

## **DevaTree School of Yoga Course Syllabus**

### **Technique (100 hours)**

Using the 5 Bandhas as a foundation for structural & energetic alignment

Flow # 1 – 4 postures with context, benefits, contraindications, modifications, hands-on assists & practice

Flow # 2 - 11 postures with context, benefits, contraindications, modifications, hands-on assists & practice

Flow # 3 – 10 postures with context, benefits, contraindications, modifications, hands-on assists & practice

Flow # 4 – 7 postures with context, benefits, contraindications, modifications, hands-on assists & practice

Flow #5 – 8 postures with context, benefits, contraindications, modifications, hands-on assists & practice

Flow #6 – 12 postures with context, benefits, contraindications, modifications, hands-on assists & practice

Flow #7– 3 postures with context, benefits, contraindications, modifications, hands-on assists & practice

Flow #8 – 5 restorative postures with context, benefits, contraindications, modifications & practice

Sequencing – Combining, expanding and creating personal flows, including transitions, considerations for particular ages, settings, populations & times of day

Yoga Therapeutics – multiple movement sequences to condition and open the body

11 Breath Practices

The Subtle Energy Body – 10 mudras and mudra combinations to create specific energetic shifts.

Mantra & Meditation Techniques – 20 Awareness-based meditation techniques accessible to both beginners and advanced students.

Yoga for the Emotional Body: Techniques for insomnia, anxiety & depression

### **Teaching Methodology (25 Hours)**

Hands-on assists, modifications and sensitivities to unique student needs

Creating an inclusive and compassionate learning environment

Encouraging student creativity and self-expression

Effective communication, the lost art of listening and giving & receiving feedback

Designing sequences, classes and class sessions

### **Anatomy & Physiology (20 hours)**

Principles of alignment from various schools of yoga

Benefits, contraindications & modifications of each technique

Structural and energetic alignment of the body/mind

The neurobiology of yoga

Pain modulation pathways of the brain

Effects of yoga on the nervous system and emotional body

Effects of yoga on the skeletal, muscular, fascial, lymphatic, endocrine & digestive systems.

**Philosophy/Ethics/Lifestyle (30 hours)**

Patanjali's Yoga Sutras: Exploration of the sutras through the lens of universal laws.

The 8-Fold Path

Yamas & Niyamas

Professional Practices

Sacred Commerce: Business as a Path of Awakening

Swadhyaya: Exploring the inner landscape through guided journaling practices

**Practicum (10 hours)**

Practice teaching in small and larger groups

Designing and teaching a class based on your unique gifts and interests

**Earth-Based Teachings (15 hours)**

Honoring our connection to the natural world

Weaving earth imagery into teaching vocabulary

Healing the body-mind-spirit through ancient earth wisdom