



body mind being

Level I-Body Mind Being 200 Hour Yoga Certification

Core Curriculum

Foundations Of Yoga For Transformation Section I	90hrs
Practicum	40hrs
Holistic Anatomy 101 Movement & Subtle Body	20hrs
Breathing for Life: 101	20hrs
<i>Science, Practice, Kriya, and Foundations of Prāṇāyāma: Yoga is Medicine</i>	

History of Yoga/Yoga Philosophy: 10hrs. Jan. 15, 2022

Total Hours:180

Electives: Pick 1 to be included in Level I Investment:

School Age Mindfulness	20hrs
101- Trauma & The Emotional Body, Trauma Informed Yoga Educator	20hrs

Total Hours: 20

Core Curriculum:

Foundations Of Yoga For Transformation Section I

January 15th-2022

February 19,20-2022

March 6,13-2022 * *Virtual Connection*

April 3-2022

- In Studio April 22,23,24-2022 **Michigan Retreat Included*

- Yelapa,Immersion April 2-12-2022 * *Immersion Additional Cost*

Practicum

May 22-2022

June 18-2022

Holistic Anatomy 101 Movement & Subtle Body

May 20, 21st-2022

Breathing for Life: 101:*Science, Practice, Kriya, and Foundations of Prāṇāyāma: Yoga is Medicine; Included in above dates.*

Electives, Pick 1 to be included in Level I Investment:

School Age Mindfulness

May 21,22-2022

101- Trauma & The Emotional Body, Trauma Informed Yoga Educator

July 8, 9, 10 2022



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Foundations Of Yoga For Transformation Section I-200hr

Instruction: April 22,23,24-2022 *In Studio Retreat April 2-12-2022 *Yelapa Immersion

****Live Virtual or In Studio***

How to structure an intentional yoga class. Therapeutic yoga, kramas, The components of an intelligent yoga class. Themed class design. Teaching methodology, cueing, ethics, boundaries, orientation, finding your authentic voice, and empowerment, embodiment, invitation language.

Embodiment/Transformational Process. Yoga Philosophy/Mediation. Self-Care, Kriyas, Yamas, Nyamas, History of yoga, and *Prakriti/Purusha*.

Learn about your own innate resiliency and embodiment. Learn how to facilitate a present moment experience and all the necessary competencies to help your students live a more authentic and meaningful life. Explore the transformational process to facilitate a system that a person holds as a basis for self-awareness, the interpretation of life, and overarching purpose in life. Going through and guiding one of our classes is like slowly peeling the onion. Alternatively, healing and moving through the many layers (koshas).

Mentorship Practicum Level I-200h

****Live Virtual or In Studio***

Holistic Anatomy 101 Movement & Subtle Body

****Live Virtual or In Studio***

This module will offer students the opportunity to explore allopathic views of the body as they intersect with yogic views of energy and consciousness; to understand the Chakras, Anatomy of movement

Breathing for Life: 101 Science, Practice, Kriya, and Foundations of Prāṇāyāma: Yoga is Medicine

****Live Virtual or In Studio***

Prana – our life force energy, is one of the most potent ways to reclaim and potentially bring a being into balance. This course covers the theory, structure, and in-depth practice of prāṇāyāma for wellbeing and healing. Learn about the rhythm, flow and moving with the breath through kriya. Most importantly developing and maintaining a personal pranayama practice and guiding your students to do the same.

School Age Mindfulness

****Live Virtual or In Studio***

During this weekend long workshop you will learn how to market your yoga to youth ages 5-16, properly sequence a class and the difference between sequencing an adult class and a youth class. Display creative story, game and craft techniques that engage and inspire youth ages 5-16 with hands-on activities and teaching opportunities. Discover tools to explain pranayama meditation and the benefits of yoga to youth ages 5-16. We will brainstorm class themes, books, crafts and marketing techniques you can take away and implement into your own teachings. Feel more confident in speaking to parents, educators and families about the benefits of yoga for all ages.



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101- Trauma & The Emotional Body, Trauma Informed Yoga Educator

****Live Virtual or In Studio***

The body speaks what the mind often cannot. Every experience we have in life is processed through our physical bodies. Experiences with trauma creates patterns of disconnection from the wisdom in our bodies. In this course, we will practice witnessing how our own experiences are manifesting in our bodies and our lives. Witnessing our own journey is ultimately what prepares us to witness and guide the journey of another.

The layers from trauma can vary in complexity and needs. Taking into account the whole person, we teach an experiential process over a prescription. In this training, you will learn to facilitate an inquiry of presence and deep listening to the body. This inquiry allows the clients or students to explore the skills and abilities needed to find their own way to cope with trauma-related symptoms, and the supportive space to reclaim their bodies and their lives.

Level I: Understanding trauma theory. Practicing resilience and embodiment.

- Understanding the nervous system
- Yoga and the nervous system
- Trauma Theory and the physiological and psychological effects of trauma
- Neuroscience and Neurobiology research studies about embodiment and trauma
- Considerations for working with & teaching yoga to trauma survivors
- Depathologizing & destigmatizing mental illness
- Types of trauma