

JOURNEY INTO POWER YOGA SEQUENCE

Be able to independently practice and teach the full Journey Into Power – the Power Vinyasa Yoga sequence created by Baron Baptiste.

1. Daily practice of full sequence:
Break down of parts of the sequence each day with focus on understanding each pose:
 - Intention of the pose/sequence
 - Benefits of the pose/sequence
 - Alignment
 - Physical Anatomy
 - Energetic Anatomy
2. Group activities to memorize the sequence
3. Practice teaching
Initially small parts of the sequence and leading to the full sequence.

YOGA TEACHING SKILLS

Teach Effectively and Powerfully by learning how to:

1. Stand and present yourself to your students with confidence and connection.
2. Create an atmosphere/ambience that feels welcoming for yoga practice and consistent with your style of teaching.
3. Project your voice so that all students can hear you.
4. Breathe for yourself and with your students while teaching.
5. Use clear and simple cues that make an impact on your students.
6. Use simple alignment principles and learn how to modify these principles so they can be used in all poses and with all students in all classes.
7. Determine when and how to demonstrate poses so that you students can gain a deeper understanding of the poses.
8. Integrate yoga philosophy and teachings into your yoga classes.
9. Use your authentic voice and share your own experiences in order to create a unique connection with your students.
10. Provide hands on assists to enhance the experience of your students' poses.
 - Learn when it is appropriate to provide hands on assists and when verbal cues are more appropriate.
 - Understand how to assist your student and leave them in their greatness (as opposed to needing to “fix” your student).
 - Provide various types of assist including those to bring students into a new direction, to provide more stability in a pose; or to support them in going deeper into a pose.



Get in the moment and individualized feedback when you practice teaching. This feedback will come from Trish, her assistant(s) and your peers.

We will support you in finding your strengths and using them to make your teaching effective and uniquely you. We will support you in transforming areas that require growth into areas of greatness.

YOGA PHILOSOPHY

Three themes of Baptiste Yoga

Be able to incorporate these into your own yoga practice, teaching yoga, and your life off the mat in order to create the transformation you seek in all areas of your life.

1. Be a Yes

Stop saying no when your heart really wants to say yes.

2. Come from You are Ready Now

Discover that you are ready now to make the transformation you seek. "Someday" is now.

3. Give Up What You Must

Drop the stories that limit you to saying yes to the things you desire in your practice and your life.

Five Pillars of Baptiste Yoga Practice.

Learn how to integrate these five pillars into your yoga practice and teaching in order to create a practice that moves stuck energy out of your body and makes space for new life and energy.

1. Drishti

: Visual Focus/Gaze

2. Ujjayi

: Breath

3. Foundation:

Hands, Feet, Core/Bhadras

4. Heat

: Tapas. May be from external environment such as a hot yoga studio, and also from breath and movement)

5. Vinyasa

: Flow

Baptiste's Twelve Laws of Transformation:

These themes will be integrated into the program on a daily basis in order support your transformation as a yogi and a leader.

1. Seek the Truth

2. Be Willing to Come Apart

3. Step Out of Your Comfort Zone

4. Commit to Growth

5. Shift Your Vision

6. Drop What You Know

7. Relax With What Is

8. Remove the Rocks

9. Don't Rush the Process

10. Be True To Yourself

11. Be Still and Know

12. Understand that the Whole is the Goal

Eight Limbs of Yoga

1. Yamas

: Universal morality

2. Niyamas

: Personal observances

3. Asanas:

: Body postures

4. Pranayama:

Breathing exercises, and control of prana

5. Pratyahara:

Control of the senses

6. Dharana

: Concentration and cultivating inner perceptual awareness

7. Dhyana

: Devotion, Meditation on the Divine

8. Samadhi

: Union with the Divine



Be a Yes!

Step Out of Your
Comfort Zone.

Learn how to apply
Yoga Philosophy and
Yoga Ethics to your
modern life and yoga
practice.

YOGA ETHICS

1. Practice handling real life situations that require you to consider the ethics of yoga.
2. Understand appropriate and inappropriate methods of managing difficult students and situations in the yoga setting and throughout other areas of your life.

LEADERSHIP SKILLS

1. Integrate the themes of Baptiste Yoga and the Laws of Transformation into your daily actions and decisions on the yoga mat and in your life in order to step into your greatest potential as a leader.
2. Understand what leadership means and in what areas of your life you are a leader.
3. Make an impact as a leader in any environment (including a yoga class) by taking action to leave others in their greatness.
4. Practice teaching and speaking in various settings to understand what it means to be a leader in various size groups.
5. Learn effective listening tools in order to hold space for your students and other people in your life to grow under your leadership.

ANATOMY AND PHYSIOLOGY

1. Apply an understanding of the structure and function of key joints, muscles, ligaments and other connective tissue to alignment of asana practice.
2. Understand what happens to the pelvis when “tucking the tailbone” and moving through various postures.
3. Be able to find neutral pelvis on themselves and other students.
4. Demonstrate alignment and modifications to various poses to obtain and/or maintain a healthy low back.
5. Understand the anatomy and alignment of the feet and legs in optimal posture and “True North Alignment”.
6. Understand the anatomy and the alignment of the shoulders and arms to ensure freedom of movement and stability in standing postures, downward facing dog, and other arm supported postures.
7. Identify the structures involved in breathing and demonstrate use of these structures in various ways of breathing.
8. Demonstrate yoga bandhas with an understanding of the anatomical structures involved.
9. Utilize an understanding of anatomy to observe students and provide appropriate cues based on anatomical alignment that will empower the student.

YOGA BUSINESS

1. Learn how to market yourself to begin teaching yoga in your community.
2. Gain insight on how to make a viable living as a yoga teacher by supplementing your income with opportunities that exist in addition to teaching regular group classes.
3. Learn the industry norms and benchmarks for salaries and contracts associated with yoga.



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