

Green Tree School of Yoga

200-hour Yoga teacher-training

Course Overview

Purpose: Green Tree School of Yoga believes that one of the reasons that yoga is so popular in today's world is because people are searching for a way to find some balance in their lives. The world sometimes seems out of balance, and events are happening and changing faster each day. Yoga gives us a way to use some almost-forgotten wisdom and healing from the past, and we are fortunate to have the opportunity to assimilate these teachings into our modern lives. Yoga is needed now more than ever, and we want to present this course in a non-dogmatic, eclectic way so you may pull what benefits you the most from your studies. We hope this will just be the beginning of a life-long relationship between you and yoga.

Content: We will be teaching from different traditions and perspectives in order for you to learn the most. Emphasis will be on teaching you how to teach yoga poses safely and effectively, as we believe that as a yoga teacher you will spend the majority of your time teaching asana. We believe that the Iyengar method is the best way to learn the mechanics and precision of the postures, so we will rely heavily on his emphasis on prop work and alignment. Other important aspects of the course include pranayama, meditation, yoga scriptures, and energetic anatomy. We will draw from our own years of experience with different traditions and teachers to give you a broader picture of how to practice and teach.

Retreat: We agree that the immersion experience is a wonderfully integrative way to step out of everyday life and events and really have a chance to exhale, and to learn; feel; study; journal; and make life-long yoga friends, without the obligations and distractions of home. There will be structured and unstructured time so that you will be able to reflect and absorb how these teachings can help your life and the lives of others. Having attended various trainings and workshops like this, we know how beneficial this will be to your learning process and a way to assist your experience of the yogic lifestyle.

Asana: Over 60 traditional poses will be taught; with modifications, contraindications, prop assistance, adjustments, anatomy of each pose, and partner work. We will spend time learning the anatomy and physiology of the poses to give you the understanding you'll need to teach capably. Emphasis will be on mechanics of alignment; and teaching safely, clearly and effectively. Students will learn to sequence and intelligently structure a class; and have ample practice teaching time both inside and outside of class. Over half of class time will be spent learning asana, including time for questions and discussion.

Pranayama: Emphasis will be on breath awareness, and various techniques will be taught and practiced.

Meditation: Different styles and methods will be given.

Techniques: Kriya, mantra, mudra, and bandha.

Special Populations: Instruction in pre-natal; chair; and restorative yoga for seniors, cancer-survivors, and others.

Energetic Anatomy: Chakras and the energetic system and how they relate to yoga.

Philosophy and History: The Bhagavad Gita; Patanjali's system; and the Yoga Sutras will be introduced.

Ayurveda: Both traditional and ancient systems will be introduced.

Homework: Expect some take-home assignments, including reading; journaling; daily practice; and class development when appropriate.