

Utopia Yoga 200-Hour Teacher Training

Trainer(s) Jerrica Zeron

Session / Topic #	Title	Educational Category	Contact Hours	Contact Hours with Lead Trainer	Total Hours	Trainer
1a	Hatha Philosophy & Mantras	Yoga Philosophy/LifeStyle Ethics (YPLE)	15.00	15.00	20.00	Jerrica Zeron

Description

Learning the meaning of Yoga by discussion and creative presentations of the history of yoga, through Patanjali's Yoga Sutra. Exploring the Eight Limbs of yoga and the meaning and practice of each. Followed by practice and teachings of a selected variety of Mantras, combining the importance of the philosophical side of yoga with the respect of the practice through opening and closing mantras.

Learning Objectives

Understanding the importance of Yoga as a lifestyle as well as a physical practice using the Eight Limbs as a guideline. -Using the history of yoga as a base for expanding their knowledge as yoga teachers. -Verbalizing mantras in their original sanskrit, learning to write, read, and sing the selected ones. Non contact hours will be spent at the studio in self-practice with their text or group practice with their classmates improving their craft in Mantras and Sanskrit.

1c	Hatha Asanas	Techniques, Training and Practice (TTP)	40.00	40.00	45.00	Jerrica Zeron
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Description

Exploring the physical side of yoga, one asana at a time. Learning first the Sun Salutation, purpose, position, and pranayama. Then learning the basic beginner poses, proper hand, foot, hip, shoulder, knee, wrist positioning. We will progress our learning to the intermediate poses. At this time we will discuss when to introduce those poses to students, how to properly assist and direct them for a safe practice. After that step we will explore the guidebook's advanced poses, in this book we will include the restrictions and benefits of each pose as well as when to progress a student to the next level safely. We will physically learn the advanced poses and proper positioning ourselves, then how to assist students and teach in a safe and respectful manner.

Learning Objectives

- To practice and progress our own yoga from beginner asanas to advanced asanas. - Students will learn how to safely enter, breathe, and exit each pose. - They will become knowledgeable in assisting the student, the physical and mental limitations/restrictions and benefits of each pose. - To understand the meaning of asana, pranayama and how the two are eternally connected. Non contact hours will be spent in class studying the Asana book and practicing each name, position, and understanding how it affects your body.

1b	Pranayama	Techniques, Training and Practice (TTP)	10.00	10.00	15.00	Jerrica Zeron
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Description

We will first read and understand what pranayama is and the difference between the many pranayamas in the coursebook. Through physical practice, the teacher will guide the student to learn how to do each pranayama. Once the practice is understood, we will explore how pranayama can be used in different meditation techniques, in different asanas and how the breath can be used to enhance the physical practice and mental strength.

Learning Objectives

Understanding what pranayama is. Acknowledge how each pranayama is practiced in our body and why. We will know the uses, benefits and limitations of each breathwork and in which asana or practice each pranayama is best used for/in. Non contact hours will be spent at the studio studying your Pranayama text and understanding how to perfect each breath practice.

2a	Vinyasa Flow & Variations	Techniques, Training and Practice (TTP)	15.00	15.00	20.00	Jerrica Zeron
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Description

Exploring the expansive world of yoga by reading and understanding what Vinyasa is, the variety of asanas and physical variations of each pose through descriptions and examples in our coursebook. We will physically practice these flows and variations while learning the body, breath, and mental benefits and limitations of each. This will mix theory and practicum by learning how to flow from pose to pose in the body and breath, and instruct/adjust others alignment and breath to insure a safe and proper practice.

Learning Objectives

Understanding what Vinyasa is, the variations of each asana and how to practice with proper alignment, breath and self awareness. The student will practice flows instructed to them by the teacher and be able to create their own Vinyasa flow using asana variations for different level of student practice. Non contact hours will be spent in the studio on self practice and perfecting the craft of Vinyasa asanas and sequences.

2b	Anatomy & Asana Benefit and Restriction	Anatomy & Physiology (AP)	10.00	10.00	15.00	Jerrica Zeron
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Description

Through visual, text, and auditory learning, an overview of the anatomy will be taught. Descriptions of each muscle, ligament, fascia and joints will be taught and presented in the coursebook. A following instructional video will be shown as to how each muscle is affected in our physical yoga practice. We will physically practice asanas and text the student on which body part (muscle, bone, vertabrae) is active in that asana. General benefits and limitations will be written in the coursebook along with a visual aid of a body in that pose. We will discuss injury and pregnancy limitations in asanas as well. A full understanding of the body, how it is affected in yoga and why it is important to know anatomy to avoid injury and safe practice.

Learning Objectives

Understanding of the human anatomy will be achieved through text, visual and hands on practice. Students will know which muscles are affected in which asanas, as well as the limitations and benefits on the body in each pose. Students will understand and be able to instruct during their practicum why we are practicing that asana and how it affects our body. Non-contact hours will be spent at the studio, reading the text and studying the anatomy, then reflecting on how our body is affected in each asana.

2c	Hot Yoga Benefits & Restrictions	Anatomy & Physiology (AP)	10.00	10.00	10.00	Jerrica Zeron
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Description

At our studio we teach Hot Hatha, Vinyasa and YIN, and understand the importance of teachers knowing the difference of practicing in a Hot room vs a regular temperature room. Through coursebook reading and auditory explanation, the students will learn how the body, heart rate and respiratory system is affected when practicing Hot Yoga.

