

# Eashoa Yoga 200 Hour School

## Sessions 2009

March 20-27 \* July 24-August 2 \* October 16-25

Eashoa Yoga® Christ Inspired Yoga 200 Hour YA Registered School.

Welcome to Eashoa® Yoga School, a teacher training dedicated to igniting the spark of Christ's light in each student through yoga, breath, movement, meditation, and song. This deeply rewarding training equips participants to become heart-centered teachers who gracefully weave a Christ-embodied approach to yoga practice with the skills to teach well-rounded classes as well as tools to support students on their own spiritual journey. Embodying Christ on earth takes place both on and off the yoga mat, inviting greater harmony, wisdom, strength, grace and beauty .

All 200 hours of this exceptional training are spent in the presence of the director, Marsha Therese Metzger, E-RYT , RYT 500, as required by Yoga Alliance. Eashoa® Yoga Teacher Training fulfills all requirements as established by Yoga Alliance as a nationally registered yoga school.

In this training you will ;

- Learn classic yoga asanas and their relationship to the Spirit
- Develop skills as a teacher, including designing classes. Teaching asana, pranayama, yoga nidra, relaxation, meditation, body prayers, dance/movement sequences, laying on of hands
- Learn basic yoga anatomy and physiology, with a focus on asana as spiritual gateway through the systems – bones, muscles, organs, fluids, endocrine and nervous through Body-mind awareness
- How to assist students in asana
- Guiding students through the principles of Eashoa Yoga- Foundations, Grace, Covenant, Faith, Strength, Love, Compassion, Healing, Holiness
- Practice teach with confidence and support

Teaching techniques- 100 hours

Teaching methodology- 30 hours

Anatomy and Physiology- 20 hours

Philosophy, Ethics, Yoga Lifestyle- 30 hours

Practicum- 20 hours

Total -200 hours as registered with Yoga Alliance

Pre-requisites;

6 months of daily yoga practice before the date of the training

100% attendance

This in-depth training fully supports you to become a successful yoga teacher , to bring the light of Christ into the world through your words and actions and sacred yoga classes. The practice of Eashoa® Yoga is transformative, strong , bringing the practitioner a greater awareness of the divine connection between body , mind and spirit. Seeing God in every breath, every asana, every student is a powerful catalyst to help change the way we see things, This training will bring healing to many people on many levels, including you, the student of Eashoa® Yoga. It will help you to become more intuitive, trusting the core of who you are in Christ as blessed, whole , and deeply loved. You will develop greater skills at sensing subtle energy, body consciousness and self-awareness. As the demand for a Christ-Inspired Yoga Practice grows in the US and beyond, you will be a highly sought after teacher who can help bring spiritual growth to many.

**Session I** covers foundations, the 8 limbs of yoga, yamas and niyamas, how to teach various poses, warm-ups, working with bones and joints through asana and pranayama, essence of a Spirit-filled yoga teacher. [March 20-27, 2009](#)

**Session II** covers principles of alignment, moving from the organs, faith based approach to teaching, how to assist in poses, language and voice techniques, how to be a compassionate teacher ,Anusara , Kripalu and Iyengar techniques, embodied prayers through movement, exploring the fluid systems of the body through yoga [July 24-August 2, 2009](#)

**Session III** covers types of yoga, charkas, endocrine system through yoga,, nervous system and yoga, practice teaching, graduation [October 16-25, 2009](#)

### **Training includes:**

- 100 hours of techniques-training and practice in asanas, pranayamas, kriyas, chanting, meditation and other traditional yoga techniques
- 25 hours teaching methodology-principles of demonstration, observation, assisting, instruction, teaching styles, qualities of a teacher, the student's process of learning and business aspects of teaching yoga
- 20 hours anatomy and physiology-human physical anatomy and physiology, and energy anatomy and physiology(chakras, nadis, sheaths)
- 30 Hours Yoga Philosophy/Lifestyle and Ethics for Yoga teachers-yoga philosophies, yoga lifestyle, and ethics for yoga teachers
- 10 Hours practicum-practice teaching, feedback, observation, assisting.
- 15 Hours to be distributed throughout the program.

## Eashoa Yoga® Master Schedule

Hours for Each Session

Friday 7-9pm, Saturday-Saturday, 9-1pm, 2-6pm, Last Sunday 9-12noon.  
Some evening sessions and early morning sadhanas.

### Session I

#### Day 1

Overview of Week-Find support group  
Program Description  
Pranayama, Chant

#### Day 2

Chant/intro. Foundations class. Asana.Eight Limbed path.  
Dirgha Pranayama Meditation, Mudra

#### Day 3

Sadhana, How to teach a pose & practice with partners  
Bandhas. 2 standing poses with bandhas  
Ujjayi. Sivasana

#### Day 4

6-7:30am-Sadhana  
Chant, Sadhana, Warm-ups intro. Anatomy and Physiology of Yoga Lecture,  
Feeling the Bones, Working with Partners

#### Day 5

Chant, Movement inquiry, Shekinah/YHWH,Elohim, Sheaths/Veils  
Feeling those aspects of God through Embodied Prayer Asana and Movement  
Pranayama-Digestive fire  
Vigorous Poses, Partner Practice, Sivasana-Veil of God  
7-9pm-breakdown of vigorous asana

#### Day 6

Joints/Poses, Intro to assisting, Assist to support joints  
OM and our faith – an open discussion, Asana  
7-9pm -Kriya practice and techniques

