



# A SATURDAY IN YOGA TEACHER TRAINING

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## **Heated Flow Yoga Class**

**9:30 a.m.**

Begin your day by connecting your breath and body together on your yoga mat at Aspire Yoga Center. It will leave you feeling invigorated to learn more about the yoga you love!



## **Anatomy - Major Bones**

**10:45 a.m.**

Major bones of the foot, ankle, knee, hip, pelvis, spine, shoulder, elbow, wrist, and hand will be reviewed. Gain an understanding of how these bones connect to form joints where movement occurs.



## **Lunch Break - On Your Own**

**11:45 a.m.**

A 75-minute lunch break is included on Saturdays and Sundays, as well as a few other breaks during the day. Plenty of time to re-fuel and replenish for a full afternoon of training!



## **Breathwork - Ujjayi Pranayama**

**1:00 p.m.**

Session includes a group discussion on what it is and a breakdown of the Sanskrit terms, benefits of this breathing technique, how to practice and teach it safely, and Q&A.



## **Sun Salutation A - Introduction + Practice Teaching**

**1:45 p.m.**

Group discussion on benefits of Sun Salutation A, alignment and cuing for stable and safe movement, breath cuing, and modifications. Participants will then practice teaching Sun A to one another!



## **Mindfulness + Meditation Workshop**

**4:00 p.m.**

During this 2.5-hour workshop, we'll cover the differences between mindfulness and meditation, key meditation terms, different meditation methods & lineages, guide students through them, and how/why mindfulness and meditation relates to yoga.

**Starts February 18th**  
**[www.aspireyogacenter.com/ytt](http://www.aspireyogacenter.com/ytt)**