

# Samanova Yoga



## Samanova Yoga 200-Hour Teacher Training

Trainer(s) Lindsay Nova

Session / Topic #	Title	Educational Category	Contact Hours	Contact Hours with Lead Trainer	Total Hours	Trainer
Asana Practice	Vinyasa	Techniques, Training and Practice (TTP)	14.50	14.50	14.50	Lindsay Nova

### Description

Daily 1.5 hour classes in the vinyasa methodology with the students covering Sun Salutations A and B as well as postures in all categories and how they link together. The students will strengthen their bodies and minds through this regular practice to gain greater understanding of movement and breath.

### Learning Objectives

How to have a regular asana practice in the vinyasa krama method

Meditation	Meditation	Techniques, Training and Practice (TTP)	17.00	17.00	17.00	Lindsay Nova
------------	------------	---	-------	-------	-------	--------------

### Description

Daily meditation in various topics from mindfulness practice to metta, chakra meditation and more will give the students a broad understand of the subject and how they can learn to incorporate meditation into their lives.

### Learning Objectives

To calm the mind and learn how to have a regular meditation practice

Pranayama	Pranayama	Techniques, Training and Practice (TTP)	17.00	17.00	17.00	Lindsay Nova
-----------	-----------	---	-------	-------	-------	--------------

### Description

Daily half-hour pranayama practices to expand and control the life force energy. These techniques will include ujjayi breath, sama vritti, nadi shodhana, kapala bhati, and brahmara.

### Learning Objectives

To learn proper breathing techniques and how it can improve your life

Philosophy	History of Yoga	Yoga Philosophy/LifeStyle Ethics (YPLE)	10.00	10.00	10.00	Lindsay Nova
------------	-----------------	---	-------	-------	-------	--------------

### Description

This topic will uncover the ancient origins of yoga up to modern times. Researching back to The Vedas, the Upanishads, the Yoga Sutras of Patanjali, the Bhagavad Gita, and the Hatha Yoga Pradipika. From here, we will see how modern asana practice came to be formed as we know it today from the lineage of Krishnamacharya. This module will also discuss the 4 paths of yoga and the origins from the Bhagavad Gita. Students will be required to read the book and we will have discussions during class. Further, we will add raja yoga to the other 3 (karma, bhakti, and jnana) with the advent of Patanjali's yoga sutras and how hatha yoga is an important component of raja yoga. These classes will be presented as PowerPoint Slideshow presentations in a lecture/discussion format.

#### Learning Objectives

To understand the origins of yoga and their influence on modern yoga today

Yoga Philosophy	The 8 Limbs of Yoga	Yoga Philosophy/LifeStyle Ethics (YPLE)	10.00	10.00	10.00	Lindsay Nova
-----------------	---------------------	---	-------	-------	-------	--------------

#### Description

Here we will dive deeper into yoga philosophy by breaking down the 8 limbs of yoga according to Patanjali's Yoga Sutras. This will include in-depth discussion of the yamas, niyamas, asana, pranayama, pratyahara, dharana, dhyana, and samadhi. Additional attention will be placed on the yamas: ahimsa, satya, brahmacharya, asteya, and aparigraha as well as the niyamas: saucha, santosha, tapas, svadhaya, and isvara pranidhana. These classes will be presented as PowerPoint Slideshow presentations in a lecture/discussion format with time spent for the students to write and discuss each yama/niyama for how it pertains to their perspective on life and relationship to teaching yoga.

#### Learning Objectives

To understand the holistic philosophy of yoga as a path to living a liberated life

Methodology	The Art of Teaching	Teaching Methodology (TM)	4.50	4.50	6.50	Lindsay Nova
-------------	---------------------	---------------------------	------	------	------	--------------

#### Description

In the Art of Teaching, we will cover the 4 tools of teaching (instruction, demonstration, observation and adjustment) as well as what goes into making an efficient yoga teacher in today's world. How to address specific population such as injured and elderly will be covered, as well as the language of yoga. How to speak effectively when teaching. Homework task will be given to write sample scripts and create useful metaphorical vocabulary.

#### Learning Objectives

How to be a skillful yoga teacher in the classroom and beyond

Methodology	The Art of Sequencing	Teaching Methodology (TM)	6.00	6.00	8.00	Lindsay Nova
-------------	-----------------------	---------------------------	------	------	------	--------------

#### Description

In this session, we will cover both vinyasa and aerial yoga sequencing. The discourse will be on how to safely and efficiently put together a class for all levels in both genres of yoga using the following formula: meditation, warm-up, Sun Salutations, standing postures, standing balance, arm balance, core poses, prone backbends, seated poses, backbends, inversions, restorative poses, and savasana. Additional hours will cover how to theme a class based on the 5 Elements: earth, air, fire, water, and ether. Homework will be assigned for students to choose postures based on each element and why they fit the element.

