

UVTT3 Curriculum Overview

MARCH 19-21, 2021. FRI 6PM-9PM SAT 8AM-7PM SUN 9AM-6PM

YOU WILL LEARN...

- WHAT YOGA REALLY IS, HOW IT WORKS, AND HOW YOU CAN BEST USE WHAT YOU PRACTICE ON YOUR MAT TO INCREASE THE AMOUNT of PEACE YOU EXPERIENCE IN THE REST OF YOUR LIFE.
- THE 8 LIMBS OF YOGA
- THE 5 TIBETANS and several HIGHLY EFFECTIVE PRANAYAMAS
- THE 4 AGREEMENTS and a DEEP DIVE into the TEACHINGS of ECKHART TOLLE
- WHAT is VINYASA, HOW to MOVE the CLASS you TEACH, and really FIND FLOW in your VINYASA PRACTICE.
- the INS and OUTS of the beginning of a comprehensive YOGA SEQUENCE
- HOW to MAXIMIZE your PRACTICE and TEACHING of SUN SALUTATIONS
- HOW to BEST GIVE PHYSICAL CUES
- HOW to GIVE and RECEIVE HELPFUL FEEDBACK
- HOW TO MASTER UJJAYI BREATH and to INCORPORATE CONSCIOUS BREATHING INTO your SELF CARE ROUTINE.

YOU WILL BECOME EMPOWERED with a more abundant Yoga practice, and highly effective self care tools to integrate into your daily life. Unity Vinyasa will help you make mindfulness and meditation a second nature, adopt and greatly receive the benefits of these healthy habits and lifestyle enhancements.

YOU WILL GET a sustained look behind the curtain of Yoga and how to access the full potential of a Yoga practice.

YOU WILL GET TO socialize, make connections, and begin building community, even if it's in the virtual arena. There will be ample time and prompts to get to know the other like-minded folks taking the training. Unity Vinyasa is truly building a team of peers as a support network to share our successes, give high quality feedback, and help each other continue on our paths, especially during difficult times.

YOU WILL BE ABLE TO actually lead a class, or a friend through the opening of a Vinyasa class through the first Sun Salutation. And be more likely to be more vigilant in developing or sustaining a personal practice, on the days you can't make it to a group class.

YOU CAN take this session as a one off, WORKSHOP...

OR put this time / \$ towards a 200hr. CERTIFICATION through UNITY VINYASA

OR if you've already completed a 200hr. training—

USE the 25hours as continuing education credits with the Yoga Alliance,

OR put the hours / \$ towards your ADVANCED 500hr. CERTIFICATION with UNITY VINYASA