



GUIDING  
LIFE



WELLNESS  
BALANCE

# 300-HOUR YOGA TEACHER TRAINING

Continue Your Education and Extend Your Reach

Are you looking to enhance your teaching, expand your knowledge and extend your reach into the community? This is your opportunity to be supported by a holistic-minded community and grow your personal service mission of yoga in the world!

Join this growing network of national wellness professionals bringing the holistic practice of yoga and mindfulness into the community, one breath at a time.



## CURRICULUM



- History of Hatha Yoga
- Advanced Yoga Philosophy/Lifestyle
- Accessible Yoga: Ethics, Equity & Inclusion
- Dissecting the Linguistic Origins of Sanskrit
- Traditional History and the Language of Yoga
- Advanced Anatomy & Structural Integration
- Advanced Sequencing
- Theming a Class: Meridians, Kosha's and Dosha's
- Teaching Pranayama: Advanced Breath Practices
- Loops, Locks and Mudras: Sealing the Practice
- Yoga Nidra & iRest
- Methodology for Teaching Pranayama
- Karma Yoga: Yoga Off of The Mat
- Anusara: Intentional Motion & Steadiness
- Advanced Yin: Defining the Edge
- Defying Gravity: Stillness in Motion
- Somatic Yoga: Exploring Tension Release
- Neuroscience and special populations
- Trauma Sensitive & Adaptive Yoga
- Advanced Meditation Techniques
- Advanced Philosophy: Dharma Talks
- Advanced Yoga Community Project
- The Business of Yoga
- Ethics for a Sustainable Yoga Community
- Becoming a Wellness Ambassador
- The Be Well Way

Fill out an application on our website, [www.guidingwellness.com](http://www.guidingwellness.com), to get started.

Contact our office today for more information on training schedules, program tuition, and payment plans!

# 300-HOUR YOGA TEACHER TRAINING MODULES



## Advanced History & Philosophy Module

January 20, 2023 5pm-9pm

January 21-22, 2023 8:30am-6pm

## Advance the Asana Module:

### Sequencing and Assisting Holistic Practice

March 24, 2023 5pm-9pm

March 25-25, 2023 8:30am-6pm

## Neuroanatomy & Yoga for Special

### Populations

2024 Dates: TBD

## Advanced Energy Module: Anatomy, Eastern Medicine & Building a Holistic Yoga Practice

September 22, 2023 5pm-9pm

September 23-24, 2023 8:30am-6pm

## Conscious Leadership: Empowering a Culture of Connection

November 10, 2023 5pm - 9pm

November 11-12, 2023 8:30am - 6pm

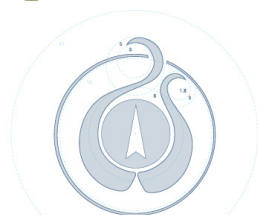
December 8, 2023 5pm - 9pm

December 9-10, 2023 8:30am - 6pm

## Final Module: Advanced Business of Yoga

### Community Project & Coaching Module

*\*Personalized One-on-One sessions scheduled with Program Director and Mentor*



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