



MEADOWLARK
YOGA

Advanced Teacher Training



Introduction

We designed our 100 hour Advanced Teacher Training to offer qualified teachers opportunities to deepen their teaching practice whilst also challenging the parameters and preconceptions of yoga as we have come to know it. By building confidence and critical thinking, we encourage our advanced cohort to engage with the ongoing conversation in and around evolving yoga communities.



Accreditation

Each summer module provides a 100 hour CPD certificate for Yoga Alliance members. On completion of all 3 modules, a 300 hour Yoga Alliance accredited certificate will be provided. Those holding a previous 200 hour certificate may then register their 300 hours towards their 500 hour level Yoga Alliance designation.

Modules (100 hours each)

Yoga from Roots to Innovations

Daily Ashtanga assisted self-practice: Mysore and led classes

Anatomy and subtle anatomy

- Anatomy refresher: movement as a series of rotations
- Anatomy of the thoracic diaphragm and core; moving from gross to subtle to refine our understanding of uḍḍīyana bandha
- Anatomy of the pelvic floor; moving from gross to subtle to refine our understanding of mūla bandha

Prāṇāyāma

- Locks and seals in prāṇāyāma
- Building digestive fire in prāṇāyāma
- Improving natural breathing
- Kumbhaka explored

Philosophy and chanting

- The antar angam: dhāraṇā, dhyāna, samādhi
- Samādhi, moksha, kaivalya: exploring notions of 'liberating isolation'
- Sound to silence: chanting and meditation
- Daily chanting of the Yoga Sutra of Patanjali
- Gāyatrī mantra

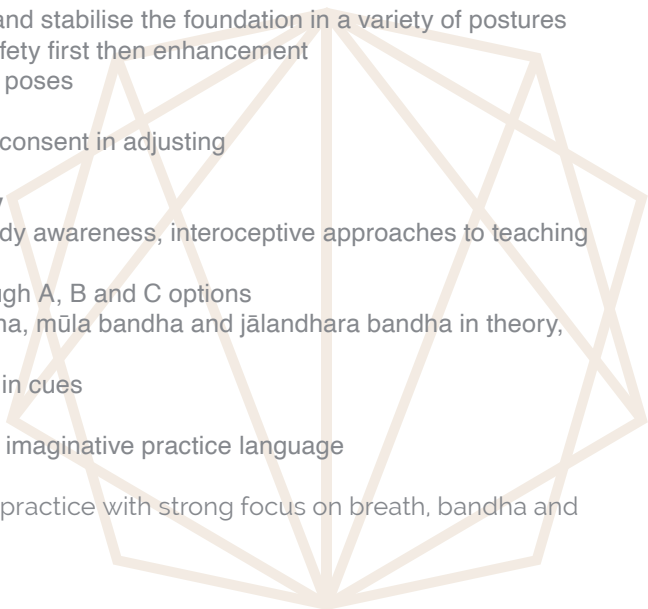
The Art of Adjusting

- Adjustments to ground the pelvis and stabilise the foundation in a variety of postures
- Adjusting in order: adjusting for safety first then enhancement
- Grounding adjustments for seated poses
- Adjusting twists in all their guises
- The practicalities of invitation and consent in adjusting

Teaching Practice and Methodology

- Teaching meditation: grounded body awareness, interoceptive approaches to teaching breath and body scans
- Offering multi-level practices through A, B and C options
- Teaching bandha: uḍḍīyana bandha, mūla bandha and jālandhara bandha in theory, prāṇāyāma and āsana practice
- Tristana: breath, bandha and dṛṣṭi in cues
- Teaching inversions
- Sādhana bhāṣā - Developing your imaginative practice language

Practicum: teach a dynamic vinyasa practice with strong focus on breath, bandha and di followed a meditation



Innovative Teaching: Anatomy of Krama

Daily Ashtanga assisted self practice: Mysore and led classes

Anatomy and subtle anatomy

- General anatomy refresher
- Five Filaments Introduction
- Anatomy body painting
- The mamsa kinematic organ
- Panca vāyu
- Tantric anatomy

Prāṇāyāma

- Daily teaching and exploration with a focus on trainee led prāṇāyāma
- Classical and Innovative prāṇāyāma
- Kriya and Prāṇāyāma

Philosophy and Chanting

- Chanting sanskrit: The spinal frequencies
- Daily chanting: Shanti mantra
- Extensive chanting of Book 1 of the Yoga Sutra of Patanjali
- Building toward trainee led sutra chanting

The Art of Adjusting

- Adjusting the moving body
- Fascial awareness in offering adjustments
- Spiral adjustments
- Spectral Asana

Teaching Practice and Methodology: Vinyāsa Krama

- An introduction to vinyāsa krama: the basics
- A krama based approach to sequencing Vinyasa classes
- Online teaching: improving your set up
- Building creative vinyasa sequences out of the Ashtanga Primary Series: 'riffing'
- The krama of Ashtanga Intermediate Series. Practising and assisting:
 - intermediate back bends
 - lateral hip rotation
 - arm balances including pincha mayurasana, tripod headstand and its friends and handstand

Practicum: Group teaching with a focus on Filament cues that accommodate all practitioners in the room.

