



# Samayama Yoga

## Teacher Training Syllabus

*Course Theme: 8 limbs, and Metta - Loving Kindness*

### **I. Orientation**

Receive workbook, class curriculum and syllabus. Discuss yoga becoming mainstream. Investigate the “New American Yoga.” Learn the effective use of the breath in practice. Begin the path of teaching yoga as a service. *(Focus on Sun Salutes, openings or warm-ups, alignment essentials. Featured asanas: Tadasana, down dog, cobra, uttanasana, supta padangusthasana.)*

### **II. Roots of Yoga**

Explore the ancient science of yoga, it’s beginnings. Study the oldest system of personal development; the nature of the mind and the spirit. Introduce the 8 limbs of yoga, the importance of yamas and niyamas. Begin to learn different pranayama techniques including ujjayii. *(Focus on Sun Salutes. Featured asanas: vrksasana, uttihita trikonasana, virabhadrasana 2, review last week’s poses.)*

### **III. Anatomy and Physiology of Yoga**

Discover how anatomy, alignment, and philosophy are an integral part of teaching asana. Learn how to recognize body types and tendencies, and learn observation skills. Discuss the benefits of yoga. *(Focus: Sun Salutes. Featured asanas: uttihita parsvakonasana, prasarita padottanasana, virabhadrasana 1, review previous asanas.)*

### **IV. Deepening Your Practice and Teaching Methodology**

Understanding the yoga philosophy (discuss the Gita). Explore conscious, skillful living. Revisit yamas and niyamas. Discuss the challenges of teaching in varied environments. Fine-tune observation skills, teaching alignment, and recognize asanas and their categories. *(Featured asanas: navasana, leg lifts, baddha konasana, upavista konasana, janu sirsasana, paschimottanasana.)* Collect journals.

### **V. The Metaphysical Body and Relaxation Science**

Cultivating mindfulness. Learn the principles of prana, investigate the subtle link between the body and the mind. Explore charkas and nadis. Sharpen the skill of guiding yoga nidra and relaxation. Discuss the physiology of stress reflex, relaxation response, techniques and effects of guided relaxation. *(Featured asanas: ardha matsyendrasana, Bharadvajasana 1, Setu bandha, sputa padangusthasana, haasana, supported shoulder stand, sputa twist, savasana, bends, 5 poses.)* Mid-Term Review

### **VI. The Art and Skill of Teaching Yoga**

Learn the essentials of teaching, class preparation, structure, and environment. Discuss the science of alignment. Review hands-on adjustments. *(Featured asanas: all standing, closing.)*

### **VII. Science and Technology**

Learn the keys to effective teaching, the principle of correct sequencing. Learn how to lead a class – the use of voice, touch, momentum and presence. Review hands-on adjustments. Review the Samayama Code of Ethics. *(Featured asanas: all seated poses, practice teaching the complete Samayama Vinyasa.)*

### **VIII. Power It Up**

Learn how to teach beginners, intermediate and mixed-level classes. Review hands-on adjustments. Explore Astanga based Power Yoga. Learn how to create a physically challenging class. Learn the principles of demonstration, assisting and correcting. *(Samayama Vinyasa. Featured Asanas: techniques-mulabandha, uddiyana bandha.)*

