

200 HOURS

KRAMA VINYASA YOGA

TEACHER TRAINING

with Rae Indigo



ONLINE
COURSE
VIA ZOOM



WOULD YOU LIKE TO DESIGN EFFECTIVE AND SAFE YOGA CLASSES?

Learn the building blocks of physical postures, and how to create sequences for any style of yoga. The ancient yogic science of Vinyasa Krama provides foundational tools to understand sequence design. Drawing from modern mobility and anatomy, we learn to build postures foundationally, creating modifications for individual needs.

This makes the technology of yoga available to everyone.

Unlike many modern 200-hour programs, we do not teach an overview of different styles. We teach the core design principles that created all modern yoga styles. Ours is a lineage of education, and we work diligently to elevate the understanding of teachers. This gives our graduates a significant edge for creating intelligent and safe yoga classes for the needs of any population.



In this 200-hour course you will learn:

- Create Intelligent & Safe Yoga Flows
- Posture Building
- Alignment
- Public Speaking
- Leading a Class
- Meditation

Begin your professional teaching course while you are at home, in retreat. You can take part of your training online, and part in person, or do the whole course online. This course will be offered in 50-hour modules.



The modules do not need to be taken in order, but each must be completed with homework, quizzes, and drills. You will have access to all the recorded content to watch as many times as you would like.

We have created a profile for you on our website that will have the recording of each video, reading material, manual and videos with sequences for you to have on-long term basis.





MODULE 1 (ONLINE)

INTRODUCTION TO YOGA:
HISTORY, PHILOSOPHY
& BUILDING POSES.
(50 HOURS)

DATES:

PART ONE: 13 - 16 May
PART TWO: 20 - 23 May

SCHEDULE:

Wednesday, Thursday & Friday

8:30 – 10:00 am Physical Practice &
Alignment Training
10 – 10:30 am Break
10:30 – 1:00 pm Lectures

Saturday

8:30 – 10:00 am Physical Practice
& Alignment Training
10 – 10:30 am Break
10:30 - 12:30pm Lecture
12:30 – 2:30 pm Lunch break
2:30 - 4:30 pm Lecture/Practices

MAY 13 – 16:

INTRODUCTION TO ALIGNMENT &
BUILDING YOGA POSES
(20 HOUR)

Yoga poses can seem very complicated, difficult, and intimidating to teach. In this introduction to building yoga poses you learn the fundamental elements to build a pose from the ground up. Basics of alignment and how to redirect forces will change how you walk and move, making any activity done with the physical body more enjoyable, light, free and stable.

- Arranging shapes in space
- Redirecting force lines
- Architecture of form
- Directions of mobility
- Ankles/Knees/Hips
- Wrists/Elbows/Shoulders
- Lumbar/Cervical/Thoracic spine

*each week is 18 contact hours and 7 hours of homework



· Feedback loops

These potent teachings are rooted in an ancient scientific system. This system creates lightness and awareness to the entire physical form, and beyond.

It is an experiential approach to alignment which originates in the subtle energy body. This gives the student an ability to break down all asanas into the basic components and resynthesize the forms needed for a given situation

MAY 20 – 23:

PHILOSOPHY & MIND SCIENCE (30 HOUR)

This course clears troubled minds, and leads the aspirant towards a spiritual life. Learn to touch the material world with grace, and create a blossoming of life wherever you go. Bring compassion, patience, love and radiance causatively into your life by understanding the foundation of yogic mind science and philosophy, what it means to be a yogi and how to apply it in your daily life.

Discover:

- 8 Limb Path
- History of Yoga
- Meditation
- Introduction to the Yoga Sutras
- Rasa Yoga
- Ethics in Yoga
- Introduction to Upanishads
- Introduction to Vedas
- Visualization

Have you spent weeks, months, or years feeling clouded, undecided, with emotions that are all over the place?

Have you struggled to know what to do? Because of indecision and unclarity has your life spiraled down or out of control? Rae Indigo has helped thousands of aspirants transform their viewpoint, and discover abilities to create a life of joy, happiness and clarity. It does not matter your current condition, nor your past failures, with the right knowledge your entire experience can change, and you can go from the one who needs help to the one who helps and uplifts others.

