yogshakti®

SPECIALIST IMMERSIONS & PROFESSIONAL TEACHING PRACTICUM

The Breath and Yoga

Pranayama • Kriya • Bandha • Mudra

24 & 25 APR 2027
8:00AM - 4:00PM

CATEGORY & CURRICULUM

01 BREATH SCIENCE

- Respiratory anatomy
- Diaphragm function
- Breathing mechanics
- Physiology of respiration
- Autonomic nervous system

02 PRANAYAMA

- Foundations of pranayama
- Classical techniques
- Breath ratios
- Therapeutic applications
- Breath awareness

03 KRIYA, BANDHA & MUDRA

- Yogic cleansing practices
- Energetic locks
- Mudras
- Integration with pranayama and meditation

04 BREATH & MIND

- Stress physiology
- Emotional regulation
- Vagal tone
- Relaxation response
- Nervous system regulation

Notes

- *Certification of Completion will be given for each program (optional).*
- *The Professional Yoga Teaching Practicum is the capstone module for participants pursuing the US Yoga Alliance–recognized 300-hour Advanced Yoga Teacher Training certification*

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SPECIALIST IMMERSIONS & PROFESSIONAL TEACHING PRACTICUM

Living Yoga

Wisdom from the Yoga Sutras & Ashtavakra Gita

26 APRIL - 30 MAY 2027
(except MAY 17 & 20)
- Weekday Evenings
- 23 days
7:00PM - 9:00PM

CATEGORY & CURRICULUM

01 FOUNDATIONS OF YOGA
- History of Yoga
- Classical Yoga
- Different paths of Yoga

02 YOGA PHILOSOPHY
- Yoga Sutras
- Eight Limbs
- Kleshas
- Abhyasa
- Vairagya

03 ASHTAVAKRA GITA
- Non-duality
- Awareness
- Self-inquiry

04 APPLIED PHILOSOPHY
- Yamas
- Niyamas
- Karma Yoga
- Ethics
- Yogic lifestyle

05 YOGIC PSYCHOLOGY
- Mind
- Ego
- Samskaras
- Consciousness
- Freedom from suffering

06 REFLECTION & INQUIRY
- Journaling
- Contemplation
- Group discussion

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SPECIALIST IMMERSIONS & PROFESSIONAL TEACHING PRACTICUM

Integrative Yoga Asana Intensive

Alignment, Therapeutics & Intelligent Sequencing

1 - 29 MAY 2027 (Sat & Sun)
8:00AM - 4:00PM

CATEGORY & CURRICULUM

01 INTEGRATIVE YOGA PRINCIPLES

- Scaravelli-inspired movement
- Tensegrity
- Working with gravity
- Hara (Dantian)
- Breath-led movement

02 APPLIED ANATOMY & BIOMECHANICS

- Skeletal alignment
- Joint mechanics
- Fascial anatomy
- Muscle function
- Functional movement
- Postural assessment

03 ASANA LABORATORY

- Standing poses
- Balancing poses
- Twists
- Forward folds
- Hip openers
- Backbends
- Inversions
- Arm balances

04 THERAPEUTIC APPLICATIONS

- Contraindications
- Common musculoskeletal conditions
- Injury prevention
- Yoga for special populations

05 YOGIC PRACTICES

- Bandhas
- Mudras
- Kriyas
- Qi Gong

06 PRACTICE INTEGRATION

- Personal practice
- Movement exploration
- Case studies

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SPECIALIST IMMERSIONS & PROFESSIONAL TEACHING PRACTICUM

Yin Yoga & The Meridians with Myo-Yin

Exploring Yin Yoga, Fascia & TCM Meridians

11 - 25 SEP 2027
8:00AM - 4:00PM

CATEGORY & CURRICULUM

01 **YIN YOGA FOUNDATIONS**
- History
- Philosophy
- Functional approach to Yin Yoga

02 **APPLIED ANATOMY**
- Fascia
- Connective tissue
- Bone variations
- Compression vs Tension
- Joint health

03 **TRADITIONAL CHINESE MEDICINE**
- Meridian theory
- Five Elements
- Organ systems

04 **YIN PRACTICE**
- Yin postures
- Variations
- Prop-supported practice

05 **MYO-YIN**
Integrating self-myofascial release with Yin Yoga to enhance fascial health, mobility and recovery.

06 **THERAPEUTIC APPLICATIONS**
- Stress reduction
- Recovery
- Mobility
- Common conditions

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SPECIALIST IMMERSIONS & PROFESSIONAL TEACHING PRACTICUM

Chakras & Yogic Energetics

Understanding the Subtle Body

18 OCT - 15 NOV 2027
- Weekday Mornings
6:45AM - 8:30AM

CATEGORY & CURRICULUM

01 **SUBTLE ANATOMY**
- Panchakosha
- Nadis
- Chakras
- Prana
- Prana Vayus

02 **THE CHAKRA SYSTEM**
- Seven Chakras
- Symbolism
- Traditional teachings
- Psychology of the Chakras

03 **ENERGETIC PRACTICES**
- Mantra
- Mudra
- Visualisation
- Chakra meditation

04 **YOGIC PHYSIOLOGY**
- Kundalini (traditional perspectives)
- Energy flow
- States of consciousness

05 **INTEGRATION**
- Chakras in personal practice
- Emotional wellbeing
- Spiritual growth

06 **SELF EXPLORATION**
- Reflection
- Meditation
- Journaling

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SPECIALIST IMMERSIONS & PROFESSIONAL TEACHING PRACTICUM

The Art of Stillness

Meditation • Yoga Nidra • Qigong

7, 13 & 14 NOV 2027
8:00AM - 4:00PM

CATEGORY & CURRICULUM

01 **MEDITATION**
- Foundations of meditation
- Mindfulness

02 **YOGA NIDRA**
- Theory
- Stages of Yoga Nidra
- Sankalpa
- Guided practice

03 **QIGONG**
- Principles of Qi cultivation
- Breath and movement
- Energy awareness

04 **PERSONAL PRACTICE**
- Developing a sustainable meditation
- Yoga Nidra and contemplative practice

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SPECIALIST IMMERSIONS & PROFESSIONAL TEACHING PRACTICUM

Professional Yoga Teaching Practicum

Required for 300-Hour Certification

20, 21, 27 & 28 NOV 2027
8:00AM - 4:00PM
Graduation: 28 Nov 2027

CATEGORY & CURRICULUM



01 ADVANCED TEACHING METHODOLOGY

- Adult learning principles
- Teaching methodology
- Class design
- Intelligent sequencing
- Lesson planning

02 PROFESSIONAL COMMUNICATION

- Observation skills
- Verbal cueing
- Demonstration
- Voice
- Presence
- Inclusive language

03 HANDS-ON ASSISTS & ADJUSTMENTS

- Principles of assisting
- Consent
- Safety
- Therapeutic touch
- Use of props

04 APPLIED ANATOMY FOR TEACHING

- Observing movement patterns
- Postural assessment
- Functional modifications
- Contraindications in teaching

05 PROFESSIONAL ETHICS

- Scope of practice
- Teacher responsibilities
- Boundaries
- Trauma-informed teaching
- Student care

06 PRACTICUM & ASSESSMENT

- Practice teaching
- Lead teaching
- Observation
- Assisting
- Peer feedback
- Faculty feedback
- Final teaching assessment

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