

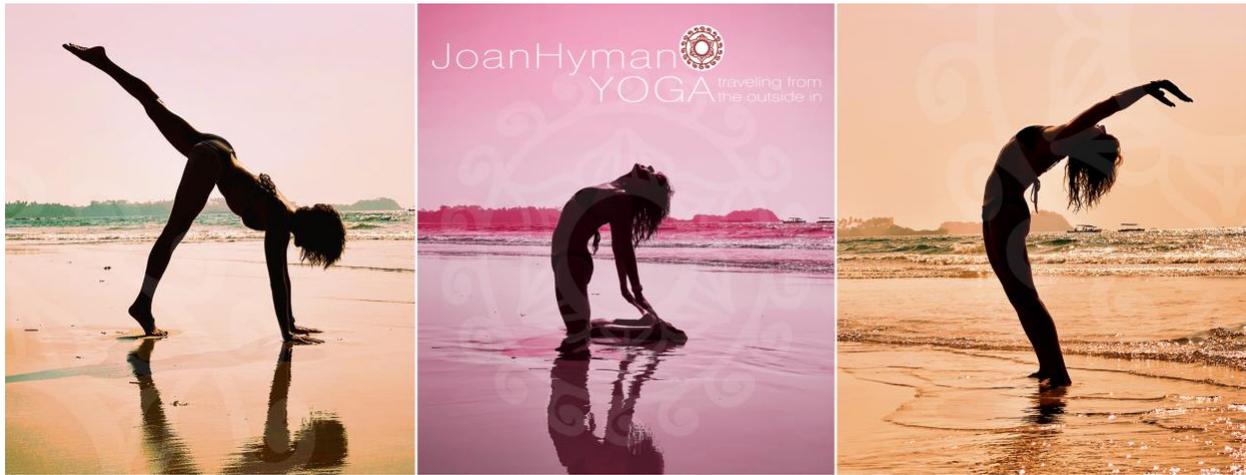
150-Hour Advanced Training

This transformational advance teacher training will be part one of Joan's Yoga Alliance 300-Hour Teacher Training and that will run in module form. This will be a journey from the outside in beginning with getting grounded in our physical body through the practice of Advanced Asana, Ayurveda, Anatomy and how to apply it to your practice and manage injury. We will discuss the effects of stress and how to elicit the healing state while exploring quieter practices. Joan will then dive into the Pranic Body including practices with advanced pranayamas, meditations, mantras, and working with the shadow. This will be a journey to help you align with your dharma and understand your soul's purpose. This training will also include business management and help to point you in your most aligned path. This is for yoga teachers looking for more direction and anyone seeking to deepen their practice and align with their true path!

This training course will include:

- **How to Advance Your Asana**

Learn what is included in an advanced practice and how to break down advanced postures to make them more accessible. Practicing advanced postures can teach us to be more disciplined and leave us feeling stronger and more alert. In this training we will break down the elements that make up an advanced practice and then go deep into our asana practice breaking down poses that seem challenging and unattainable. We will review the sequence and component parts taught so you will leave being able to help your students and you advance in the yoga practice! Each morning practice will vary, and some practices will include advanced postures, were others will include taking a basic pose and how to teach it in an advanced way!