Traditional Teaching: Understanding Yoga as Healing

Daily Ashtanga assisted self practice: Mysore and led

Anatomy

- Anatomy refresher: the 12 Bodily Systems
- Fascial Anatomy: what is fascia, how it integrates the other 11 systems
- Cardiorespiratory coupling
- Respiratory system pathology
- Neurology of relaxation

Prāṇāyāma

- Integrating prāṇāyāma into asana
- Prāṇāyāma with sound
- Viloma prāṇāyāma: a rich exploration
- Teaching prāṇāyāma: including therapeutic approaches

Philosophy and chanting

- Kriyā yoga - in-depth sūtra study
- Kleśa and karma - in-depth sūtra study
- Analysing duḥkha
- Close study of book 2 of the Yoga Sūtra of Patanjali
- Daily chanting of the Yoga Sūtra of Patanjali
- Chanting Shanti Mantra, Agnirṃe, Namastaraya, Sikśavali

The Art of Adjusting

- Adjustments and props for classical backbends: ūrdhva dhanurāsana
- Adjusting finishing postures

Teaching methodology

- Preparing and delivering workshops
- Teaching headstand: subtle anatomy and the interplay of agni and amṛta, headstand for healing the rotator cuff
- Posture and counter-posture: reversing āsana
- Balancing prāṇa and apāna: winding down from a themed class
- Playing with peaks and troughs: the dynamics of yin yang flow
- Yoga nidra theory and practical
- Ambiance - opening and closing classes
- Teaching voice: Adapting vocal pitch, tone, modulation and volume for different teaching different styles

Practicum: Individual teaching of a vinyasa krama practice with a philosophical theme woven in.

Sample Daily Timetable

A background image showing a woman with blonde hair, wearing a white tank top, assisting a man in a yoga pose. The man is on a dark mat, performing a headstand or similar inversion. The woman is leaning over him, providing support. The setting appears to be a yoga studio with purple mats and a wooden bar in the background.

06.00 - 08.30	Mysore Practice
Break	
09.00 - 10.30	Prāṇāyāma
10.30 - 12.00	Adjustment Clinic
Lunch	
13.00 - 14.00	Mula Bandha Review
14.00 - 17.00	Teaching Techniques
17.00 - 18.00	Embodying the Yoga Sutra

Pricing and payment plan

100 hour Advanced Module - £1250.00

300 hour Qualification - £3500.00

500 hour (200 hour foundational training + 300 hour advanced qualification) - £5500.00

Payment Plans Available

Reading List

100 Hour Advanced Reading List (Required):

- Yoga Sutras Workbook: The Certainty of Freedom (e-book) by Vyaas Houston
- Hatha Yoga Pradipika Bihar publications
- Embodying the Yoga Sutra by Ranju Rois and David Charlton
- Functional Anatomy of Yoga by David Keil
- Yoga Biomechanics: Stretching Redefined by Jules Mitchell
- Yoga, Fascia, Anatomy, and Movement 2nd Edition by Joanne Avison
- Spiral Bound: Integrated Anatomy for Yoga by Karen Kirkness
- Ashtanga Yoga: Intermediate Series by Gregor Maehle

Recommended for all Yogis:

- Roots of Yoga by Mallinson
- Yoga Mala by Sri K Pattabhi Jois
- Light on Yoga by B.K.S. Iyengar
- Practice Manual by David Swenson
- Asana, Pranayama, Mudra, Bandha Satyananda Saraswati, Bihar publications
- Light on Pranayama by B.K.S. Iyengar
- Light on Life by B.K.S. Iyengar
- Vinyasa Krama by Matthew Sweeney
- The Science of Yoga by W. J. Broad
- Hatha Yoga Pradipika by A.G. Mohan w/notes from Krishnamacharya
- The Art of Vinyasa by Richard Freeman & Mary Taylor
- Secrets of Yogic Breathing Vayu Siddhi Book David Garrigues
- The Yoga Sutras of Patanjali translation by Swami Satchidananda
- The Upanishads translation by Eknath Easwaran
- Yoga Anatomy by Leslie Kaminoff & Amy Matthews
- Anatomy for Vinyasa Flow and Standing Poses by Ray Long
- Teaching Yoga: Ethics and the Student-Teacher Relationship by Donna Fahri
- Swara Yoga: The Tantric Science of Brain Breathing by Swami Muktibodhananda
- Choosing a Path by Sri Swami Rama, Bihar publications
- Samkhya Darshan: Yogic Perspective on Theories of Realism by Swami Niranjanananda Saraswati
- Anatomy Trains by Thomas Myers
- Ways of Seeing by John Berger
- Flow by Mihaly Csikszentmihalyi
- The Roots of Yoga by Dr James Mallinson
- The Vital Psoas Muscle: Connecting Physical, Emotional, and Spiritual Well-being by Jo Ann Staugaard-Jones
- A History of Modern Yoga by Elizabeth De Michelis
- The Yoga Tradition of the Mysore Palace by NE Sjoman
- Yoga in Modern India by Joseph S. Alter
- Yoga Nidra by Swami Satyadananda Saraswati



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(This document is intended as a sample curriculum and may be subject to change in line with accrediting guidelines).