

## **DevaTree School of Yoga Course Syllabus Technique (100 hours)**

Using the 5 Bandhas as a foundation for structural & energetic alignment

Flow # 1 – 4 postures with context, benefits, contraindications, modifications, hands-on assists & practice

Flow # 2 - 11 postures with context, benefits, contraindications, modifications, hands-on assists & practice

Flow # 3 – 10 postures with context, benefits, contraindications, modifications, hands-on assists & practice

Flow # 4 – 7 postures with context, benefits, contraindications, modifications, hands-on assists & practice

Flow #5 – 8 postures with context, benefits, contraindications, modifications, hands-on assists & practice

Flow #6 – 12 postures with context, benefits, contraindications, modifications, hands-on assists & practice

Flow #7– 3 postures with context, benefits, contraindications, modifications, hands-on assists & practice

Flow #8 – 5 restorative postures with context, benefits, contraindications, modifications & practice

Chair yoga sequence includes 10 chair yoga postures, mudras and breath practices for all abilities

Sequencing – Combining, expanding and creating personal flows, including transitions, considerations for particular ages, settings, populations & times of day

Therapeutic Essentials – multiple movement sequences to condition and open the body.

6 Breath Practices

The Subtle Energy Body – 10 mudras and mudra combinations to create specific energetic shifts

Mantra & Meditation Techniques – 20 Awareness-based meditation techniques accessible to both beginners and advanced students.

Yoga for the Emotional Body: Techniques for insomnia, anxiety & depression

## **Teaching Methodology (25 Hours)**

Hands-on assists, modifications and sensitivities to unique student needs

Creating an inclusive and compassionate learning environment  
Encouraging student creativity and self-expression  
Effective communication, the lost art of listening and giving & receiving feedback  
Designing sequences, classes and class sessions

**Anatomy & Physiology (20 hours)**

Principles of alignment from various schools of yoga  
Benefits, contraindications & modifications of each technique  
Structural and energetic alignment of the body/mind  
The neurobiology of yoga  
Pain modulation pathways of the brain  
Effects of yoga on the nervous system and emotional body  
Effects of yoga on the skeletal, muscular, fascial, lymphatic, endocrine & digestive systems.

**Philosophy/Ethics/Lifestyle (30 hours)**

Patanjali's Yoga Sutras: Exploration of the sutras through the lens of universal laws  
The 8-Fold Path  
Yamas & Niyamas  
Professional Practices  
Sacred Commerce: Business as a Path of Awakening  
Swadhyaya: Exploring the inner landscape through guided practices

**Practicum (10 hours)**

Practice teaching in small and larger groups  
Designing and teaching a class based on your unique gifts and interests

**Earth-Based Teachings (15 hours)**

Honoring our connection to the natural world  
Weaving earth imagery into teaching vocabulary  
Body-Mind-Spirit wellness through ancient earth wisdom.