



# elemental goddess yoga

## TEACHER TRAINING 250HR MANUAL

### Section One

#### ***Chapter One: The History of Yoga***

Vedic Period

Pre Classical Yoga

The Bhagavad Gita:

prakriti/sattva/rajas/ekagrata/pratahara/samyasa/samyama/  
dharana/samadhi

Classical Yoga: Patanjali's Yoga Sutras/ 8 limbed yoga path

Kriya yoga

Post classical era of Yoga

The history of Tantra Yoga

Hatha Yoga

The Yoga Upanishads

Yoga comes to the west

#### ***Chapter Two: Vinyasa Flow Yoga***

T Krishnamacharya

Vinyasa Flow Yoga

The ritual of a class (Sadhana)

Vinyasa Krama

The art of completion (Savasana)

Prana Yoga/Pranayama

Applications of living and teaching yoga



## **Chapter Three: The Yoga Body**

The 5 Pranas

Prana, tajas and ojas

The 5 koshas

The 3 bodies

The chakras

Pranayama

Pranayama techniques

Bandhas

Mudras

Chanting

Nidra journey

## **Chapter Four: Asanas**

Teaching and practice of standing and seated forward bends, twists, backbends and inversions, including assisting, correcting, contraindications and variations.

How to address special needs and specific populations

Teaching styles and learning styles

Qualities of a teacher, including effective use of positive language.

Time management

Establishing priorities and boundaries

## **Chapter Five: The business of Yoga**

Marketing, legal and insurance.

## **Chapter Six:**

Elemental Yoga Grievance Policy

Elemental Yoga Equal Opportunities Policy



## REQUIRED READING:

Tending the Heart fire: Living in the flow with the pulse of life.  
Shiva Rea

Yoga Mala. The original teachings of Astanga master Sri Pattabhi Jois

Yoga teachers tool box. Joseph Le Page, Lillian Le Page.

Meditation for the love of it: Enjoying your own deepest experience. Sally Kempton

The 4 agreements. Don Miguel Ruiz

Science of the breath, A practical guide. Swami Rama

Yoga sequencing. Mark Stephens

Light on life. BKS Iyengar

Surya Namaskara. Swami Satyananda Saraswati

Yoga mind body spirit- A return to wholeness. Donna Farhi

## Section Two

The Five Elements

THE EARTH ELEMENT

Physical qualities

Energetic qualities/Mooladhara Chakra

Journal Prompts

Earth Element Asana



## **Earth Element Asanas**

Sanskrit name

Pose type

Targets

Benefits/contraindications

How to

Prep and counter pose

Anatomy and Physiology

Uktasana

Trikonasana

Virabhadrasana one and two

Eka pada rajakapotanasana

Utukata kanasana

Adho Mutkta shvanasana

Uktatasana

Parsvottanasana

Phalaksana

Dandasana

Malasana

Garudasana

Janu Sirsasana

Virasana

Earth Element Meditation

Earth Element Mudra/Svabada Mudra connecting to  
apana

Earth Element Pranayama

Earth Element Yoga Sequence

Earth Element Yoga Aroma Blend



## **WATER ELEMENT**

Water qualities:

Physical

Energetic/Svadisthani Chakra

Journal Prompts

Water Asanas

- Flowing sequences
- Hip openers

Sanskrit name

Pose type

Targets

Benefits/contraindications

How to

Prep and counter poses

Anatomy and Physiology

Flowing sequences

- 1.Undulating dog- Adha Mukha Svasana to Phalaksana
- 2.Anjanayasna to Adha Hanamanasana
- 3.Virabhadrasana 1 to Parvottanasana
- 4.Virabhadrasana 2 to Trikonasana
- 5.Cobra dance- child to cobra to cat cow to child
- 6.Ekapa Rajkapotanasa flow
- 7.Moving bridge pose Setu Bandha Svargasana

Hip Opener asana

Badhha Konasanam

Mandukanasa

Water Element Meditation

Jala Mudra

Pranayama

Water Element sequence

Water Element Yoga Aroma Blend



## **FIRE ELEMENT**

Fire Element Qualities:

Physical/Agni

Energetic/Manipura Chakra

Journal Prompts

Cultivating the Core/Fire

Fire Asanas

Sanskrit

Pose Type

Targets

Benefits/contraindications

How to

Prep and Counter poses

Anatomy and Physiology

To cool fire:

Balasana

Savasana

To heat:

Suya Namsakar

Plank/forearm plank flow

Ardha Matsyendrasana

Vyaghrasana

Parivrita Anjaneyasana

Agnistabhasana

Tittibhasana

Natarajasana

Fire Element Meditation/Tratak/ Candle Gazing

Fire Element Mudra

Fire Element Pranayama/Kappalabhati

Fire Element Yoga Sequence

Fire Element Aroma Blend



## **AIR ELEMENT**

Air Qualities

Physical

Energetic/Heart Chakra/Bhavanas

Journal Prompts

Air Element Asanas

Sanskrit

Pose type

Targets

Benefits/contraindications

How to

Prep and Counter poses

Anatomy and Physiology

Ustrasana

Dhanurasana

Bhujangasana (overcoming fear)

