

## **Ashtanga Adjustments Teacher Training Course**

**Duration of Course:** 5 Sundays

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

### **Who is this course for?**

If you are looking to-

- Learn and understand safe and correct adjustments to the 72 postures of Ashtanga Primary Series;
- Gain practical experience in adjusting a practitioner with confidence and precision;
- Gain deeper understanding of the anatomy of human body;

### **Course Inclusions:**

- Course material and Yoga Alliance certification;
- 5 weekend workshops
- 30-day Mysore/Vinyasa Krma Program (Complimentary and optional)
- *Shama Yogshala merchandise*

### **Course contents:**

Learn-

- How to safely assist and adjust the 72 asanas of the Ashtanga Primary Series;
- Gain practical experience in adjusting a practitioner correctly and safely;
- Modifications;
- In depth analysis of 72 Asanas (postures) of the Primary Series of Ashtanga Vinyasa Yoga
- Common injuries and prevention;
- Human anatomy and physiology

### **Course Schedule-**

Sundays - 4pm to 7pm

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

**Course Fee - P20000**