

# 200-HR TEACHER TRAINING



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## UNITED YOGA THERAPEUTIC VINYASA KRAMA

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With Rae Indigo &  
Dominic Abplanalp

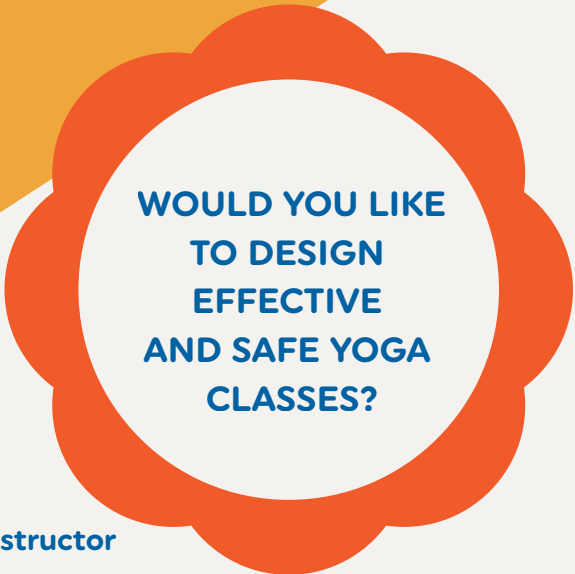
At Open Yoga Bern, Switzerland

**Location:** Open Yoga Bern

**Schedule:** from Friday to Sunday  
(Tuesday off)

**8:30 - 5:00 pm**





**WOULD YOU LIKE  
TO DESIGN  
EFFECTIVE  
AND SAFE YOGA  
CLASSES?**

**Become a certified Instructor  
with United Yoga...**

**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

**Learn and experience the power of healing with Rae Indigo!**

## ANATOMY OF ENERGY

100 hrs. July 5th - 14th

## Architecture of Asana - Foundational Stances in Arms and Legs

**In this module, we will study how to build yoga poses with respect to therapeutic alignment, flow of energy, the 8 directions of mobility, and the goal of yoga.** These instructions are rooted in an ancient scientific system. This system creates lightness and awareness in 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.

### How to Build Yoga Poses:

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



## Sequence Design - Free Your Flow State

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

In this module 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 or flexibility, so you can guide them towards an 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

## Sequence Design - Free Your Flow State

### **When exploring the inner dimensions of Yoga, we need to have an awareness of the infrastructure.**

Conventional medicine has anatomy, so the science of Yoga has its own subtle, energetic networking. It's from this space of energetic understanding we can maximize efficiency within our physical and subtle bodies, establishing the goal and means of Yoga. In this module we will do an introduction to energetic anatomy, as learn how it applies to yoga sequencing.

#### **How to Create Energetic Flow in Yoga Practice:**

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

## Electricity in Practice

**Everything is energy or information vibrating at various frequencies. It is what differentiates a rock from a human being.** There are high-frequencies and low frequencies that are hierarchical in nature and inter-dependent. Human beings are layers upon layers of different grades of consciousness from the subtle to the gross. The yogi attunes himself to the higher-frequencies through exploration of an interior journey refining his awareness of self-identification. By turning attention inwards, with one-pointed focus, the yogi consciously tunes and controls all the operative powers and modes to become a divine instrument for the full flow of life-force to channel through.

### How to liberate Prana in Yoga Sequences:

- The power flows through spine – Kundalini Kriyas in Asana
- Foundational breathwork
- Generating vital force in yoga sequences
- Energy retention in practice
- Taking yoga off the mat
- Feminine/Masculine training sequences



## ARCHITECTURE OF ASANA & SEQUENCING BOOTCAMP WEEKEND

**Join physicist, yogi, climber and founder of Open Yoga Bern for an immersion into building yoga poses and sequences.** Dominic will explore different asana families, and how we work with the force of gravity. Learn how to apply contact point theory to perfectly align the bones and muscles for any level practitioner. Contact point theory is the foundation of learning to redirect forces consciously in the body, and develops an internal alignment awareness, subtle than visually perceiving yoga poses.

An introduction to Parinamavada, the science of constant change and how it applies to physical, energetic and mental bodies will be offered on Sunday. This weekend is taught in Swiss-German as part of a 200-hour teaching course. If you would like to attend this weekend, it is highly

**With Dominic Abplanalp**

August 17th & 18th

Schedule from 8:00 am till 6:00 pm

valuable for yoga students to spend time in immersions where instruction has a deeper insight into why we do certain things. If you are already 200-hour teachers, this course counts as continuing education 20 hours Yoga Alliance Certified.

### **We will explore:**

- Overview of Asana Families
- Vinyasa Krama Theory
- Parinamavada - Science of Change in physical practice
- Concept of Ha-Tha
- Relationship of postures in space: wall and props
- Understanding of forces:
  - primary and secondary contact points,
  - directions of acting forces
  - identify problems in aligning forces
- Therapeutic Asana families (neck, shoulder, wrist etc)

## ANATOMY OF THE MIND

100-hours. October 18th – 27th

## Architecture of Asana - Combination Asana in Multi-dimensional Space

**In this module, we will study how to build yoga poses with respect to therapeutic alignment, flow of energy, the 8 directions of mobility, and the goal of yoga.** These instructions 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.

### How to Build Yoga Poses:

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



## Sequence Design - Refine your Attention

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

In this module you will learn to design sequences for bringing meditative awareness. You will understand how to add pranayama and meditation to physical postural yoga. You will learn to create practices for practitioners that encourage a yogic state of awareness and perception using more subtle sequencing design. This knowledge is equally effective for teaching beginner & intermediate student groups.

#### **How to Build Yoga Sequences:**

- Concentration
- Meditation
- Dynamic and static meditation
- Sukha and sthira
- Ha and Tha Internal forms
- Class structure and training concepts
- Yoga Nidra

## Mind Science - Internal Engineering

**What is awareness of our own intellect?** Learning how to swiftly access higher wisdom, recognizing and integrating the sense channels and clearing the way to act intuitively are all parts of the full yogic system, once we step beyond the physical form.

You will learn using diagrams and clear explanations of the different levels of self how to bring these subtle levels, like the intelligence of our own higher wisdom and guiding intuition into our daily lives.

#### **How to Develop Meditative Practices:**

- Explanation of meditative states
- Anatomy of mind
- Inner auditing
- Levels of self
- Meditation sequences
- Adding meditation to physical practices
- Self-study



## Professional Level Communication

**Learn how to stand up and share your truth.** Inspiring body language, vocal control, and facial expressions are just a few of subjects explored. Students will work on teaching and leading in a safe and comfortable environment. 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.

### How to Teach Like a Pro:

- Being confident
- Rhythm of a class
- Voice projection
- Feeling comfortable on stage
- Body language
- Teaching practice
- How to keep your classes attention
- Psychic emotional states

\* You make take the entire 200 hours certification or each module separately. The module counts for 100 hours CEU (continuing Education Program)





# PRICING

**Full tuition:** 3,900 CHF

**Early commitment price:** 3,600 CHF (before February 15th)

**Each 100 module:** 1,800 CHF

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**For more information & registrations:**

info@unitedyoga.pe or [www.unitedyoga.pe](http://www.unitedyoga.pe)

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**More about Rae Indigo:**

<http://unitedyoga.pe/english/rae-bio>

**More about Dominic Abplanalp:**

<http://unitedyoga.pe/english/about-us>

**For more information on Therapeutic Vinyasa Krama:**

<http://unitedyoga.pe/english/200-hours-vinyasa-krama/>