Learning Objectives

An understanding of the effect a higher temperature and humid room has on the body, heart rate, and respiratory system. Students will be aware and able to instruct and identify the benefits and limitations of practicing Hot Yoga.

3a	Yin Yoga Philosophy	Yoga Philosophy/LifeStyle	15.00	15.00	15.00	Jerrica Zeron
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Description

Reading and understanding what Yin Yoga is, the history and philosophy through coursebook text and auditory description. The student will comprehend the purpose of YIN in our bodies and minds, how it affects our nervous system, endocrine system, meridian system and fascia as well as deep breathing techniques. Through text we will know this practice is one for the body and mind with complex understanding of the importance of breath, auditory guidance, and length of practice.

Learning Objectives

We will come to understand how YIN affects our body and mind. Students will comprehend and be able to communicate the in-depth and essential body work that focuses on the yin parts, such as fascia connective tissue, joints and ligaments. No yoga form can work as deeply and equally on both "body and mind" as yin does. Here we work with the physical body as a powerful tool to reach our "mind" and reach silence, security and overall.

3b	Yin Yoga	Techniques, Training and Practice (TTP)	25.00	15.00	30.00	Jerrica Zeron
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Description

Through coursebook work, auditory, visual and practical learning, you will gain knowledge about yin yoga's different sitting and lying positions, how you can personalize these and their physical effect on the body. Effects on the nervous system, the body's energy flow and the structure of internal organs as well as fascia joints and ligaments. We will review how the physical body together with your mood creates a whole through yin yoga. We review basic breathing techniques, as well as flow and instructional techniques for yin yoga. What is about how to create beautiful transitions, builds harmony and balance in the class structure, so that it generates silence and recovery in the participants' bodies.

Learning Objectives

Understanding of Yin, the effects on the body and mind, the ability to convey the correct guides in YIN asanas including the Meridian system, The nervous system, Endocrine system, Fascia, Breathing and diaphragm function, Breathing techniques, and Meditation exercises. You will be able to guide students to a calm and correct practice allowing them to stretch deeply, breathe deeply and progress their physical and mental practice.

3c	Teaching Techniques - Assisting and Guiding	Teaching Methodology (TM)	25.00	25.00	25.00	Jerrica Zeron
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Description

During the training of the Utopia Yoga instructor, we start from a physics dynamic part where Hatha and Vinyasa yoga are included as well as a mental and more oriented part where yin yoga, meditation and breathing takes more place. During the pedagogical part, we emphasize increasing the understanding of the so important balance between these two energies (yin and yang) and the connection between body and mind. Important aspects of the future yoga teacher and further on how to teach yoga to others.

Learning Objectives

Here you will learn how to create yoga flows and make class based on the needs of different target groups. You get tools on how to develop your role as a yoga teacher, both physically and mentally, and how to successfully lead others in their yoga training. You are guided in keeping an open and reflective dialogue on all issues that may come on and off the mat at work as a yoga teacher. The knowledge you gain in traditional yoga, physics and philosophy in combination with contemporary research gives you a platform where you can explore how yoga makes us feel better in our modern times. Utopia Yoga encouraged creative, modern and humble leadership. We want to give the participants a freedom and ability to develop their own and creative expression.

4a	Find Your Flow	NA - Supplemental Training	0.00	0.00	5.00	Jerrica Zeron
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Description

Through self-practice you will find the style, level and amount of direction and assistance you are comfortable with as a teacher. Yoga is an umbrella of multiple variations, at Utopia TT you will learn Hatha, Vinyasa and YIN, after the theory, anatomy, and instructional learning, you will be directed and encouraged to teach on your own, to yourself or small groups of students as a hands on way of learning who you are as a teacher. You will be at Utopia Studios, with your instructor present and explore through practicing and teaching who you are as a yoga teacher.

Learning Objectives

Becoming self aware of who you are as a teacher. The focus you'd like to concentrate on, the amount of talking, instructing, assisting you will be doing as a teacher. Really becoming more comfortable and complete as a yoga teacher.

5a	Teaching Yoga	Practicum	15.00	12.00	15.00	Jerrica Zeron
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Description

In Teaching Techniques the teaching students will lead their own classes to either a small group of instructors or to members at the studio. It will start with teaching warm-up, then Sun Salutation, then a structured Hatha class, Vinyasa Class, Hot Yoga class, then YIN Yoga class.

Learning Objectives

After the theory is learned, the teachers will learn how to practically teach their own yoga classes. Since they will learn a variety of yoga styles during this course, they will be the lead teacher in a minimum of 7 classes at the studio. After this practicum is completed, they will feel confident and comfortable as a yoga instructor.

5b	Teaching Ethics	Yoga Philosophy/LifeStyle Ethics (YPLE)	3.00	3.00	3.00	Jerrica Zeron
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Description

In this session, students will learn the ethics, rules and behaviours a yoga teacher should follow. From being respectful and professional, to knowing when they should listen and not talk. Overall how to conduct themselves as a professional yoga teacher.

Learning Objectives

Teachers will gain understanding of the ethics and code of conduct as a professional yoga teacher. They will know how to behave respectfully in class and around students generally. They will learn that their role as a yoga teacher goes beyond instructing a class, and they will have full awareness of how to approach and deal with situations of inappropriate manner.