

Manju Jois

Included in this training will be an opportunity to study with Manju Jois for a weekend intensive Feb 19-21, Fri eve, Sat & Sun. Manju Jois, Ashtanga Yoga guru of Mysore, South India, is the oldest son of Sri K. Pattabhi Jois, recognized worldwide as the foremost authority on Ashtanga Yoga. Manju has taught the true Mysore Ashtanga method for over 47 years. Manju's intention is to teach in the way of the Ancient tradition and bring the many benefits of Ashtanga yoga to his students.



Course Outline

Vinyasa is a fluid practice that links movement with the breath. In this vinyasa teacher training there will be special attention paid to alignment and how to incorporate this into teaching asanas in a flow. We will begin with a strong foundation in the primary series of Ashtanga and then from this place learn healthy sequencing of asanas. We will take an in depth look at the 8 limbs of Ashtanga. Students will learn how to properly assist, how to instruct meditation, pranayama, mantras and chanting. There will be a mix of analytical training and how to teach and practice traditional Yoga techniques.

We will cover both bodily systems and energy systems of anatomy and physiology. There

will also be sessions in Anatomy with guest teacher Pete Whitridge.

Yoga Philosophy and lifestyle will be studied delving into Ptatanjali's Yoga Sutras and the Bhagavad Gita.

The curriculum will include the business aspects of Yoga and the ethics of teaching.

Practicum will include practice teaching, hands on assisting, practice teaching, observation of others teaching and giving/receiving feedback.

*Training requirements involve a minimum of two additional classes per week and three

