

The 9 pillars | Vinyasa Flow Teacher Training



ASANA & ALIGNMENT

In this Vinyasa flow teacher training program, you will learn precise alignment of asana, its benefits, and contraindications. We will use this base to teach you our method of exploring the harmony of form that will be different for each and everybody. Understanding and working with vinyasa flow yoga alignment will take your yoga practice to the next level. You will learn in this training program to understand your own body through yoga asana and to read the bodies around you.



EMBODY THE FLOW

Ever experienced those yoga classes where everything seems to fall into place? ... big chance you experienced... 'Flow'. As a teacher you can guide your students into a flow. A specific combination of movement, breath, pacing, and transitions will build this. In the Vinyasa Flow training you will learn the foundations of how to create 'Flow'.



ART OF VINYASA YOGA

In this this Yoga Teacher Training, we will teach you the arc of a yoga class and how to break poses down into groups that have similar movements that complement one another. You will learn to put poses with similar functionality together easily to ensure safety and creativity based on understanding the method of Vinyasa Flow sequencing called Vinyasa Krama (steps by step progression) and will learn the foundations of sequencing.



INSIGHTS INTO THE ENERGETIC BODY

Everything is energy! The insight to our energetic body has an extensive role in our training. There will be lots of time for you to 'experience' energy. To fully understand it you will learn about the yoga energy systems. We will explore the Chakras and the Kosha system. Both can support you to travel even more deeply into yourself. And will make it possible for you to work with energy as a yoga teacher in your classes as well as in your personal life.



TEACHING METHODOLOGY

Unique to this Vinyasa Flow Teacher training is that you will be guided into the art of teaching. Through a step-by-step method you will build the confidence to teach in a clear way. You will gain a deep knowledge of how the body works, and why we move it a certain way. From that place you will be able to create cues and work with different levels of Vinyasa Flow Yoga.



EMBODIED PHILOSOPHY

One of our core values is the integration of the philosophy of Vinyasa Yoga into daily life. The Yoga Sutras of Patanjali are the foundational text that explains the psychology, practice, and result of living a yogic lifestyle and will be a central part in this Vinyasa Flow Teacher training. You can expect to learn about the history and evolution of Vinyasa Flow Yoga in which a lot of wisdom is to be found.



APPLIED ANATOMY

Through our online anatomy course, you will have the possibility to study with yoga anatomy teacher David Keil who will teach you anatomy directly linked to the Vinyasa Flow Yoga Teacher Training practice. You will understand the principles of anatomy and body mechanics, the key muscles, bones, joints and connective structures and alignment principles that foster both understanding and safe application of asana practice.



BREATHING AND PRANAYAMA

You will learn how the breath works and how you can make the breath work for you. Six pranayama's are waiting for you to be learned in depth and how to teach it.



THE BUSINESS OF YOGA

In this module you will receive practical information about how to get started as a teacher, how to offer yoga in the workplace, the yoga studio and how to present yourself as a yoga teacher, but also tips for teaching yoga online.