#### Learning Objectives

How to safely and effectively sequence vinyasa and aerial yoga classes. Non-contact hours will include making a yoga sequence.

Anatomy	Anatomy	Anatomy & Physiology (AP)	14.00	14.00	16.00	Lindsay Nova
---------	---------	---------------------------	-------	-------	-------	--------------

**Description**  
 These classes will be dedicated to learning and understanding the anatomy of the human body. We will cover the skeletal system, muscular system plus all joints and movements. Additional classes will cover the digestive system and nervous system. Special focus will be placed on how these body systems relate to yoga asana and meditation as well as injury prevention and/or modifications for injured populations. Homework will include how to describe the action of specific joints in yoga postures such as Mountain Pose, Warrior 1, Warrior 2, and Downward Dog.

**Learning Objectives**

Learning how to understand the human body to safely teach and demonstrate yoga asana as well as meditation

Practice Teaching	Practice Teaching	Techniques, Training and Practice (TTP)	13.00	13.00	13.00	Lindsay Nova
-------------------	-------------------	---	-------	-------	-------	--------------

**Description**  
 The students will spend time practice teaching all of the asana they have learned. They will practice in various settings such as 1 on 1, small groups, and for the entire class.

**Learning Objectives**  
 How to teach the yoga postures

Asana Lab	Vinyasa Asana Lab	Techniques, Training and Practice (TTP)	22.00	22.00	22.00	Lindsay Nova
-----------	-------------------	---	-------	-------	-------	--------------

**Description**  
 In these classes we will break down and discuss how to teach Sun Salutation A and B, standing postures, standing balances, hip openers, arm balances, core poses, inversions, backbends, seated poses, and restorative poses from a vinyasa practice.

**Learning Objectives**  
 How to teach specific yoga postures from vinyasa krama

Methodology	Hands-On Adjustments	Teaching Methodology (TM)	12.50	12.50	12.50	Lindsay Nova
-------------	----------------------	---------------------------	-------	-------	-------	--------------

**Description**  
 These 2.5 hour modules will cover the principles of adjustment from an ethical viewpoint and use of appropriate touch. We will cover the 3 types of adjustment: 1) Postural - correcting someone's posture, such as if they are slouched in a seated or standing position 2) Enhancement - once they are in the position, you can help them go a little deeper, which this photo represents. Over time their body will be able to find this depth on their own. 3) Assisting - spotting someone in headstand or helping someone balance. In these classes, we will demonstrate and practice how to give safe and effective hands-on adjustments. How to touch people properly while maintaining ethical standards will also be discussed. Additional time will be spent exploring how adjustments can be a tool to help people understand their bodies and the positions better. As well as how the yoga teacher can train their eye through observation to know when someone is ready or needs an adjustment.

**Learning Objectives**  
 How to touch, adjust, and assist students when and if necessary

Student Teaching Exams	Student Teaching Exams	Practicum	10.00	10.00	10.00	Lindsay Nova
------------------------	------------------------	-----------	-------	-------	-------	--------------

**Description**

The students will lead a 1-hour vinyasa or aerial yoga class in a small group setting under the supervision of the lead teacher. They must demonstrate mastery over the material they have presented as well as the 4 tools of teaching. During each final exam, there will be 1 student teaching, 1 student assisting for adjustments, and 1 student observing taking notes. Following the sessions, there will be feedback time with the students to evaluate their progress and give them constructive ways to improve and celebrate their teaching. Each student will practice teach as the lead teacher for 5.5 hours, which includes 5 hours before their exam with contact hours under the lead trainer during this time. They will lead Sun Salutations, and teach a warm-up and cool down for both vinyasa and aerial yoga. Additionally, they will have 2.5 hours of practice teaching their classes as the lead teacher before they give their class. Their exam will be to teach a 1 hour vinyasa or aerial yoga class. The remainder of hours will be spent assisting, observing, and receiving feedback.

#### Learning Objectives

Teaching a safe asana class

Methodology	Business of Yoga	Teaching Methodology (TM)	3.00	3.00	5.00	Lindsay Nova
-------------	------------------	---------------------------	------	------	------	--------------

**Description**  
 In this section, we will discuss the various aspects behind the business of yoga. For many this is an uncomfortable topic so we will work through mental blockages yogi's normally have over this topic. Then, we will discuss how to leverage social media and the internet to promote yoga classes. Homework will be assigned to create a marketing outline as a yoga teacher.

