

300-hour KALAA Yoga Teacher Training Program

Advanced Vinyasa and Restorative Practices

Curriculum & Faculty 2020/2021

Vinyasa Krama - Philosophy, refining basic and intermediate practices, advanced Asana practice and teaching methodology

Holistic practices of yoga - Meditation, Mantra, Mudra, Pranayama, Bandha, Kriya
Traditional Hatha Yoga

Applied anatomy and principles of movement

Anatomy of the breath, Pranayama and Bandha

Subtle anatomy of the yogic body

Trauma and healing

Connecting yoga to the nervous system

Teaching a broader scale of practices

Yoga made accessible - Somatic yoga / Yoga for back and shoulder care / Restorative and gentle yoga practices / Introduction to pre-natal yoga

Designing and teaching private classes

Teaching Practicum

Presentation of self-study projects and individual teaching exam

Yoga philosophy - Fundamental conceptions of yoga

Yoga Sutra studies, Vedantic teachings, The four paths of yoga and Bhagavad Gita

Ethics for yoga teachers and the value of teaching

Yoga lifestyle and profession

Manuela Berndt (DE)

Stefanie Berndt (DE)

Mary McDermott (IR)

Marie Hallager Andersen and Alan O'Leary (DK/IR)

Alexa Posth (DE)

Kristin Tovson (US)

KALAA Yoga Berlin

2021/12/12

