**YOGA-MOJO**

**YOGA TEACHER TRAINING – RYT300/500**

**MODULE 1 – EARTH & WATER**

**CONTENT OVERVIEW**

**HUMANITIES – YOGA PHILOSOPHY, LIFESTYLE & ETHICS**

* Foundational philosophy – Overview & Review
* Eight Limbs Immersion
* Asana Philosophy & Theory Review
* Asana Philosophy & Purpose
* Branches of Yoga – Review & Deeper
* 8-Limbs Pranayama Philosophy
* Philosophy Foundations
* Yoga Bundle: Sutras
* Kleshas & Kriyas Yoga Immersion

**TECHNIQUES, TRAINING & PRACTICE**

* Asana Teaching Guide – Meditation Seats – Modifications & More
* Asana Teaching Guide – Surya Namaskar and Vinyasa Yoga - Review – Variations
* Asana Foundations
* Asana – Standing Poses
* Asana – Forward Bending
* Hips & Low Back
* Restorative Yoga
* Yin Yoga
* Seasonal Yoga Themes – Immersion

**ANATOMY & PHYSIOLOGY**

* Spine and Back Anatomy
	+ Issues of the Spine Immersion
	+ Problem Cues: Spine and Pelvis
	+ Spinal Movements
	+ Spinal Regions & Vertebrae
* Anatomy Foundation Immersion
* Knees, Lower Legs & Feet Immersion
* Anatomy and Physiology Prep
* Hips Immersion / Pelvis Immersion
* Advanced Tips for Teaching Anatomy
* Physiology of Stretching

**TEACHING ESSENTIALS / TEACHING METHODOLOGY**

* The Art of Sequencing – Yoga-Mojo Methodology
* Planning and Sequencing – Advanced Foundations
* Your Presence as a Teacher