



# ELEMENTAL GODDESS YOGA TEACHER TRAINING YTT SYNOPSIS

## FOUNDATION IMMERSION INTENSIVE ONE 90 hrs

### # INTRODUCTION

This Yoga Teacher Training, centered on Ayurvedic principles, serves as a guide to support the healing journey through yoga. By integrating the ancient wisdom of the five elements, we can achieve balance both internally and externally, paving the way for enhanced health. As we navigate through life's various seasons, it is crucial to adjust our routines, diets, activities, and treatments to naturally synchronize with these changes.

According to Ayurveda, illness often begins with an emotional response, which then manifests as physical symptoms. Thus, the primary focus is on identifying the root cause of the ailment. This root cause is intrinsically linked to the elements within us, shedding light on our imbalances and exploring methods to restore that equilibrium.

### ## Elemental Yoga

Elemental Goddess Yoga offers a healing program designed to restore our balance. By delving into the five elements, we incorporate Asana, Meditation, and soulful therapeutic art practices to embark on a transformative healing journey.

### ### EARTH ELEMENT

The Earth element corresponds to the base or Muladhara Chakra. It is the most tangible element for us to grasp, as it governs the material and physical aspects—representing the solid and dense states of matter. We experience this element through our five senses. Our physical bodies, the world around us, our financial situations, the food we consume, and our daily habits and routines are all influenced by the Earth qualities across the mind, body, and asanas—both physically and energetically.



## # Balancing the Earth Element in Yoga Training

In this module, we delve into how to harmonize the Earth element and design a class centered around it, incorporating **asana**, **pranayama**, and **meditation**.

### ## Earth Element Yoga Sequence

- We will explore the **Mula Yoga Flow**, an Earth Element Yoga Sequence.
- Familiar asanas will be revisited, offering a fresh perspective and deeper understanding to create a profoundly healing experience for both you and your students.
- Additionally, we will learn to integrate unique **five-element yoga blends** into your classes, providing energetic support for students during and after their healing yoga sessions.

### ## Training Journey

This initial module is crafted to establish a solid foundation for your yoga training journey, allowing ample space for personal healing as you progress through your training.

#### ### Included Activities:

- Asana practice and teaching practice
- Pranayama practice
- Meditation
- Chakra balancing
- Dance
- Soul art journaling
- **Schedule:**
- 10 days
- 8 AM to 6.30 PM
- Total of 90 hours toward your 250-hour Yoga Alliance Teacher Training Certification.
- Note: Anatomy and Physiology are included, but Yoga Alliance mandates that you complete an independent Anatomy and Physiology course.

#### ### Costs:

- Module 1: Earth Element - 90 hrs \$1,800
- Module 2: Fire and Water - 90 hrs - \$1,800
- Module 3. Air and Ether 70 hrs \$960



# Intensive Two 90 Hrs Water and Fire

## Introduction

# Elemental Goddess Yoga Teacher Training: A Ten-Day Intensive

Join us for an enriching ten-day intensive where the Elemental Goddess Yoga Teacher Training will explore the elements of Water and Fire within our yoga practice.

## Training Journey:

### WATER

The Water element is associated with the Svadisthana chakra, which resonates with our sexuality and creativity. We will dive into the energetic womb space through meditation and soulful therapeutic art practices aimed at releasing fear, shame, and deep trauma from both mind and body.

Participants will discover the essence of **samadhi**, or flow, in their asana practice by engaging with Water element asanas, Jala Namaska, and incorporating vinyasa along with the wave choreography technique.

### FIRE

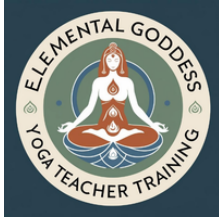
During our exploration of the Fire element, we will connect with the Core and the Manipura chakra, focusing on the **bhavanas** of Courage, Confidence, and Inner Strength through warrior flows. Our meditations and pranayama practices will encompass candle gazing and the integration of **kappalabhati** into our yoga asanas, harnessing the fire element to eliminate obstacles and promote profound healing.

### Included Activities:

- Asana and teaching practice
- Pranayama practice
- Meditation
- Chakra balancing
- Dance
- Soul art journaling

### Schedule:

- Duration: 10 days
- Time: 8 AM - 6.30 PM
- Total: 90 hours toward your 250-hour Yoga Alliance Teacher Training Certification.



# Intensive Three Air and Ether 70 hrs

## Introduction

### # Our Final Intensive: A Soulful and Healing Yoga Experience

Our concluding intensive allows us to **slow down** and listen to our inner selves. We will connect through chanting, mudras, mantras, yin flows, and nidra journeys, offering a nurturing approach to our yoga classes.

### ## AIR

The **Air** element is associated with the Anahata chakra, along with the heart and lungs in the body. We will delve into bhavanas, healing music, and techniques to guide our students toward a profound connection between mind and body. Our Anahata flows will explore backbends and harness the power of breath to enhance our expression during practice.

### ## ETHER

The final element links us to the last three chakras: the throat, third eye, and crown. We will immerse ourselves in chandra namaskara, yin flows, and deep meditations. This advanced practice will teach us how to connect with our soulful essence as both students and teachers.

### ### Included Activities

- Asana and teaching practice
- Pranayama, chanting, mudra, and mantra practice
- Chakra balancing
- Dance
- Soul art journaling

### ### Schedule

- **Duration:** 70 hours
- **Time:** 8 AM - 6.30 PM

**Total:** 70 hours toward your 250-hour Yoga Alliance Teacher Training Certification