

David Gramling Yoga and Crafts



David Gramling Yoga and Crafts 200-hour Teacher Training

Trainer(s) David Gramling

Session / Topic #	Title	Educational Category	Contact Hours	Contact Hours with Lead Trainer	Total Hours	Trainer
A	Introduction to the 8 limbs	Yoga Philosophy/LifeStyle Ethics (YPLE)	8.00	8.00	8.00	David Gramling

Description

Students will be given an overview on the 8 limbs of yoga, the ethics of being an instructor and lifestyle including: yama, niyama, asana, pranayama, pratyahara, dharana, dyana, samadhi. The definitions and relations to each other versus the differences will be discussed. Students will draw upon past experiences and relate them to the limbs to show learned knowledge.

Learning Objectives

Become familiar with the different limbs of yoga and how to describe them to others.

B	Restorative Yoga	Techniques, Training and Practice (TTP)	8.00	8.00	8.00	David Gramling
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Description

Education on restorative yoga, how it affects the nervous system, when to use it and teaching practice, with questions and comments. Restorative yoga props including walls, chairs, bolsters (full, half, and round), blankets, blocks, belts, eye pillows, and padding will all be used in restorative sessions. The emphasis on holding back and allowing the breath to do the work will be the main guideline in restorative versus pulling deep for a stretch. Deep breathing and meditative techniques will be a guide in this practice. Students will perform and instruct these classes.

Learning Objectives

Prepare students to teach restorative, with and without props to tone the vagus nerve

C	Tension and compression yoga principals	Anatomy & Physiology (AP)	5.00	5.00	8.00	David Gramling
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Description

Going over the difference between tensile physical limitation of the body and compression. Learning the 8 major parts of the body to watch for tension and compression. The non-contact hours will include reading, audio/video or Internet resources in preparation for discussions.

Learning Objectives

To teach how to instruct with regards to tension and compression while pushing their student safely

D	Yin Yoga	Techniques, Training and Practice (TTP)	8.00	8.00	8.00	David Gramling
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Description

via expert Paul Grilley, the principals of hyaluaruonic acid as described being achieved in Yin Yoga from holding the poses multiple minutes to give the connective tissues more range of motion, the nadis, and yin and yang in yoga with demonstration and questions and comments after for feedback. There will be guided practice including asanas, pranayamas, and chanting. Students will be asked to sequence yin asana sessions safety for different groups, more challenging for athletes, and more gentle for elderly.

Learning Objectives

Teaching students how to instruct a Yin yoga class safely and answer potential questions about the history of yin yoga

E	Hanauman Cita and Ram and the Bhagava Gita	Yoga Philosophy/LifeStyle Ethics (YPLE)	10.00	10.00	10.00	David Gramling
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Description

The history of Ram, Cita and Hanuman and Arjuna's despair, as mythical elements to yoga guidance and poses such as hanamanasana, and educate those on the difference between yoga and religion as told academically touching on the yoga upanishads

Learning Objectives

Help students become familiar with the history of the asanas and myths as well as educate others and distinguish the yogic history importance versus where the stories are shown in various religions

F	The chakra system, and subtle body	Anatomy & Physiology (AP)	6.00	6.00	6.00	David Gramling
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Description

Studying the chakra system and the methods to balance, as well as education surrounding the subtle body

Learning Objectives

Exposure to the chakra system and how to instruct students the steps to balance and understand the chakras

G	Kundalini Yoga	Techniques, Training and Practice (TTP)	3.00	3.00	3.00	David Gramling
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Description

The elements of Kundalini from how the coils rise through the body to the practice. With kundalini purifying the blood stream students can expect a physical affect similar to asana affects. The trainees will partake in shoulder flex and sufi grind exercises to unleash the kundalini and use mantra and breath meditations, along with mudras to allow for the awareness. Academic understanding of kundalini yoga for health benefits will also be showcased to students.

Learning Objectives

Showcase an understanding of how to instruct Kundalini practice

H	Bhakti Yoga	Techniques, Training and Practice (TTP)	4.00	4.00	4.00	David Gramling
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Description

Tying in the stories of Hanuman, Ram and Cita, as well as the different forms and ways to celebrate bhakti yoga, chanting as well as and the affects on the brain. Using information from Krishna Das' "One Track Heart" trainees will explore focusing academically on chanting the

expression of gratitude, to reach ananda and take part in a bhakti sangha.

Learning Objectives

Showcase how to instruct a Bhakti Yoga session

I	Meditation and Raja Yoga	Techniques, Training and Practice (TTP)	10.00	10.00	10.50	David Gramling
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Description

Different forms of meditation and ways to achieve the observer self, how to guide and lead others in meditation including drishti focal points. Mantra mediation will be used and explained to trainees. Students will partake and explore breath based mediation and use these exercises within poses. The use of mudras in meditation will be a key feature. Finally the observer-self will be a guide as trainees learn how to go inward with concentration and allow for a release of the inner narrator, to focus solely on the breath and observe. The non-contact hours will include reading, audio/video or Internet resources in preparation for discussions.