MODULE 2

SEQUENCE DESIGN & ENERGETIC FLOW IN PRACTICE (50 HOURS)

DATES: to be announced

PART ONE: SEQUENCE DESIGN (25 HOURS)

How free would you feel as a yoga teacher understanding the science behind creating yoga sequences?

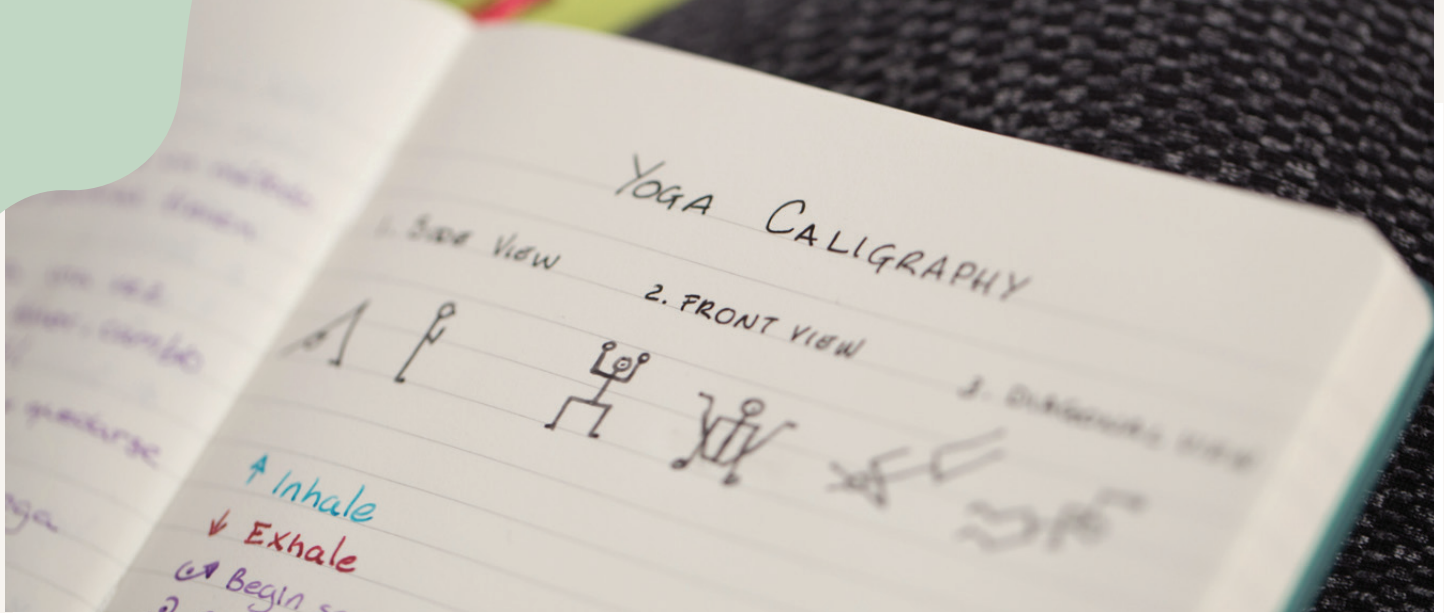
In this course you will learn to design sequences for many different kinds of practice; static, active, yin, restorative, hip opening, strengthening, inversions and more. You will understand the core elements of all yoga styles. You will learn to create practices for practitioners with limited strength of flexibility, so you can guide them towards a successful, ease filled and stable yoga experience.



How to build Yoga sequences:

- Endurance and strength
- Dynamic and static
- Sukha and sthira
- Ha and Tha
- Yoga hieroglyphs
- Class structure and training schemes
- Themed classes

There is so much vast potential for ingenuity, and other doors we can open in the physical, energetic and mental systems when we step out of the box.



PART TWO

ENERGETIC FLOW

(25 HOURS)

When exploring the inner dimensions of Yoga, we need to have an awareness of the infrastructure we are working with. Just like conventional medicine has its anatomy so the science of Yoga has its own subtle, anatomical networking. It's from this space of energetic understanding we can see how to maximize efficiency within our physical and subtle bodies so that the goal and means of Yoga are established. In this module we will do an introduction to energetic anatomy and learn how it applies to yoga sequencing.

