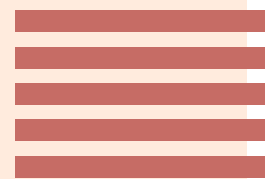


50
HOUR
COURSE



Sequence Design & Energetic Flow in Practice



with Rae Indigo

*Individual course
or add to your
200-hour
certification



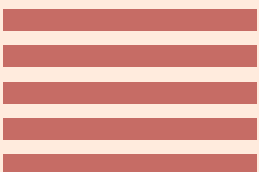
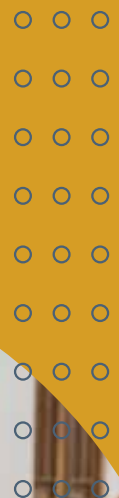


Begin your professional teaching course while you are at home, in retreat.

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.



PART

1

(25 hrs)

Sequence Design



DATES & SCHEDULE (EST)

Wednesday July 15th

9:00 - 11:00 am Lecture

2:00 - 4:00 pm Lecture

7:30 - 9:30 pm Lecture

Thursday July 16th

2:00 - 4:00 pm Lecture

Friday July 17th

5:30 - 7:30 pm Lecture

30 min break

8:00 - 10:00 pm Lecture

Saturday July 18th

9:30 - 11:00 am Asana practice

11:00 - 11:30 am Break

11:30 - 2:00 pm Lecture

2:00 - 3:30 pm Lunch break

3:30 - 6:00 pm Lecture

18.5 live hours + 6.5 homework hours
(25 hours total)

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 2 (25 hrs)

Energetic Flow



DATES & SCHEDULE (EST)

Wednesday July 22nd

9:00 - 11:00 am Lecture
2:00 - 4:00 pm Lecture
7:30 - 9:30 pm Lecture

Thursday July 23rd

2:00 - 4:00 pm Lecture

Friday July 24th

5:30 - 7:30 pm Lecture
30 min break
8:00 - 10:00 pm Lecture

Saturday July 25th

9:30 - 11:00 am Asana practice
11:00 - 11:30 am Break
11:30 - 2:00 pm Lecture
2:00 - 3:30 pm Lunch break
3:30 - 6:00 pm Lecture

18.5 live hours + 6.5 homework hours
(25 hours total)

When exploring the inner dimensions of Yoga, we need to have an awareness of the infrastructure we are working with.

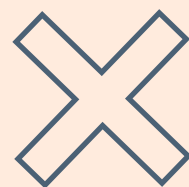
Just like conventional medicine has its anatomy so the science of Yoga has its own subtle, anatomical networking.

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





Investment

FULL 50-HOUR TUITION:
US\$ 600

EACH 25-HOUR MODULE:
US\$ 300

*ask for discount
if taking
more than
one module

For more information & registration:

info@unitedyoga.pe

WhatsApp +51 993 470 797