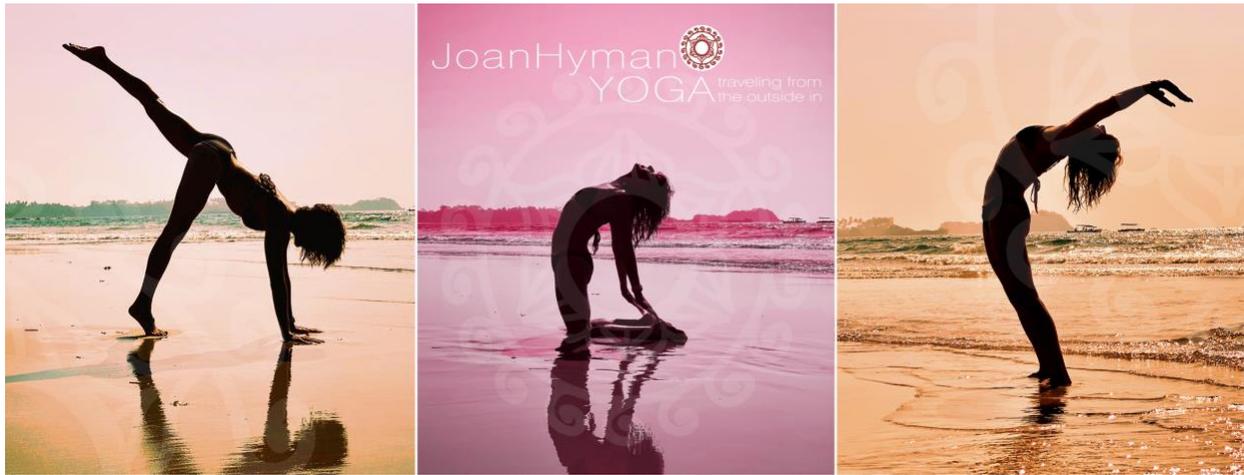


- **Advanced Pranayama and Meditation**

Pranayama and meditation are an important part of our daily practice and the effects can be profound if practiced regularly. We will explore different pranayamas which will help to elicit different energy centers in the subtle body. Pranayama can help with your asana practice and prepare you for meditation. At the end of each day, we will close with a meditation practice, helping you to go deeper in your Being.

- **How to Incorporate the Subtle Body into Your Sequences**

The subtle body contains our bandhas, chakras, vayus, nadis, and our Light. Without an understanding of how our outer body works (our physical body), it is hard to access this energetic body. Each day Joan will write out her sequences and explain the physical, emotional, subtle, therapeutic, and philosophical effects of the sequence. A good sequence has many layers and transforms. An understanding of how to access the subtle body is potent to help your students (and yourself!) leave feeling transformed by the heightened effects yoga can bring!

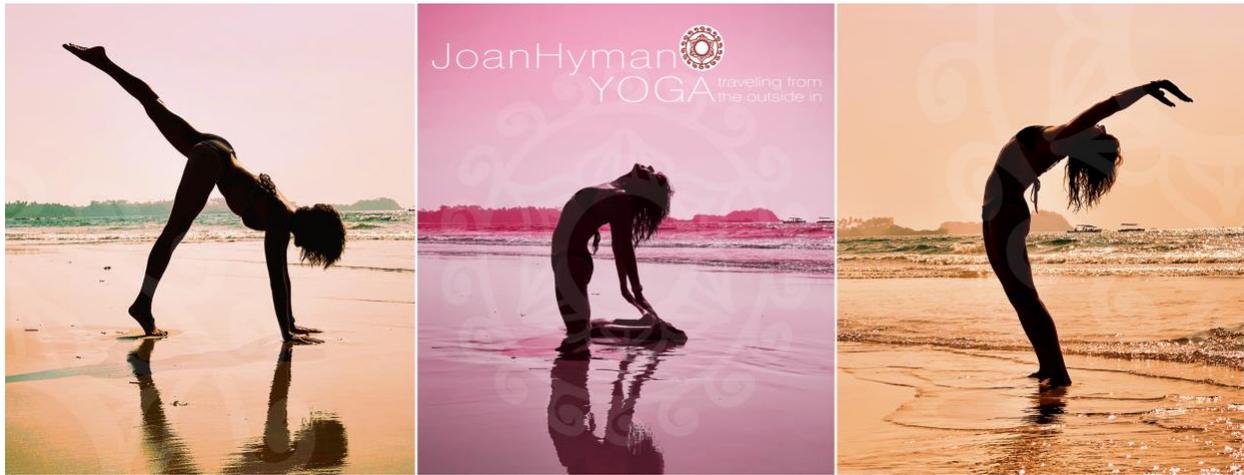


- **Understand Therapeutics and How to Make Yoga Accessible for Everyone**

Yoga heals when taught correctly and catered to the individual. Most people are working through pain and injury due to chronic stress. The use of props, long holds, and proper alignment cues, can set the body up in a supported way, where the nervous system can generate the healing state. Learn to work with anxiety, chronic, fatigue, plus depression, and injuries through therapeutic yoga and heal yourself and others!