How to Create Energetic Flow:

- Information centers – Chakras
- Energetic pathways – Nadis
- Harnessing wind and pressure – Vayus
- Magnetizing internal lighting – Kundalini
- Internal gateways – Bandhas
- Floating lotus – Mudras



MODULE 3

SEQUENCE DESIGN & ALIGNMENT EXPANDED (50 HOURS)

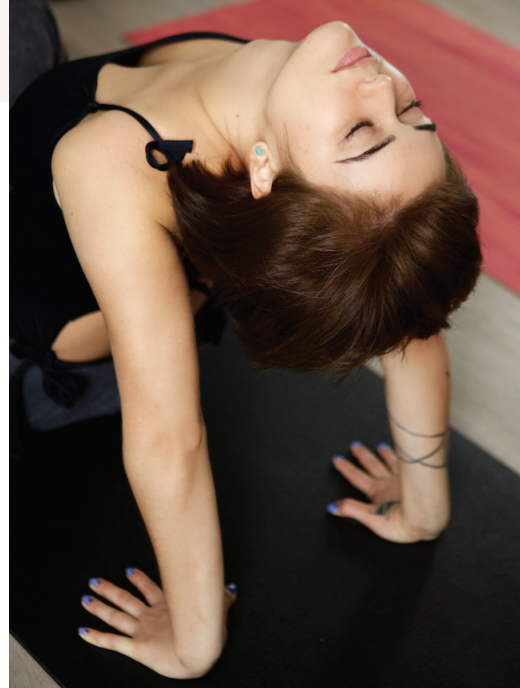
DATES: to be announced

Building poses from the ground up, with breathing and fluid transitions is a valuable skill. Knowing how to create sequences which remove pain, and bring pleasure to the body is the focus of this course. Your students have diverse needs and to be successful as a professional instructor, you must know how to create sequences to improve their condition.

Bring together alignment, force redirecting and design clarity that will give you tools for professional excellence. Creating a sequence for each movement practice; therapeutic, yin, ha-tha, power, static, dynamic, restorative or an intelligent combination of these styles, sets you and clients free from pain, and creates a future where having a body is joyous.

Create Asanas and Sequences using:

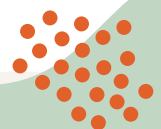
- Directions of mobility
- All styles of physical yoga
- Active, static, or dynamic variations and when to use them.
- Using props



- Sthira (stability/strength)
- Sukha (ease/flexibility)
- Effective training sequences
- Single direction asanas
- Combination asanas and when to use them
- How to use repetitions of a direction of mobility

You will develop considerable ability to take people with diverse needs to a state of unification, or yoga. Certain organization of poses will make people feel energized to go out in the world, other arrangements will make people feel calm and meditative.

You can apply the ancient science of Yogic Sequence design to maximize the effect on your students. Create sequences, and design postures for any level practitioner using the methods the Guru and teacher, Krishnamacharya, taught Iyengar, Patthabhi Jois, Indra Devi, and Sri T.K.V. Desikachar. Learn the source codes of sequencing.





MODULE 4

TEACHING METHODOLOGY, PUBLIC SPEAKING, COMMUNICATION & GUIDING MEDITATION. (50 HOURS)

Learn how to stand up and share your truth. Inspiring body language, vocal control, and facial expressions are just a few of the subjects explored. Students will work on teaching and leading physical classes, and how to create guided meditations and visualizations. This is an optimal course for those who want to get past the barrier of nervousness, and realize their potential to share what has meaning, confidently.

Previous sequencing, alignment and posture cues, mind science, and energetic anatomy come together in this powerful course.

Learn:

- Being confident
- Rhythm of a class
- Voice projection
- Guiding meditation
- Feeling comfortable in front of people
- Body language
- Teaching practice
- How to keep your classes attention
- Psychic emotional states
- Alignment Cues
- Transition Cues
- Breathing Cues





* You may take the entire 200 hours certification or each module separate in any order. Each module individually counts for 50-hour CEU (Continuing Education Program).

INVESTMENT

Full tuition: US\$ 2,250

Each 50-hour module: US\$ 600

30 hour module: US\$ 360

25 or 20 hour module: US\$ 300

For more information & registrations:

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