### **IX. Inquiry and Practice**

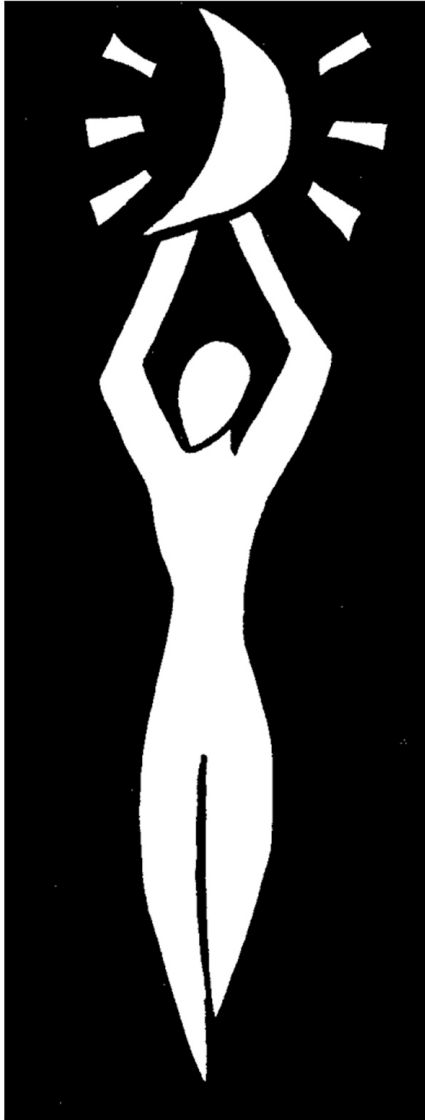
Review Vinyasa, power yoga, and gentle therapeutic yoga. Discuss yoga for special needs and therapy. Deepen mindfulness practices and relaxation techniques. Review course. *(Samayama Vinyasa. Featured asanas: savasana.)* Collect journals for review. Practical Test.

### **X. Gathering**

Gather the strands of the mind, gather the community, Sangha. Explore Metta meditation, loving kindness. Review course. *(Samayama Vinyasa.)* Test

SAMA

YAMA



YOGA

Samayama is designed for health/fitness professionals and yoga teachers who are interested in gaining a well-rounded foundation for teaching.

In Sanskrit, *Sama* means equal, evenly distributed, the divine quiet, and peace; *Yama* means self-discipline and a code of moral conduct.

Our goal is to help teachers develop self-discipline, equanimity, and divine peace, ultimately leading to knowledge of the Self.



# Samayama Yoga Teacher Training

## School History

Fit Physique has been educating fitness professionals for over a decade. Our programs began with fitness class instructor training. We added a comprehensive personal trainer education program. Our latest addition is the *Samayama Yoga Teacher Training Course*.

There is a void in the fitness community for professional, well-trained mind-body instructors. Yoga and Pilates have seen a surge in popularity in the last 5-10 years. Health clubs and gyms seem to be filling their instructor needs by availability not by skill. Fit Physique found ourselves in this same dilemma – we needed qualified teachers and there were just not enough.

In 1998, we began hosting guest master yoga teachers at our facilities. We brought Beryl Bender and Tom Birch for a weekend teacher training workshop. In 1999, we hosted 3 weekend workshops in *Alternative Health and Fitness* with Janeen Galati. Janeen blended both yoga and Pilates training into her program for instructors.

In the year 2000, one of our most experienced yoga teachers, Bhekaji, was given the blessing by Erich Schiffman to “teach the teachers.” This led us, with her guidance to develop the Samayama Course. This course is designed for health and fitness professionals and yoga teachers who are interested in gaining a well-rounded foundation for teaching traditional yoga in non-traditional environments. We continue to bring guest master teachers to our facility to expand our program. David Swenson led a 50-hour teacher course here in 2001. Michael Plasha (RYT 500-Hour Master Teacher) has come to us several times with his Raja Yoga program. Fit Physique constantly provides teacher development to the current staff who lead master classes throughout the year.

Samayama Yoga is grounded in many teachings, including those of: Ashtanga, Yogi John Friend’s Anusara Yoga, and well-known Yogi Erich Schiffman’s ground-breaking work. His book *Moving Into Stillness* will be read as part of the course. To keep instructors up-to-date with holistic health and wellness research, we have added the “Core Fitness Professional Course” into the requirements. This course provides a foundation in nutrition, physiology, anatomy, biomechanics, injury prevention and business tools to become a well-rounded yoga teacher.

# Lucinda LaRee



*Lucinda LaRee is Co-Owner of Fit Physique, which owns and operates City Fitness Gym, runs Instructor Training Programs and Corporate Fitness classes. She is AFFA Certified as a Fitness Instructor and ACE certified as a Personal Trainer. She has been teaching Yoga for 10 years and has studied Ashtanga Yoga with Richard Freeman, Beryl Bender Birch & David Swenson. She is the featured Trainer and Choreographer for the SPORTS ILLUSTRATED SUPER SHAPE UP VIDEO SERIES with Elle McPherson, Rachel Hunter and Cheryl Tiegs.*