

bridge
of

consciousness

200h teacher training



ohana rising
yoga studio

when

October 2023 > May 2024

contents

This 200 Hour Training is founded in the principles of Hatha & Raja Yoga. Hatha opens the potential to listen, feel and connect with your body, mind, & breath opening the pathway to the depth of human potential. It is in this space the opportunity opens to connect with love to Consciousness, and the resilience, stability, security of your spiritual nature. From this place of wholeness, we can begin to share and inspire one another.

building foundation

Learning to listen & feel

- Asana (the art of moving into stillness)
- Pranayama (connection with the breath & the energy of life)
- Vinyasa (rhythm & cycles)
- Kriya, bandha & dristhi (direction, integration & focus)
- Meditation & mantra (awareness, transformation & clarity)
- Yoga anatomy & physiology
- Subtle anatomy (chakras & koshas)
- Energy lines & the art of movement

Teaching methodology

- Foundations of teaching
- The art of sequencing
- Language & communication
- Principles of demonstration, observations, assisting & adjustments
- Teaching practice
- Introduction to restorative Yoga, prenatal, ethics & business

Philosophy

- History & Foundation of Hatha Yoga
- The Yoga sutras & the 8 limbs of Yoga
- The mind & meditation
- Nervous system
- Ayurveda introduction
- Self reflective love & connection with Nature
- Personal sadhana

what you will get from this program

- A deepened understanding of Yoga
- A foundational personal sadhana
- Mentorship & support
- Training with master teachers
- Confidence in knowing how to support all students from beginners to skilfully making adaptations
- The ability to create elegant & intelligent sequences
- The ability to teach with presence and support for the class
- The ability to make modifications and adjustments without breaking the flow of class
- Comprehensive 200hr Yoga Teacher Training manual & educational Texts
- Unlimited class pass during training period
- Upon completion, an Ohana Rising Yoga School 200hr Certificate & the ability to register with the National Yoga Alliance

enrolment process

Eligibility

A minimum of 1 year of personal yoga practice at home or in a yoga center 18 + years of age.

Enrolment

To enrol, please submit application from ohanarising.yoga

Program deposits are to be paid within 10 days of program acceptance.

Please email hello@ohanarising.com with any questions.

language

English

accreditation

The advance training will provide 200 hours accredited through **Yoga Alliance US**.



teachers

Lisa Brodrick

ERYT 500, 800, RCYT

Growing up between the US & Argentina, Lisa became enamoured with the curiosities and complexities of the world. She believes that we are moving into a world of unity consciousness and that we have the potential and possibility to be fully ourselves, without fear, and experience life in this way and connect with the Divine. Her offerings reflect this truth. Simply, she loves the ocean, being in nature and this beautiful planet and be a part of sharing for the good of our human collective. A student of Sri Dharma Mittra and of Kundalini Yoga, she has lead workshops and trainings for adults and children throughout the US, Mexico & South Africa.

Fabio Filippi

ERYT 200, RYT 500, 800

Fabio's curiosity drove him to travel extensively to remote regions of the world to find inspirations, whilst continuously maturing his inner awareness. With his backpack and camera always ready, Fabio seeks to seize the unique moments in life as they happen – cultures, people, religion and countries – reinforcing his belief that exploring the world is the 'school of life' and traveling the best conduit to learning.

Disciple of Sri Dharma Mittra, Fabio shares Hatha Raja Yoga classes, workshops and teacher training around the world.

This training will include several internationally & locally renown guest master teachers.

where

The 200 hour YTT will run at **Ohana Rising Yoga Studio**.

57 Main St, Unit 1, Bradley Beach, NJ.

www.ohanarising.yoga email for more info: hello@ohanarising.yoga

typical day

1 weekend per month October 2023 – May 2024

// Saturday & Sunday morning practice: choose either 8am or 10am class
12–6:30pm TT session



schedule

October 20-22 - 2023 // first weekend includes Friday evening 6:30 -9pm

November 4-5 - 2023

December 9-10 - 2023

January 13-14 - 2024

February 3-4 - 2024

March 9-10 - 2024

April 6-7 - 2024

April 20-22 - 2024

May 4-5 - 2024

May 19 - 2024 // Kirtan & Graduation

investment

Early registration // Before 10 / 1 / 2023

\$3500

After 10 / 1 / 2023

\$3,750

Deposit upon acceptance // applied to full tuition

\$350

what's included

Teacher training & manual

Class pass during training period

payment ways

Payment via Credit Card can be made from website.

Credit payments are subject to 3.5% processing fee.

Payments in full can made by check to Ohana Rising Yoga Studio or Zelle to ohanarisingyoga@gmail.com NO additional fee.