- **Restoratives**

Restoratives create the rest and relaxation response in our nervous systems which help us find deep healing. Many of us are used to being stressed and on-the-go. Because of this, many of us experience anxiety, sleep disorders, injury, and sickness. Restoratives can help bring the body back to a deep sense of healing where we begin to repair our nervous system. From here, we can induce a natural state of energy where the system can repair. The results are improved sleep, inspiration, health, digestion and increased vitality. All levels welcome!



- **Developing a Self-Care Practice**

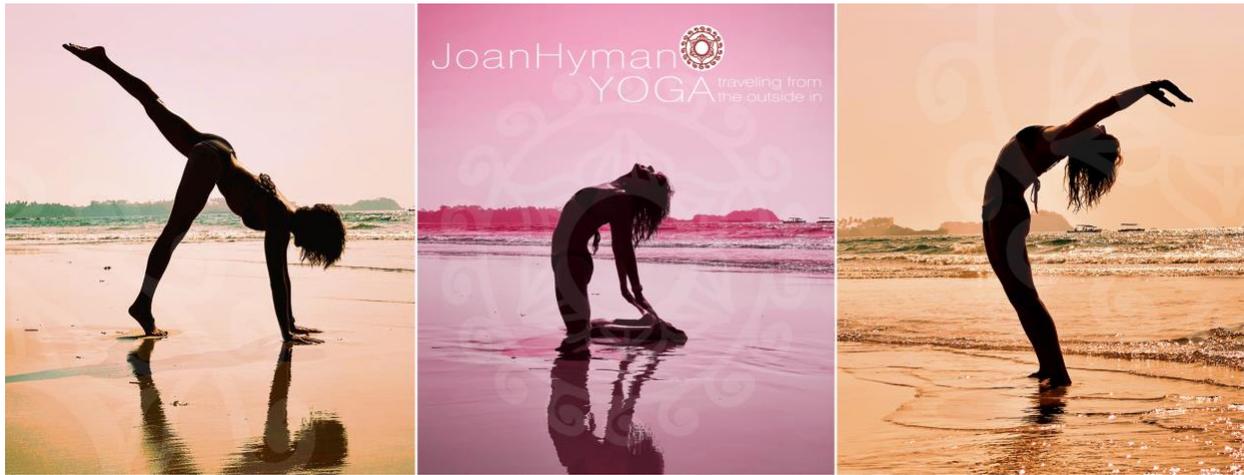
As healers, we are constantly offering our energy outwards. To stay grounded, it's a good idea to keep one eye on our clients and, most importantly, the other eye within. The key is a regular self-care practice. In this workshop, we will discuss the idea of self-care and how to regularly incorporate it into your life. With a good self-care practice, you're better equipped to build a sustainable career and live in abundance.

- **Teaching to Beginners and All Levels Classes**

Beginner yogis are a unique population. They are also the key to building your clientele as a yoga teacher. Students rarely forget their first yoga teacher, so this is an important part of a student's journey. This is a great opportunity to teach good habits, how to work with props, and understand alignment. This workshop will examine the difficulties for beginners and look to create a safe yet challenging sequence for them. At the same time, we'll explore the art of teaching a multi-level class so you're well equipped to support all levels in one room.

- **The Art of Looking at Bodies and Hands-On Adjustments**

The key to being a great yoga teacher is the ability to read bodies. If you can read a body, you can better understand what adjustments and instructions each student requires to move into better alignment. Learn the skills of adjustment in a safe and effective manner so your students leave your class with an understanding of how yoga works on their bodies and experience the lasting benefits of this practice.