#### Learning Objectives

How to promote yourself as a yoga teacher

Subtle Body	The Chakras	Anatomy & Physiology (AP)	8.00	8.00	10.00	Lindsay Nova
-------------	-------------	---------------------------	------	------	-------	--------------

**Description**  
 These classes will begin discussion on the subtle body starting with the chakras. We will include the 7 chakras Muladhara, Svadisthana, Manipura, Anahata, Vishuddha, Ajna, and Sahasrara. Then, we will move forward to discuss the prana vayu and prana kosha theory. Then we will tie it all together to gain greater understand of the emotional, intellectual, and physical intelligence of the body. Homework will include journaling exercise for each chakra for non-contact hours.

#### Learning Objectives

Understanding the energetic body

Aerial Yoga	Rigging for Aerial Yoga	NA - Supplemental Training	0.00	0.00	1.50	Lindsay Nova
-------------	-------------------------	----------------------------	------	------	------	--------------

**Description**  
 Here we will discuss and demonstrate how to properly hang an aerial yoga hammock. Various knots will be shown as well as what kind of equipment is best to use and where to purchase. It is important to know this for the safety of the teachers and students alike.

#### Learning Objectives

How to hang an aerial yoga hammock

Ethics of Yoga	How to Maintain Ethics as a Yoga Teacher in the Modern World	Yoga Philosophy/LifeStyle Ethics (YPLE)	2.00	2.00	2.00	Lindsay Nova
----------------	--	---	------	------	------	--------------

**Description**  
 During this lecture, we will discuss how to maintain ethics from a yogic perspective based on the yamas and niyamas, in the 21st century.

Between the student-teacher relationship, home life, and handling the digital age, a broad view will be presented to the students on how to maintain morals and values as a yoga teacher not only in person in the vast scope of the internet that has the power to reach millions.

#### Learning Objectives

We present a code of Ethics which can be followed regardless of tradition. They are universal principles of compassion, respect, integrity and professionalism. 1. To be open and honest 2. To maintain cleanliness of body and mind - including a safe, clean and non-competitive environment. 3. To further enhance and refine my studies of yoga and maintain my daily asana practice. 4. To live and act with respect for all beings - acknowledging the beauty of diversity and being impartial and undiscriminating (towards abilities, age, race, etc). 5. To develop and maintain an ethical rapport with my students - refraining from sexually suggestive behavior, offensive or intrusive language / conduct. 6. To be mindful and aware of my responsibilities and possible errors. 7. To keep my integrity and follow what I understand to be wholesome values - including questioning these values periodically as a reality check. 8. To keep my authenticity

The Bhagavad Gita	The Bhagavad Gita	Yoga Philosophy/LifeStyle Ethics (YPLE)	0.00	0.00	8.00	Lindsay Nova
-------------------	-------------------	---	------	------	------	--------------

#### Description

Students are required to read The Bhagavad Gita. The copy we are studying is The Living Gita by Sri Swami Satchidananda

#### Learning Objectives

To understand the concepts of karma and dharma, where they originate and how to apply them to life today, yoga practice, teaching, and being a yoga teacher

Methodology	Voice Coaching for Yoga Teachers	Teaching Methodology (TM)	3.00	3.00	3.00	Lindsay Nova
-------------	----------------------------------	---------------------------	------	------	------	--------------

#### Description

This class will cover techniques for new yoga teachers to use and discover their voice, such as volume, effective public speaking to eliminate "filler words" such as "um" and "like", and how to empower others through positive speech.

#### Learning Objectives

To use the voice in a positive and powerful way when teaching a yoga class to create change in a meaningful way for the students

Asana Practice	Aerial Yoga	Techniques, Training and Practice (TTP)	12.00	12.00	12.00	Lindsay Nova
----------------	-------------	---	-------	-------	-------	--------------

#### Description

The students will discover and learn how to use the aerial silk hammock as a prop to support and deepen their yoga practice. Postures will be taught using the aerial yoga hammock as a prop to improve alignment and encourage greater understand of the body and mind.

#### Learning Objectives

To understand the aerial silk hammock as a yoga prop.

Asana Lab	Aerial Yoga Asana Lab	Techniques, Training and Practice (TTP)	5.50	5.50	5.50	Lindsay Nova
-----------	-----------------------	---	------	------	------	--------------

#### Description

We will cover how to use the vinyasa asana and the hammock combined to create a deeper understanding of yoga postures, breathing, trust, and movement.

## Learning Objectives

How to cue yoga poses with the aerial yoga hammock