
200 hours Yoga Teacher training

FUSIONMOVEMENT YOGA STUDIO



336 Eagle Street North unit 2J | Cambridge, ON | 519.653.0090 | info@fusionmovement.ca
www.fusionmovement.ca

OVERVIEW - 200 hours Yoga Alliance approved RYT training

Philosophy of Yoga, Yoga History, Ethics, Yoga Lifestyle & Ayurveda

- What is yoga? The foundations and philosophy of yoga, ancient texts; Bhagavad Gita, Upanishads, Vedas, and the Hatha Yoga pradipika.
- Overview of Patanjalis Eight limbed path.
- Deep understanding of the Yamas & Niyamas on an off the mat.
- Origins of yoga and how we can apply these ancient teachings into our modern every day living.
- What is Ayurveda? Ayurveda and how it relates to yoga, yoga living and yoga teaching

Physiology of Yoga, Anatomy, subtle and energetic anatomy and applications of Ayurveda

- In depth analysis of 108 asanas/poses, its benefits to the physical, mental and energetic/subtle body.
- Contraindications of 108 asanas/poses and learn how to modify asanas.
- The 5 elements, the five principles of Prana Vayus and Pranayama.
- Understanding of the Pranic energy lines within the body known as Nadis, Marma points, the seven energy centres known as Chakras, the use of energy locks known as Bhandhas and sacred hand gestures, Mudras.
- Pranayama and principles of vinyasa - linking breath with movement.
- Integrating Ayurveda into Yoga classes.

Teaching Methodology

- Deep understanding how to sequence and plan a Hatha and Vinyasa yoga class.
- What is Vinyasa? and learn how to create Vinyasas within a Vinyasa with the use of Rhythmic Vinyasa, Body Vinyasa and Pulsations.
- Learn Classical Namaskar A + B, Chandra Namaskar and 5 other variations.
- Learn how to teach Restorative yoga and gentle yoga classes with the use of props such as bolsters, straps, blocks, blankets, chairs and the wall.

Teaching Techniques

- Develop class planning techniques to create safe, effective and intelligent class sequences.
- Hands on Assist , creating energetic alignment experiences for students.
- Deep understanding of Krama Vinyasa, which will give you the tools to teach to all levels within a class.
- Group dynamic versus individual instruction.
- Develop strong and clear communication skills, by the use of eye contact, use of “feeling” cues, voice intonation, volume and tone.
- Learn sanskrit, mantras, chanting, meditation and pranayama techniques.
- Learn to create the right play list for your planned yoga class. When to use music and when not.

Practicum

- Commit to daily self practice.
- 30 day sadhana immersion (done at home). Full details provided on first day of the training.
- 5 hours of practice teaching
- 5 hours of hands-on-assisting in a yoga class.

Module I & II weekend dates

Weekend One | Saturday, September 09 & Sunday, September 10, 2017

Weekend Two | Saturday, September 23 & Sunday, September 24, 2017

Weekend Three | Saturday, October 14 & Sunday, October 15, 2017

Weekend Four | Saturday, October 28 & Sunday, October 29, 2017

Weekend Five | Saturday, November 11 & Sunday, November 12, 2017

Weekend Six | Saturday, November 25 & Sunday, November 26, 2017

Weekend Seven | Saturday, December 09 & Sunday, December 10, 2017

Weekend Eight | Saturday, January 06 & Sunday, January 07, 2018

Weekend Nine | Saturday, January 20 & Sunday, January 21, 2018

Weekend Ten | Saturday, February 03 & Sunday, February 04, 2018

Weekend Eleven | Saturday, February 17 & Sunday, February 18, 2018

Weekend Twelve | Saturday, Mar 03 & Sunday, Mar 04, 2018

Weekend Format

Saturday - 10:00am - 5:00pm | Sunday - 9:00am - 5:00pm

Cost

\$2875.00 (incl. HST)

At time of registration a deposit of \$150 is due to reserve your spot. The deposit will be deducted from the cost of the training.

Payment plans of 6 and 12 months available.

Faculty

Natasja Payne - 200 E-RYT, Ayurvedic Yoga teacher

Natasja is the owner/founder and director of Fusionmovement Yoga

Studios and has been teaching yoga for over 15 years. Currently

Natasja is studying to become an Ayurvedic Health counsellor and

has just recently completed her 500 hours Ayurvedic yoga teacher

training at the Kripalu Centre for Yoga & Health. She is very excited

to share her passion for yoga & ayurveda with the teacher trainees.



Kathleen O'Connor - 500 E-RYT, Red Cross First Aid
Instructor

Kate has been practicing yoga for over 25 years and has been teaching yoga for 20 years. Kate brings a wealth of knowledge to the teacher training . Currently Kate is the Master teacher at Fusionmovement yoga studio where she teaches over 8 classes a week.



Jeff Kittmer - 200 E-RYT, Shamanic Practitioner

Jeff recently completed his training in Shamanism with Ray Christ and currently incorporates shamanic tools within his classes. He is excited to bring his knowledge of the subtle body , chakras and luminous body in the YTT training.



Robin Bennett - 200 E-RYT

Robin is passionate about alignment and the anatomy of yoga poses and has studied extensively with Leslie Kaminoff. Robin has been teaching yoga for over 15 years and he is very excited to share the anatomy program with you.