

## **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**