



Become your truest self

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LOCATION

76 Newburyport Turnpike  
Newbury, MA

[rootstowings.com](http://rootstowings.com)



## CURRICULUM

### 200-HOUR PRANOTTHAN YOGA TEACHER TRAINING WITH JOVINNA CHAN + GUEST TEACHERS

#### TEACHING TECHNIQUES AND METHODOLOGIES

- Explore 25 classic yoga postures with basic benefits and contraindications
- Learn the foundation of musculoskeletal principles of alignment
- Learn techniques to create dynamic core power and stabilization, promoting health and longevity of the spine
- Learn the gradient approach to teaching asana and how to adapt and modify postures to create ease in all body types, thus appealing to a wider range of students
- Become aware of the common misalignments
- Use the eight anatomical landmarks cues for leading postures clearly and effectively
- Incorporate the Koshas – the 5 layers of the human cosmology (physical, energy/ breath, mind/emotions, witness and bliss) – as a map for the multi-dimensional approach to teaching and practicing yoga
- Learn how to structure a yoga class using The Eight Elements to create a comprehensive class experience
- Find creative sequencing and class designs that express your authentic self
- Learn to instruct fundamental Pranayama, from heating to cooling, from calming to motivating
- Learn foundational Meditation techniques and establish an ongoing meditation practice
- Learn to teach Relaxation techniques
- Discover original and fun ways to stoke the fire and warm up the body for asana practice
- Learn the sacred art of assisting and adjustments
- Utilize your authentic voice and presence to take space as an inspiring leader
- Learn the business of yoga including marketing and right-livelihood support

#### PHILOSOPHY, SCRIPTURES, ETHICS, AND LIFESTYLE

- Experience yoga as a path of self-discovery and transformation
- Integrate holistic lifestyle tools
- Learn and practice Conscious Communication skills
- Explore scripture through experiential lectures on:
  - The Bhagavad Gita
  - Pantanjali's Yoga Sutras
  - Pantanjali's 8 Limbs of Yoga (emphasizing the Yamas and Niyamas)

#### ANATOMY AND PHYSIOLOGY

- Learn embodied yoga anatomy
- Understand the basic physiology of the organic systems
- Deepen your understanding via the latest science and research on yoga

*Pranotthan Yoga is compatible with all other styles and traditions of yoga.*

## SCHEDULE

### TRAINING SCHEDULE

This 5 month training runs February 9, 2020 – June 7, 2020 and takes place over 6 required modules including an initial week long immersion and 5 weekend intensives. Complete attendance at all weekend modules is mandatory, and all requirements must be fulfilled for certification

### TRAINING DATES AND HOURS:

#### **Module 1:** Feb 9–15, 2020

*Sunday, 10am-6pm • Monday-Saturday 8am-7pm*

#### **Module 2–5:** Mar 13-15, Apr 3-5, Apr 24-26, May 8-10

*Fridays, 5:30pm-9pm • Saturdays, 8am-7pm • Sundays, 8am-6pm*

#### **Module 6:** June 3-7 Graduation weekend at a residential retreat center to be named

Begins Wed, Jun 3 at 7pm and ends Sun Jun 7, 2020 at noon.

*5-day, 4-night lodging and meals included.*

*All training weekend sessions, except for the retreat, are held at Roots to Wings in Newbury, MA.*

## TUITION AND BENEFITS

### TUITION OF \$3,300 INCLUDES

- Training Cost \$2,800
- Retreat Cost \$500
- 6 module intensives
- Pranotthan Yoga Teacher Training Manual and supplementary materials
- Graduation Retreat Weekend: 5-day, 4-night lodging at a residential retreat center to be named
- Anatomy Course

### TUITION DOES NOT INCLUDE

- Required books or DVDs

*Payment plans are available. For details, see “Payment Options” section of the application.*