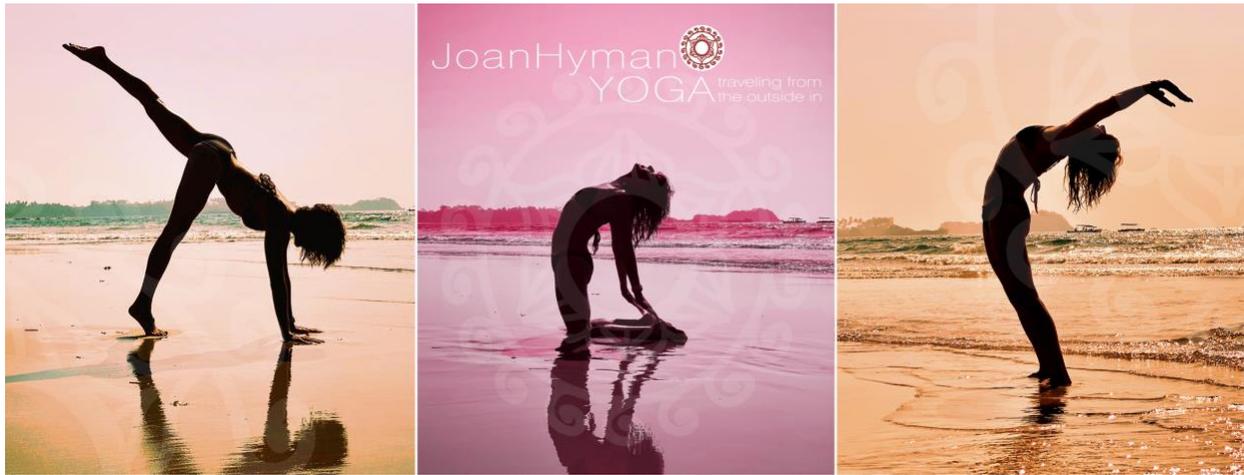
- **Ayurveda and Food**

A pranayama and meditation practice are key for developing awareness of the higher limbs. The practice is also essential for expanding awareness and insight on and off the mat. We will dive deep into pranayama practices, followed by meditation. We'll learn the tools it takes to create a consistent and sustainable self-practice.

Ayurveda is the sister science of yoga, teaching us how to live our lives in harmony with nature. We teach yoga and Ayurveda together to enhance the benefits of our practice, ultimately leading to longevity. As yogis, we learn how to manage our energy and we learn that the food we eat will affect our practice and our well-being. Understand how to integrate this sister science into your daily routine to bring more harmony and balance into your life.

- **Finding your Purpose and Living your Dharma**

Do you consider your life to be deeply fulfilling? Are you clear on your sense of purpose? We'll explore what it takes to live authentically and explore the inner work of the shadow to help you move into your light. From there we will discuss what makes you shine, what gives you purpose and how to connect to your dharma. You'll come away with a good understanding of what it is like to live authentically, without fear, and be poised to align yourself with your purpose and a life with fulfillment.



- **How to integrate Yogic Philosophy in Your Life**

We will explore texts from the Yoga Sutras to the Bhagavad Gita and dive into the philosophy of yoga. How can we embody these ancient practices so that what we say and how we act aligns with the principles of yoga? Yogic philosophy is integrated through understanding how these threads of wisdom can help us to shed more light on who we are and deepen our awareness that we are connected to a higher source of energy that exists within all of us!

- **The Business of Yoga - From the Inside Out**

In the world of yoga today, it is important to have a business sense and to be able to trust your inner navigator to help align you with your niche. There are many paths as a yoga teacher and this training is designed to help you align with your authentic path and give you the tools to attract abundance. We will discuss ethics and how to work from the inside out. How to work social media so it's authentic to who you are. How to design workshops and retreats and build community, which is the key to any successful business!

- **The Shadow and Boundaries**

Boundaries are an invisible line between you and the other. As a teacher, it is important to have boundaries and understand how to tune into your feelings to read people and protect your energy. The shadow is the darker energy within all of us and usually shows up with encounters that trigger us. Understand your triggers and gain the tools to bring your shadow into light and create more self-awareness.