
200 hours Yoga Teacher training

FUSIONMOVEMENT YOGA STUDIO



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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 Patanjali's Eight limbed path.
- Deep understanding of the Yamas & Niyamas on and 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 08 & Sunday, September 09, 2018
Weekend Two | Saturday, September 22 & Sunday, September 23, 2018
Weekend Three | Saturday, October 13 & Sunday, October 14, 2018
Weekend Four | Saturday, October 27 & Sunday, October 28, 2018
Weekend Five | Saturday, November 10 & Sunday, November 11, 2018
Weekend Six | Saturday, November 24 & Sunday, November 25, 2018
Weekend Seven | Saturday, December 08 & Sunday, December 09, 2018
Weekend Eight | Saturday, January 05 & Sunday, January 06, 2019
Weekend Nine | Saturday, January 19 & Sunday, January 20, 2019
Weekend Ten | Saturday, February 02 & Sunday, February 03, 2019
Weekend Eleven | Saturday, February 16 & Sunday, February 18, 2019
Weekend Twelve | Saturday, Mar 02 & Sunday, Mar 03, 2019

Weekend Format

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

Cost

\$2975.00 (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, 500 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, RMT & Shamanic Practitioner

Jeff completed his training in Shamanism with Ray Christ in 2014 and recently received his RMT designation in 2017. Jeff is looking forward to sharing his expertise of the subtle, physical and energetic body and how this relates to teaching yoga. Jeff also teaches the Yoga anatomy course for the 200 RYT program.

