

TEACHER TRAINING MODULES

The following Teacher Training Modules are designed for easy integration within an existing 200, 300, and 500 Hour Yoga Teacher Training program(s).

The Yoga Sutras of Patañjali & Saṃskāras

TIME: 5 – Hour Class

Instructor: Jeff Masters

Focus: Yoga Philosophy

At the root of Sri Patañjali's Eight Limbs of Yoga is the concept of Saṃskāras, latent impressions that impact our consciousness and, to a greater extent, our lives. During this workshop, students will explore the Yogic concept of Saṃskāras, current research and neuroscience behind the healing aspects of Yoga, and simple practices that can be applied in their classes.

Sadhana: Building A Sacred Practice

TIME: 3 – Hour Class (with follow up)

Instructor: Jeff Masters

Focus: Yogic Practicum & Philosophy

This class focuses on developing an integrated personal Sadhana, exploring the practice of Yogic cleanses, and what a Practical Personal Practice looks like.

Yoga & The Psychobiology of Stress, Trauma, & Saṃskāras

TIME: 3 – Hour Class

Instructor: Jeff Masters

Focus: Yogic Anatomy & Physiology

During this workshop we will we will outline the etiology of stress and trauma, the psychobiology of trauma as it applies to our physical experience, and “why” people get “stuck” in patterns of anxiety, depression, insomnia, addictions and other common mental health issues. Taking it a step further, we will explore how this plays out in our body via the nervous system, neurochemical responses, endocrine system function, the connective tissue system and other physiological patterns that arise in the body.

Alignment 101: Assessment, Adjustments, & Assists

TIME: 5 – Hour Class

Instructor: Jeff Masters

Focus: Yoga Āsana

During the Alignment 101 workshop students will focus on building a firm foundation of a physical Āsana-based practice. This play shop is a fast paced, information packed afternoon of movement-based learning. Each concept will be reinforced by experiential exercises, not only engaging your mind, but also stimulating your body. During the workshop we will focus on:

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Alignment

We will identify the most common postural and movement based compensations in a pose!

Assessment

You will learn a simple process to assess each pose instantly!

Adjustment

And come away with simple, effective, and non-invasive queues and adjustments for what you find!

The Samkhya Philosophy & The Yoga Sutras of Patañjali

TIME: 5 – Hour Class

Instructor: Jeff Masters

Focus: Yoga Philosophy

The Samkhya Philosophy & The Chakras

TIME: 5 – Hour Class

Instructor: Jeff Masters

Focus: Yoga Philosophy & Esoteric/Energetic Anatomy

An Introduction to The Esoteric Anatomy of The Chakras

TIME: 5 – Hour Class

Instructor: Jeff Masters

Focus: Esoteric/Energetic Anatomy

During this workshop students will be introduced to the energetic anatomy, physical connections, and psychological impact of the Chakras. This course format consists of lecture, demonstration and some practical exercises. This workshop will include information on specific practices to address each Chakra, and comprehensive handouts.

Therapeutic Mythology: Invoking Primordial Archetypes in Āsana

TIME: 5 – 6 Hour Class

Instructor: Jeff Masters

Focus: Yoga Āsana & Philosophy

This workshop will lead the student on a journey through the meaning behind the mythology of the postures of Yoga. Each posture will be explained in depth and the students will be guided into the posture and allowed to have an opportunity to embody the archetype presented.

Synergetic Anatomy™ & Physiology

TIME: 10 – 12 Hour Class

Instructor: Jeff Masters

Focus: Yogic Anatomy & Physiology



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The study of Anatomy & Physiology is key to understanding the processes of our body and how they can affect our relationship with the world around us. This is especially true of Yoga, where we need to know exactly what we are doing with our students when we teach. Most courses of instruction in Anatomy & Physiology are 'bare bones', dry courses full of facts, figures, and dry reading.

In Synergetic Anatomy™ & Physiology, I weave together current western anatomical knowledge, cutting edge science and research, esoteric / mystical arts and sciences, as well as first-hand, "Direct" knowledge to build a complete, comprehensive picture of the majestic nature of our physical existence. In Synergetic Anatomy™ we re-integrate and re-introduce the majestic and multifaceted nature of this material so that your teachers view the human body in a vibrant, new light.

This course is taught in individual modules that can be custom selected depending on your school needs.

These modules include:

- **The Foundation**

The connective tissue system makes up the foundation of our body's structure, support and cellular communication. In this course we begin our journey through the body by focusing on osteology, the study of connective tissue and bone formation. Students will walk away with a deeper understanding of osseous (bone) development, topographic (names and locations) as well as functional anatomy and the capacity our connective tissue system has for information storage and intra/extra cellular communication.

- **Tensegrity**

Besides providing our body with the capacity for movement, the musculoskeletal system plays a crucial role in systemic protection, homeostasis and circulation. In this course students will be introduced to the three types of muscle in the body, the topographic (names and locations) as well as functional anatomy of the major muscles and how they, as yoga teachers, impact these systems within themselves and their students.

- **Somatic Transmission**

Our body is one of the most efficient adaptive organisms on the planet. It is our nervous system that makes this possible. Primarily a medium for the transmission of neural impulses, the nervous system is also the doorway to the subtle bioenergetic fields that permeate our body. During this course students will explore neural anatomy and physiology, the dynamics of somatic consciousness and how the practice of yoga ultimately transforms this most wondrous network of tissues and our reality.

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- **The Body's Messengers**

Communication within the body occurs electrically, chemically or energetically. Our endocrine system governs the chemical communication and effects physiological functions such as metabolism, reproduction, digestion, stress response and cellular growth. Throughout this course students will explore the major endocrine system organs, their functions, effects on the body, corollary bioenergetic qualities and how their yogic practices influence them.

- **The Body's Guardians**

We are constantly being bombarded by pathogens that require our bodies to defend themselves. The immune system is the staging area for this constant fight against dis-ease and illness. This course will introduce students to the anatomy and physiology of immunity and the mind's profound impact on the functioning and efficiency of this system. We will explore the concepts of psychoneuroimmunology (the effects of the mind on the immune system) and how yoga can have an immediate and profound impact on our health and wellness by strengthening our immune system.

- **Liquid Light**

The craniosacral system, a hydrostatic mechanism pumping cerebrospinal fluid within the central nervous system, is said to shuttle 'liquid light' throughout the body and is thought to be the medium of conduction when kundalini shakti is activated. In this course students will be taken on a journey through the craniosacral system, learn its unique anatomy and physiology, how it can impact our health and wellness and how yogic practices can calm, activate or normalize this system.

The Ethics of Yoga & Holistic Healing

TIME: 2 Days (12 Hours)

Instructor: Jeff Masters

Focus: Ethics

The format for this course includes lecture, Self-Assessment, Role Play, and Group Discussion. We will explore the topics of Health & Healing, Scope of Practice, Boundaries, Personal Ethics, Legal Obligations, and the Yamas & Niyamas all within the context of Yoga Philosophy and the practice of teaching.

For more information, a quote or to sign up:

Call (928) 203-6726 or email us at info@JeffMasters.net

