

Our next 200-hour teacher training program will begin September 2023 at Hickory Yoga & Wellness. This Yoga Alliance certified program focuses on the school of Hatha Yoga. Hatha Yoga literally means “union through discipline of force”. Of course, an individual will not be forced into a "one-size-fits-all" yoga certification program, more accurately, begin their own unique journey of self-discovery, passion and purpose.

Hatha yoga is a powerful tool for self-transformation. It asks us to bring our attention to our breath, which helps us to still the fluctuations of the mind, and be present in the NOW. Although the West has primarily focused on the physical postures in a yoga practice, our training will delve into the mental and spiritual aspects of yoga that bring connectivity and unity within the individual and to the Universe. We will also cover the principles of Ayurveda, the sister science to yoga.

In this training students will learn:

- **HISTORY OF YOGA**

- Origin (the Eras)
- Sacred Texts
- 8 Limb Path of Yoga (interwoven throughout the program)
- Mudras
- Chakras
- Bandhas
- Chanting and also understanding the symbology of OM - aum -
- Schools of Yoga
- Ayurveda (interwoven throughout the program)

- **ASANA**

- Postures (seated, backbends, hip openers, standing, arm balances, inversions, finishing poses, transitions and modifications)
- Alignment
- Anatomy

- **TEACHING METHODOLOGY**

- Learning your authentic voice and style of teaching
  - Sequencing, Music, Environment
- Learning how to instruct to a diverse group of students
- Classes: observing, assisting and student teaching

- **THE BUSINESS OF YOGA**

- Details on how to apply for a position
- Business Coaching: How to create your Niche in the marketplace
  - Branding / Marketing 101 (business vs. individual)
  - Logo Design, name, business cards
  - Promotions, events, social media, website, networking

Throughout the training, Eastern and Western Philosophy will be bridged together, not in a particular module, but collectively so that the student can begin to recognize how everything is connected.