
- **Embodying the Yoga Sutra** - in depth study - Sutras for Pranayama, exploring the concepts of Isvara, Abhyasa and Vairagya.
- Looking at how you can **theme classes/workshops around the sutras**. This would require chanting and deeper study/discussion. Using Daves book as inspiration!

## Continuing into 2021

- **Introduction and study of Vedanta and the Upanishads**
- **Playing with and exploring the realms of twists**
- **Further Sutra study - Nimitta** - a guide for transformation, **Kaivalyam** in the Yoga Sutra, YS 2.25, 3.55 & 4.34, **Intro to concentration and meditation in the Yoga Sutra YS 3.1 - 3.4**
- Understanding stress - **The immune responses of stress and the neurology of meditation and relaxation.**
- **Relaxation and Yoga** - Sympathetic and parasympathetic responses.
- **Building meditation practices** for personal practice and for teaching.