



Radiant Life Yoga School

PROGRAM OVERVIEW

Founded out of a genuine desire to make more beauty in the world, our program is designed for those who are seeking a deeper understanding of themselves, through their yoga practice, and who desire to make a positive contribution to humanity through teaching yoga. The curriculum, infused with positive and life-embracing virtues, connects students with their hearts and encourages their own unique expression as a yoga teacher.

With a focus on the mental, physical, emotional, and spiritual benefits of yoga, we provide future teachers with the skills needed to safely guide their students to create healing and vitality from within. We extend an invitation to celebrate the radiance of life and enjoy the advantages that practicing and teaching yoga has to offer.


What Students Can Look Forward to During the Yoga Teacher Training Program


ॐ Have fun learning about how the body works through experiential anatomy exercises. Informed by a fuller understanding of biomechanics and therapeutic yoga alignment you will refine your own yoga postures and learn how to teach others in a safe and progressive way.

ॐ Learn how to use yoga props (blocks, blankets and straps) effectively to enable people to experience the yoga postures in a way that is optimal for them in the moment.


ॐ Become skilled at breaking down asanas into manageable parts to empower beginners and learn how to make yoga postures more challenging to serve advanced practitioners.


ॐ Create powerful and effective yoga posture sequences that build progressively and assist in the evolution of your students' practice. Learn how to develop unique and creative yoga classes that are designed to give students an opportunity to grow and measure their success.


 Develop theme based classes that connect people with their hearts and integrate yoga philosophies and ethics into the practice. Learn how to inspire people to extend their yoga practice off the mat and into daily life.

 From the daily practice of mediation and contemplation exercises you will gain a broader and more enlightened view of your life. Each day is designed to help you to deepen your rapport with yourself and others and to move through the diversity of life with empowered steps.

Other areas of focus:

 Learn how chakra colors can be used diagnostically and therapeutically. Understand more fully the connection between what you think and how you feel. Have more insight to why you behave a certain way. Use guided color imagery techniques to reduce stress and bring a feeling of balance.

 Develop observation skills so that you see more clearly what is going on with people physically and emotionally so that you can tailor your instructions to meet their needs.

 Safe assists, adjustments and partner exercises that will help people feel more stability and freedom in their yoga postures.

 The business of yoga including: marketing, website support, social networking, and how to create and optimize teaching opportunities.

Summary of Schedule

1. Technique Training, and Practice: 115 hours

Asanas, pranayama, mantra, meditation, and other traditional yoga techniques will be covered. These hours will be a mix between (1) analytical training in how to teach and practice the techniques, and (2) guided practice of the techniques themselves; both areas will receive substantial emphasis.

2. Teaching Methodology: 25 hours

Principles of demonstration, observation, assisting/ therapeutic adjustments, instruction techniques, teaching styles, the qualities and ethics of a successful teacher, the student's process of learning, and business aspects of teaching yoga.

3. Anatomy & Physiology: 20 hours

Practice hours will include an exploration of the asanas using experiential anatomy exercises and the study of energy anatomy with a focus on marma points and the chakras. Includes both the study of the subject and application of its principles to yoga practice (benefits, contraindications, healthy movement patterns, etc).

4. Yoga Philosophy, Lifestyle and Ethics for Yoga Teachers: 30 hours

Includes the study of yoga philosophies, yoga lifestyle, and ethics for yoga teachers.

5. Practicum: 10 hours

Includes practice teaching, receiving feedback, observing others teaching and hearing/giving feedback.

Weekly Summary

Week 1: Philosophy and Ethics

Week 2: Experiential Anatomy/ Biomechanics, and Asana Analysis

Week 3: Teaching Methodologies

Week 4: Etheric Anatomy (Chakra work), and Practicum

Required Reading

- The Heart of the Yogi: Doug Keller available at www.DoYoga.com
- Bhagavad Gita: Translation by Stephen Mitchell

*Reading assignments will be given from both texts during the training. These resources are not included in the program fee.

Non-discrimination Policy

Radiant Life Yoga School does not discriminate on the basis of age, gender, marital status, national or ethnic origin, sexual orientation, color, race or religion.

Participation and Certification Policy

Students are expected to do their own personal best and to participate fully. Completion of all reading and writing assignments, a satisfactory practicum evaluation, and payment of all fees and outstanding balances are required to receive a Radiant Life Yoga School certificate of completion.

