

Advanced Ashtanga Teacher Training Course

Duration of Course - 5 Sundays

Eligibility - RYT200/ Any of Shama Yogshala's open-level TTCs/ 1 year of Ashtanga practice

Who is this course for?

If you are looking to-

- Take your yoga practice to the next level;
- Learn how to teach advanced asanas correctly and with confidence;
- Deepen your understanding of an advanced ashtanga practice - advanced backbends, advanced hip-openers, inversions, transitions, jump-throughs and jump-backs;
- Gain deeper understanding of how to sustain a deep and intense yoga practice.

Course Inclusions-

- Course material;
- 5 weekend workshops
- 4-week Mysore Program (Complimentary and optional)
- *Shama Yogshala merchandise;*
- *Yoga Alliance certification*

Course Contents-

Workshop 1

Yoga Philosophy and Bandhas

Workshop 2

Advanced Backbends [Kapotasana, Laghu Vajrasana, Urdhva Dhanusasana (drop back and lift up)]

Workshop 3

Advanced Inversions and Handbalancing [Handstand (Adho Mukho Vriksasana), Forearm stand (Pinch Mayurasana), Headstand (Sirshasana), Scorpion pose (Vrischikasana), Bakasana, Ashtavakrasana]

Workshop 4

Advanced Hip-Openers [Ekapada Sirshasana, Dwipada Sirshasana, Yoga Nidrasana, Tithibhasana, Supta Kurmasana, Kurmasana]

Workshop 5

Jump through, jump back, Transitions.

Course Schedule-

Sundays - 4pm to 7pm

This course comes with a 30-days Mysore/Vinyasa Krma Program subscription.

Course Fee - P20000