



Trauma-Conscious 200-Hr Yoga Teacher Training

Connected Warrior's mission is to provide each student a comprehensive understanding of Hatha Yoga, anatomy, physiology, the inter-relationship between the body, mind and trauma, the skills and tools to design and facilitate Trauma-Conscious Yoga classes for multiple demographics.

Connected Warriors Teacher Training - Philosophy

Our teaching philosophy is to build a strong foundation and understanding of the mind body connection incorporating the practice of Hatha yoga and self-awareness of the physical, mental, emotional and spiritual bodies. We teach our students to apply Connected Warriors Trauma-Conscious philosophy "Create a safe and secure environment to meet your students where they are" with the use of appropriate verbal and physical guidance. The training supports each student's development of their personal practice and body mind connection so they can teach in a confident and organized manner.

Connected Warriors Teacher Training – Program Details

The program meets Monday, Tuesday and Thursday from 4:00-7:00 PM for 11 weeks with additional requirements of 45 hours of self-practice, 47 hours of supervised observation and assistance; successful completion of all assignments and exams; observed public teaching of two group classes using a Trauma-Conscious sequence and a self-created sequence.

Tuition – Full Program \$3,200 – Includes all yoga classes, textbooks and study materials
Deposit - \$300 – Transferable, non-refundable

This comprehensive training requires the right size group – occasionally, the start and end dates may change to create the training group. We will provide sufficient notification of any schedule changes.

PROGRAM REQUIREMENTS

- Lecture 96 Hours
- Self-practice 45 Hours of approved asana practice
- Meditation – 10 Hours of self-practice
- Observation – 23 Hours of asana class observation
- Assisting – 24 Hours of asana class assisting
- Homework and outside reading – 10 Hours
- Two Public Teachings – 2 Hours – 1) CW Flow and 2) Individual Flow
- 18 Months from graduation date to complete for certification



Trauma-Conscious 200-Hr Yoga Teacher Training

Admission Requirements:

- Continuous personal asana, pranayama and meditation practice – minimum 1 year
- Completion of admission application including a personal essay – Who, What, Where and Why you want to teach Trauma-Conscious Yoga
- Reference from primary yoga teacher
- Completion of funding documentation, if applicable

PROGRAM OUTLINE

- Anatomy & Physiology – 20 hours
- Teaching Methodology – 25 hours
- Techniques, Training & Practice – 120 hours
- Yoga Philosophy, Lifestyles, Ethics – 20 hours
- Practicum – 15 hours

Course Materials:

- Teacher Training Workbook
- Flashcards
- Light on Yoga by BKS Iyengar
- Light on Life by BKS Iyengar
- Anatomy I and II Charts
- Trauma Releasing Exercises by David Berceili
- Overcoming Trauma through Yoga by David Emerson
- Functional Anatomy of Yoga by David Keil - textbook and on-line course

COURSE OUTLINE

- Yoga History, Philosophy, Traditions and Styles
 - Yoga Sutras and historical texts
 - Yoga Philosophy – Krishnamacharya, BKS Iyengar, Pattabhi Jois
 - Ashtanga Eight Limbs
- Teaching Methodology and Technique
 - Asana and Pranayama
 - Meditation
 - Bandhas/Drishtis/Mudras/Nauli
 - Chakras
- Asanas – Sanskrit & English
 - Verbal and Hands-on Guidance
 - Modifications
 - Anatomy & Physiology
- Anatomy and Physiology
 - Planes of Movement
 - Functional Movement
 - Trauma & PTSD
- Trauma-Conscious Yoga
 - Biology and Physiology of Trauma/PTSD/TBI
 - Healing dynamics of Trauma-Conscious Yoga



Trauma-Conscious 200-Hr Yoga Teacher Training

- Childhood trauma
- Physical, Mental, Sexual Abuse
- Chronic Conditions
- Addiction and Recovery
- Military
- PTSD/TBI
- Teaching Skills
 - Teaching Philosophy
 - Ethics
 - Studio/Teaching Environment
 - Finding your Voice
 - Marketing
 - Observing and Assisting Classes
- Deepening Your Personal Practice
 - Self-Practice
 - Journaling
 - Yogic Lifestyle
 - Energy Modalities – Reiki, Acupuncture, Ayurvedic