* Any student not adhering to the code of conduct and ethical guidelines will be dismissed from the program.

Attendance

To gain maximum benefit from the program attendance at all sessions is required. Please arrive 5 minutes early to adequately prepare for the class.

If a class session is missed students must meet with the class instructor (s) to develop and agree on a plan to learn the missed content and fulfill the required hours. It is to the student's benefit that all missed material is made up prior to the next scheduled meeting.

Yoga Alliance® Registration

Radiant Life Yoga School is an RYS® (Registered Yoga School) with Yoga Alliance® at the 200 and 300 hour levels. Upon successful completion of the 200 hour training program, graduates of Radiant Life Teacher Training are eligible for registration with Yoga Alliance as a RYT 200.

*We recommend that all teachers carry their own liability insurance.

Code of Conduct

All course participants are required to adhere to the code of conduct and ethical guidelines. Students will be dismissed from the program if they display unethical or disrespectful behavior at any time during the retreat.

These Guidelines are in accordance with the Code of Conduct set forth by the Yoga Alliance.

1. Uphold the integrity of my vocation by conducting myself in a professional and conscientious manner.
2. Encourage diversity actively by respecting all students regardless of age, physical limitations, race, creed, gender, ethnicity, religion affiliation, or sexual orientation.
3. Respect the rights, dignity, and privacy of all students.
4. Avoid words and actions that constitute sexual harassment or emotional abuse.
5. Adhere to the traditional yoga principles.

Traditional Yoga Principles

Yamas (behavior restraints): Ethical guidelines for the yogi pertaining to his/her relationship with others in society, the outer environment, or Nature. All the yamas apply to actions, words, and thoughts.

- Ahimsa (non-harming): Loving kindness to others, not blocking or obstructing the flow of Nature, compassion, mercy, gentleness, commonly translated as non-violence.
- Satya (truthfulness): Being genuine and authentic to our inner nature, having integrity, honesty, being honorable, not lying, not concealing the truth, not downplaying or exaggerating.
- Asteya (non-stealing): Not taking what is not yours—money, goods, or credit. Not robbing people of their own experiences and freedom. Non-desire for another's possessions, qualities, or status.
- Brahmacharya (walking or having ethical conduct like God): Relating to another with unconditional love and integrity, without selfishness or manipulation. Practicing sexual moderation, restraining from sexual misconduct, and avoiding lustful behavior.
- Aparigraha (non-clinging): Non-grasping, non-receiving, non-possessiveness, non-covetousness, voluntary simplicity, not accumulating things beyond what is necessary, non-attachment to possessions, greedlessness.

Niyamas: (internal-restraints): Ethical guidelines for the yogi pertaining to her daily activities. Observances of one's own physical appearance, actions, words and thoughts.

- Shauca (purity): Cleanliness, orderliness, precision, clarity, balance. Internal and external purification.
- Santosa (contentment): Equanimity, peace, tranquility, acceptance of the way things are.
- Tapas (heat): Burning desire for reunion with God expressed through self-discipline, purification, willpower, austerity, and patience.
- Svadhyaya (study of the self): Self-inquiry, mindfulness, self-study, study of the scriptures, chanting and recitation of the scriptures. Searching for the Unknown (divinity) in the Known (physical world).
- Ishvara Pranidhana (devotional offering to the Lord): Surrender to God, open-heartedness, love, "not my will, but Thy will be done," willingness to serve the Lord.

Other Ethical Guidelines

Follow the three S's - Shri, Satya, and Svantantrya

Do that which is life-affirming, truthful, and freedom-enhancing.

Photography Guidelines

Photography will not be allowed during class sessions.

Pictures taken outside of class time will require consent. We request that all pictures to be

taken after verbal permission from the other retreat participants has been granted.

All pictures must be respectful. Covert and inappropriate picture taking will not be tolerated.

*An optional photo session will be available for those students who wish to participate.

Illicit Drug Use

Illicit drug use is not permitted at any time. There are very strict laws with harsh penalties regarding illegal drugs, including marijuana, in Nicaragua.

Alcohol

Alcohol consumption is not allowed during class times or program hours, including seva (service) hours.

Electronic Devices

Electronic Devices are not permitted in the class room unless otherwise stated by the course instructor.



Yoga Alliance Member School

<https://www.yogaalliance.org/SchoolPublicProfile?sid=1436&lid=1436>