Learning Objectives

Teach students how to instruct meditation in multiple forms

J	Sun Salutations	Techniques, Training and Practice (TTP)	10.00	10.00	10.00	David Gramling
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Description

Using the sun salutations to educate students on ways to heat up the endocrine system safely as well as prepare the muscles for forms of astanga, hatha, and vinyasa flow yoga. Saying the sequence in English and sanskrit will provide the students an opportunity to familiarized themselves with sanskrit and promote when necessary, to adapt the asanas for different students. Props such as chairs, walls, and blocks will be used.

Learning Objectives

Showcase the sun salutations providing alternatives based off the needs of the students and how to instruct relative to.

K	Props and Aerial Yoga	Teaching Methodology (TM)	6.00	6.00	8.00	David Gramling
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Description

Showing how props are relevant to forms of yoga including but not limited to restorative, yin, hatha, vinyasa flow, mediation, yoga nidra. With aerial yoga, the use of the silks and trapeze as props will be showcased to show how the removal of gravity affects pressure on the limbs and axis, providing a style of yoga for various individuals. The non-contact hours will include reading, audio/video or Internet resources in preparation for discussions.

Learning Objectives

Expose and educate students on how to instruct with props in various styles of yoga, and how aerial yoga can be used.

L	Karma, Tantra Yoga and Yoga Nidra	Techniques, Training and Practice (TTP)	8.00	8.00	8.00	David Gramling
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Description

Learning on the Yoga styles used in service via karma Yoga, Shiva and Shakti, prakriti, and the Purusha from Tantra Yoga, and Yoga Nidra being in between conscious of awake and sleep with questions and comments as well as feedback. Karma yoga will feature trips to participate in service such as training with a local fire department showing the firemen sequences. Tantra yoga will be given an academic

viewpoint touching on the history of the masculine and feminine energy, the nasal left and right masculine and feminine, and with warm-up exercises like the shoulder flex, and the sufi grind as to raise the kundalini energy. Yoga Nidra will take on the meditative sleep form performed with restorative yoga using props such as blankets and bolsters.

Learning Objectives

Guide students through how to self-practice and instruct Karma yoga classes, Tantra, and Yoga Nidra.

M	Yoga Sutras and Sanskrit	Yoga Philosophy/LifeStyle Ethics (YPLE)	8.00	8.00	8.00	David Gramling
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Description

The first chapter of the Yoga Sutras of patanjali to help students guide future students through the evolving to the higher-self that comes with yoga practice with chanting. The yoga sutras will be broken down from the perspective of Desikachar, the trainees' own perspective, the perspective of an elder, and the perspective of a child to show applied knowledge to the yoga sutras. The sutras and chanting of them will serve as help with the sanskrit phonics and pronunciation.

Learning Objectives

Teach students the yoga sutras, how to instruct and be familiar with them and use them as needed in personal and professional settings

N	Yoga Anatomy	Anatomy & Physiology (AP)	8.00	8.00	12.00	David Gramling
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Description

Viewing and discussing the planes, terms, and cuts, origins, and incisions of the muscles, and overview of the bones, organs, and nervous system and how each style studied of yoga fits into the anatomy. The non-contact hours will include reading, audio/video or Internet resources in preparation for discussions.

Learning Objectives

Prepare students to be familiar with the yoga anatomy and use their understanding within their classes

O	Bhandas and Mudras	Techniques, Training and Practice (TTP)	6.00	6.00	8.00	David Gramling
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Description

Practice of the Mudras and Bhandas in terms of the finger placements and locks as well as when to use them and for what ailments within poses and yoga styles. Using the bhandas within poses and the mudras within meditation and swara yoga will be demonstrated. Explaining the bhandas and the mudras will be tasked to the trainees to showcase comprehension. The non-contact hours will include reading, audio/video or Internet resources in preparation for discussions.

Learning Objectives

The use and understanding of mudras and bhandas and teaching them to future students for benefit

P	Pranayama and Swara Yoga	Techniques, Training and Practice (TTP)	10.00	10.00	10.00	David Gramling
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Description

Chi and pranayama as energy and flow and the different ways to use breathe in various styles and poses for relief, safety, and added awareness. using a multitude of counted breathes, ujjayi, sitali, and the science of nasal breathing to reach a higher level of knowledge. The trainees will be able to acknowledge which breathes fit which style of yoga and or meditation and which are cooling, heating, and calming

breaths.

Learning Objectives

Understanding of pranayama and continued use of it, and how to teach it.

Q	Astanga Styled Yoga with Sanskrit	Techniques, Training and Practice (TTP)	6.00	6.00	7.00	David Gramling
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Description

Learning the names of the poses while acknowledging form and the Astanga style of Pattabhi Jois, as well as the order of the poses and common limitations. All poses will be demonstrated with sanskrit and English translations. Possible adjustments will be discussed, and the opening chant. Explanations of the muscles and limbs affected from the poses will be given including physical and mental benefits. The non-contact hours will include reading, audio/video or Internet resources in preparation for discussions.

Learning Objectives

To learn the astanga poses in sanskrit as well as the practice.

