**YOGA-MOJO**

**YOGA TEACHER TRAINING – RYT300/500**

**MODULE 2 – FIRE & AIR**

**CONTENT OVERVIEW**

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

* Ayurveda & Yoga Immersion – Diet & Lifestyle
* 8-Limbs Pranayama Philosophy
* Ancestral Narratives and Mythology
* Yoga-Mojo’s Yoga Mythology Workshop
* Sanskrit

**TECHNIQUES, TRAINING & PRACTICE**

* Breath – Pranayama
* Pranayama Techniques
* Breathing Foundations
* Teaching Guide - Alignment and Adjustments & Transitions
* Breathing Practices for Conditions
* Bandhas
* Mindful Asana Transitions
* Asana – Core
* Asana Teaching Guide – Twists
* Asana – Categories – Twisting
* Asana – Teaching Guide – Backbending Poses

**ANATOMY & PHYSIOLOGY**

* Anatomy – Core – Fundamental Teachings - includes connective tissues, joint mobility
* TA and Engaging Deeper Abs
* Muscle Pairs and Pose Examples
* Musculoskeletal System
* Respiratory
* Psoas Immersion
* Subtle Body Foundations
* Chakras ~
* Prana Vayus
* Heart Health Immersion
* Mudras Immersion
* Nervous System

**TEACHING ESSENTIALS / TEACHING METHODOLOGY**

* Your Presence as the Teacher
* Breathing Practices for Conditions