

MODULE 2

THE MIND: Teaching Methodology, Creative Sequencing & Meditation Toolbox

BRANDY BOFFA

50-hour Module / 66-hour 200 TT

This 50-Hour training will equip you with the proper breath, body and movement combination to create your own authentic and effective vinyasa yoga sequences for self-practice or teaching virtually or in studio.

In this training you will learn how to:

- Find your authentic voice as an individual and as a teacher
- Choose “non-dogmatic” vocabulary that creates energy expansion and inner peace
- Lead your students into their own sacred space with your meditation toolbox so each class has a uniquely different offering
- Introduce and cue appropriate pranayama for different times during your flow class
- Move the spine in 6 directions to prepare the body for class with a well-rounded warm up and Sun Salutation A variations
- Ignite the inner Agni “fire” with Sun Salutation B variations
- Learn how to create mindful and impactful sequences that are functional and accessible to all
- Guide students into a meaningful Savasana experience using tools from your meditation toolbox that leave the student feeling empowered and refreshed instead of frustrated and disheartened
- Understand the audition process and opportunities to teach yoga to various communities
- Set the space for a successful studio, private or virtual class (learn how to use zoom and create a successful virtual class experience for your students)
- One back pocket flow class that will be easily learned and made your own so that auditions are fun and stress free

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