R	Adjustments for various students	Techniques, Training and Practice (TTP)	6.00	6.00	6.00	David Gramling
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Description

Learning adjustments for various styles, particular focus on Vinyasa Flow and Hatha poses to help students reach a fuller range of motion and pull in the pose to a safe healthy compression. Students ranging in ages from children, those with special needs, athletes, prenatal and postnatal, elderly, and those with chronic pain will be some of the highlighted focus for making adjustments with examples in each group on why an adjustment may need to be made, the benefit, and the safe way to proceed.

Learning Objectives

Students will adjust each other in various styles of yoga becoming comfortable adjusting future students.

S	Vinyasa Flow and Hatha Yoga	Techniques, Training and Practice (TTP)	12.50	12.50	13.50	David Gramling
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Description

With the styles popular in the western world students will spend time understanding and mastering the asanas of Vinyasa Flow and Hatha yoga and the western terminology associated with them. With vinyasa flow moving with the breath will be featured and a key concept. With hatha, holding the positions with breath and concentration will be an emphasis and focus. Explaining the differences between hatha and vinyasa and when best to use one over the other will be a key. Sanskrit names for the poses will also be tested. The non-contact hours will include reading, audio/video or Internet resources in preparation for discussions.

Learning Objectives

The students will learn the history and be able to instruct Vinyasa and hatha classes.

T	Sequencing	Teaching Methodology (TM)	6.00	6.00	10.00	David Gramling
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Description

Knowing where to place a pose and when it fits a certain style, or need an adjustment will be a large part of sequencing, as well as organizing when a yoga style is best suited for specific needs. Various sequences will be explained and demonstrated for knowledge on programming yoga classes. The non-contact hours will include reading, audio/video or Internet resources in preparation for discussions.

Learning Objectives

To help students sequence courses and classes safely, and effectively

U	Yoga Business	Teaching Methodology (TM)	4.50	4.50	7.00	David Gramling
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Description

Students will learn about the common issues that come up when starting out as a yoga teacher, either part-time or full-time. Discussions will include: independent contractors/employee/studio owners, liability insurance, code of conduct/ethics, social media, business licensing, advertising/marketing yourself, being a part of a yoga community, how to make money, and understanding the difference between being certified and registered. The non-contact hours will include reading, audio/video or Internet resources in preparation for discussions.

Learning Objectives

Teaching students the basics of opening a yoga studio.

V	Introduction to an Ayurveda lifestyle	Yoga Philosophy/LifeStyle Ethics (YPLE)	4.00	4.00	4.00	David Gramling
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Description

The study of the gunas and doshas, dinacharya and ritucharya and how to relate the ayurvedic principals to yoga practice. Quizzes and drawings will help teach these lessons. This will be a basic look at the intent of ayurveda from a diet standpoint, a timing standpoint, and prakriti.

Learning Objectives

Learning how to understand, apply and teach basic ayurveda to future yoga students.

W	Partner and Acro Yoga	Techniques, Training and Practice (TTP)	6.00	6.00	6.00	David Gramling
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Description

Showing students the benefits to partner yoga, how to initiate it safely and effectively and the many adaptations that may come with each pose. Partner yoga may feature mutual adjustments and communication within poses as well as synchronized breath work. Knowledge of which poses are better suited for which practitioners will be a key concept in teaching partner yoga, as well as acro yoga as a challenging form of partner yoga.

Learning Objectives

Teaching students how to hold partner yoga classes, and acro yoga classes.

X	Practicum	Practicum	10.00	10.00	10.00	David Gramling
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Description

All students will teach various styles as a lead instructor taking all learned information and applying it as needed to demonstrate comprehension and acceptable knowledge and ability as a yoga instructor. Each trainee must spend a minimum of 5 Contact Hours of practice teaching as the lead instructor in the Practicum Category. The practice teaching requirement does not include assisting, observing or giving feedback. Topics can include practice teaching, receiving and giving feedback, observing others teaching and assisting students while someone else is teaching.

Learning Objectives

Students will teach classes preparing to be yoga instructors.

Y	Nutrition	Yoga Philosophy/LifeStyle Ethics (YPLE)	5.00	5.00	5.00	David Gramling
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Description
 The nutritional aspect to yoga, from the asanas to meditative approaches. When certain nutrition would work for a style of yoga, at which time and why. Referring back to the doshas and prakriti to give nutritional insight will be discussed.

Learning Objectives
 To prepare students with a nutritional yogic basic and how to best teach their future students

Z	Yoga Ethics	Yoga Philosophy/LifeStyle Ethics (YPLE)	2.00	2.00	2.00	David Gramling
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Description
 The ethical standards of a yoga teacher will be taught here with great insight into teacher-student relationships, health and safety advice for the student and instructor, and boundaries. Teaching trainees autonomy, non-maleficence, beneficence, fidelity, and veracity so that they are comfortable and confident in performing tasks as teachers with standards of professional conduct. Finally a review of the 8 limbs of yoga.

Learning Objectives
 To prepare trainees so they can teach yoga according to standards of professionalism.