#### Day 7

**Grace Sadhana, Anusara Techniques, Breakdown of Grace poses**  
Benefits of Assisting-Types of Assists, Assisting Poses with Partners

### **Day 8**

Sadhana-Covenant, Yamas and Niyamas, Yamas and Niyamas in Asana,  
Bones and Muscles, Bones and Muscles in Asana,  
7-9-breakdown of Covenant poses

### **Day 9**

Pranayama-Alternate Nostril Kapabhalati, Chant/meditation,  
Review of Poses from week, "Pick your Pose"-Teach and Assist that Pose.Yoga Nidra

### **Day 10**

Qualities of a Spirit Filled Teacher

## **Session II**

### **Day 1**

Welcome Back/review. Schedule for Week, Q/A on challenges re:YTT

### **Day 2**

6-7:30am-Sadhana  
Posture review from session I, Principles of Alignment,  
Review of Postures from Session I . Principles of alignment for Pranayama-  
Respiration and Circulation, Organic Movement-From Organs, Faith Poses intro,  
A Faith based Teaching/Yoga Practice-  
A Vehicle to Higher Awareness and Conscious Living

### **Day 3**

6-7:30am- Vinyasa/flow  
Sadhana-Faith, Breakdown of Poses for Faith, Partner Teaching, Walking with the Shadow Side of  
Faith-Asana Exploration-Deepening Awareness of Yoga. Meditative Movement-Deepening into  
Inward Yoga Journey of Faith.

### **Day 4**

Sadhana-Strength. Organs, Bones, Muscles. Breakdown of Strength Poses with Emphasis on Bones,  
Organs, Muscles. How a Student Learns, Ways of Teaching to Help Student, Play Learning Game-  
Student has a Label/Teacher must work with student. Nadi Shodhana/relaxation.  
7-9pm-contraindications in yoga poses

### **Day 5**

What to do with Sanskrit/Mantras, Dharana, Dhyana in depth. Asana Practice with Focus on  
Dharana & Dhyana, Healthy Boundaries, Asana for Healthy Boundaries, Spiritual & Physical  
Techniques. Assisting with Healthy Boundaries.  
7-9pm-Sutras, chanting sutras

## **Day 6**

More Warm-ups, Small Group Leading Warm-ups based on Asana Chosen, Seated Meditation- Seeing Self as Teacher-BEING Christ in the World. Edges as a Teacher-Exploration through Mini-Teaches in Small Groups

## **Day 7**

6-7:30am-Sadhana-

Going to your Edge in Level II Poses. Language and Voice –Demo and Small Group Practice, Embracing the Critic, Facing our Edges as Yogis, Chant/Mantra. How to Assist Demo and Ways of Assisting, Short Asana Practice and Practice Assisting, Observing

## **Day 8**

Sadhana-Love & Compassion, Meditation, How to be a Loving/Compassionate Teacher, Breakdown Poses for Love & Compassion, Fluid Systems of the Body-Lecture, Asana Practice- Understanding the Fluid System through Yoga

## **Day 9**

- Embodying Fluids. Game with “fluids”. Characteristics of Various Fluids, How to approach different students-Ethical Guidelines, Pranayama Techniques, Internal/External Kumbhaka, Noticing the Breath and Teach a Pose, Breath,Form and Alignment, Qualities of Breath, Lecture on Breath, Practice Teaching of Pranayama Technique
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## **Day 10**

Review of Asana, Review of Assists, Assignments for Practice Teaching

## **Session III**

### **Day 1**

Welcoming Circle, Types of Yoga, Philosophies-Christian perspective

### **Day 2**

Sadhana-healer. Ayurveda and healing as a lifestyle approach, Breakdown of Poses for Healer, Endocrine System/Chakras

### **Day 3**

Principles of an Ethical Teacher, Ethics Game, More on Assists, More Warm-ups, Chakra Yoga/Asana, Meditation on Chakra/Endocrine System

### **Day 4**

Sadhana review-Letting in the Light, Practice Teaching begins-1/2 hour sessions, Practice teaching Continues, Group check-in-review Strengths Challenges as a teacher

### **Day 5**

-Holy breath, Holy Spine-Sadhana, breakdown of asana-explore nervous system, marketing, practice teaching

### **Day 6**

Chant, practice teaching, longer practice teaching-one hour classes, larger groups

### **Day 7**

Practice Teaching all day

### **Day 8**

Last two Practice Teaching, Closing ceremony and Blessings Graduation

***\*Each session will cover asana, teaching techniques, various pranayama techniques, and yoga philosophy.***

Our time together will be sacred, fun, integrated, prayerful and joyful.

Cost for the training is \$2600 . Payment options include:

- Entire payment in full, 10% discount -\$2340
- Three payment installment- \$ 1000 for first session, \$800 for each additional session. Payment must be made before the beginning of each session. No exceptions.
- If you are setting up your own schedule please discuss with Marsha Therese

Refunds . Full refund if cancelled one month before the date of training. Within one month before date of first session non-refundable credit plus \$50 processing fee. Credit held for one year from initial cancellation.

Cost for this training is \$2600. Deadline for registration with first payment is one month before date of training. After that date deposit is non-refundable and can be applied as credit to the next scheduled training .

If for any reason you do not show up or leave early there is no refund, unless due to extenuating circumstances which may be discussed with the director. If you are unable to complete all three sessions during the program schedule, credit is available which can be applied to next training dates.

- Class size is limited to six students
- Please let Marsha know if you would like to share a room.

*Many bright blessings as you step into this amazing gift of Yoga on your spiritual path with the Living Breathing Christ.*