Setu Bandha Sarvangasana

Air Element/heart meditation/chanting

Air element Pranayama/ Samavitti Equal breathing

Air Element Sequence/Rhydya Namaska

Air element Aroma Blend



## ETHER ELEMENT

Ether element qualities

Physical

Energetic/Vishuddha Chakra/Sahaswara Chakra

Sage smudging/sound healing

Journal Prompts

Ether Element Asanas

Sanskrit

Pose type

Targets

Benefits/contraindications

How To

Prep and Counter poses

Anatomy and physiology

Restorative Yin Flows

Viparita Karinini

Salambha Sarvagasana

Pincha Mayurasana

Matsyasana

Camel pose

Ether element meditation/body scan

Ether element Pranyama/Brahmari Breath

Ether element Mudra

Ether element Yoga Sequence

Ether element aroma blend



## ELEMENTAL YOGA TEACHER TRAINING 250HR Core Curriculum

As an Elemental teacher trainee you will learn about the five elements and how they relate to our yoga teaching, sequencing and class planning. We will learn the ritual of the yoga class set to a theme, intentions, music and specific sequencing to enhance your experience of the yoga asana.

Throughout the 250hrs you will learn:

- The foundations of yoga practice
- The Syrya Namaskara sequences
- How to modify and assist and teach a yoga class
- Vinyasa sequencing and methodology
- The krama's or stages of asana
- The full spectrum of vinyasa asanas
- Sanskrit terminology
- Pranayama techniques
- Vinyasa lineage
- Mandala style teaching
- Slow flow/Chandra rhythms
- Elemental sequencing
- Mudras, Bandhas, Chakras, Chanting, Nidra journey



## IMMERSION ONE: 90 contact hrs.

Introduction to core asanas, and how we weave in the Earth Element into our foundational sequencing. Our sequencing includes forward bends, backbends, twists, inversions and balances, including variations, contraindications, adjustments Pranayama techniques **35 hrs.**

Theory The history of yoga Chapter One of manual

Intro to the structure of course/ journaling/ essay/ asana folder **20 hrs.**

Methodology: intro to sadhana, the flow of the class/Parinamyada (constant change is inherent part of life) Intro to the wave structure of a class (beginner level of asana to advanced) beginning class with pranayama, next asana practice, finish with nidra journey. **20hrs**

Student demo of asana.

Chanting and meditation **15 hrs**

Intro to Mooladhara chakra through meditation, chanting and creative play.

Essay: Describe the Earth element in connection to your yoga sequencing and pranayama practice Non contact **2 hrs**



## IMMERSION TWO FIRE AND WATER 90 contact hrs

Asana Practical and theory: Surya Namaska, Fire Dragon Flow/Jala Flow

Asana knowledge **35 hrs** understanding flow and pranayama connection. Hip opener flows/Kerali namaska

Introducing Bandhas,

Theory Vinysa flow yoga Chapter two Manual **20 hrs**

Intro to Apana Vayu

Methodology **20hrs** Practicing bandhas amidst a flow, break down of physiology of bandhas.

Finding the vocabulary of yoga using bandhas as an example to help students find physical and verbal cues for students.  
Qualities of a teacher.

Chanting and meditation **15hrs** Swadisthana and manipura chakra, through chanting, meditation and creative play, journaling.

Essay: What are Bandhas and how do you apply them to the Fire element and your yoga practice? 2 non contact hrs.



## IIMMERSION THREE AIR AND ETHER **70 hrs**

### AIR

Intro to Air element and how to incorporate into asana and meditation practice

Asana: Anahata Flow, includes theory The Yoga Body Chapter three **10 hrs**

Backbends and twists, asana knowledge **10 hrs**  
introducing Bhavana's, Mudras, chakras, shatkarma etc

Methodology Adjustments, keeping students safe in class, honouring students evolutionary journey within class.  
Importance of compassion towards yourself and students, releasing judgment, Practical application through choice of vocab, how adjust (teachers touch,)

The importance of correct demonstration, discuss alternatives for asana to assist different populations. **5 hrs**

Chanting and meditation **5hrs**

Intro to Anahata Chakra

Opening the heart Anahata meditation

Listening to each other, an exercise to create active listening and releasing judgement and inner critic.

Chanting- opening the heart to sound.

Introducing Kramas and creative themed sequencing

Theory : Understanding Alignment, student teaching/adjustments and demonstrating.

Essay: What are Bhavanas and how do they effect the yogi mind and body. Create a heart centred yoga class. Create a 5 min yoga sequence incorporating mudras to demonstrate in class. 2 non contact hrs



## ETHER

Intro to Ether element and how to incorporate into asana and meditation practices.

Contact hrs Asana **10 hrs** Chandra Namaska.

Introducing Kramas and creative themed sequencing, reconnecting with pranyama, chanting, mudra and Nidra Journey

Theory The business of yoga Chapter 5 **10hrs**

Methodology **10hrs** The importance of correct demonstration, discuss alternatives for asana to assist different populations.

Practicing demo within flow of class. Learning how to observe your students

How do you map a class/course/workshop to create progression for students, understanding the importance of sound/music to create rhythm and flow

Time management

Student teaching whole class and receiving feedback from their peers and Senior teacher

Chanting/Meditation **10hrs**

Intro to Ajna through meditation, chanting and creative soul art.

Throat chakra/ Sound bath

Nidra Journey

Essay: Create a Nidra Journey and design a yin style class, incorporating the Ether element, explaining the benefits of offering a restorative class for your students. Teach your class to your peers.