

Teacher Training Program

This is a Private\1-on-1 Program with only the instructor and the single student. This is to provide a one on one learning experience where all questions and modifications can be answered and explained to the individuals personal physical and mental challenges. This will allow for the most effective and efficient way of mastering the material.

All sections must be completed before Certification is given. Certification is not guaranteed from attendance, however the student MUST display a comprehensive understanding of the technique during the final exam, NOT the ability to remember a particular sequence of postures.

All Sections must be done in the stated week length duration. Each week will consist of 3 classes. Each class will have a 2 hour duration minimum.

Although the suggested length of the total course is 2 years, participants can adjust the length according to their personal schedules ie. shorten it to 1 year or lengthen it to 3 years. If the situation should occur where a student has to repeat a section due to an extended lapse of time, this will be done at the additional expense of the student.

Total time breakdown:

- 53 Weeks (52 with Instructor and 1 with Emma Robinson's Online Anatomy Course)
- 156 Classes with Instructor (at 3 classes per week per section)
- 312 Hours with Instructor

YEAR ONE - THE SIMPLE PRACTICE

Section One - 8 week Duration

Basic/Fundamentals to Tripsichore Yoga Technique in the Basic 5 Sun-Salutes

- Breath
- Movement from the Pelvis
- Synchronisation
- Holding on to the Pelvis Point
- Legs
- Shoulders
- Twists
- Muscles of the Back

Section Two - 6 week Duration

Progression of Practice

- Full non-inversion Simple Practice; Basic 5, Simple versions of Khultra, Decko, Khonundrum, and Khogolexis.

Inversion Technique

- Shoulders and Neck
- Muscles of the Back
- Pike\ Jack and Break
- Compression

Progression of Practice

- Full Inversion Simple Practice; Basic 5, Simple versions of Khultra, Decko, Khonundrum, and Khogolexis.

Section Three - 6 Week Duration

Backbends

- The Pelvis is the forward Position
- The Back in the exhale
- The Shoulders
- The compromises of technique when going deeper

Forward Bends

- Expansion on the Inhale
- The use of the Pike
- Compression
- The compromises of technique when going deeper

Hips

- Front splits
- Rotations
- Lotus
- Side Splits

Section Four - 2 Week Duration

- Emma Robinsons Online Yoga Anatomy Course. (This online course is done on your own time/ homework. It can be done gradually over the course of the previous three sections or on its own. Regardless how the student fits it into their schedule it MUST be completed before Section five. Should take one week as a concentrated section)
- Exam 1 (what you know so far)
- Feedback

YEAR TWO- THE REGULAR & PLUS PRACTICES, CHOREOGRAPHY, AND FINAL EXAM

THE REGULAR PRACTICE

Section Five - 6 Week Duration

Walking Splits

- Maintaining the Push for inversion options
- Leg to the side
- 5 Breath Downward Facing Dog

Mixed Khultra Inversions

- Eagles
- Half Lotus Scorpions

Decko

- Dharma Mitra
- Wheel Devlope'

Section Six - 7 Week Duration

Khonundrum

- Windmill to the wheel
- Wheel Devlope' and toe grab

Khogolexis

- Half Lotus Scorpion
- The Peacock

Supreme

- The Supreme arms
- Leg variation 1
- Dancers Pose
- Chubby Checker

THE PLUS PRACTICE

Section Seven - 6 Week Duration

Advanced Walking Splits

- Introducing an Inversion

Double Khultra

- Twisted Scorpions
- Tik Taks

Decko

- Sexy Predator
- Drop Over to Peacock
- Childs pose to One Legged Down Dog through the Camel/Pincha combination
- Walkover to Handstand Split

Section Eight - 6 Week Duration

Khonundrum

- Wheel Kapotasana

Khogolexisis

- Vashistasana
- Titibasana
- The two hand-stands

Supreme

- Leg variation 2
- The hand-stands to the Chubby Checker

CHOREOGRAPHY

Section Nine - 4 Week Duration

Simple Yoga Dance

- Technique
- Movement
- Synchronisation
- Dynamics

Simple Yoga Dance

- Story
- Style
- Intention

Section Ten- 2 Week Duration

- Exam Prep (questions, clarifications, and if possible observation of student teaching in a real class setting)
- Exam 2 (teach the instructor)
- Feedback

