



## Bliss Yoga Guide Syllabus

### **Session 1:**

#### **The way of Bliss:**

- Moving with ease even when challenging the body
- Exploring your body and knowing that there is no one correct way
- How can I help instead of what can I prove
- Safety and alignment that works with your body no need to force or push anything
- Sequence, pacing, language, voice & music

Learn the difference of moving easily through the poses versus pushing, pulling and forcing.

Learning to feel your way through self exploration. Being aware that everyone is built different as we look at different gender, body shapes and sizes.

Students will become aware of how to help others move into the poses without having to demonstrate their practice to others.

Be able to cue proper alignment and safely move the class through the poses.

Be able to verbalize a simple sequence, while pacing with the breath, projection of a clear voice while being mindful of music volume.

Teaching methods of Bliss

## **Session 2:**

### **Understanding Bliss:**

- Becoming a Great Leader
- What Makes a Great Class at Bliss
- Creating a Great Class
- Recipe for Growth
- Continuation of class sequencing

Understanding the characteristics of a great leader. Be able to use the necessary tools through voice, body and breath to inspire others.

Be able to differentiate and verbalize the difference in class types. Being able to communicate in an authentic way without coming across as scripted and false. Students will learn techniques to lead a class without coming through as passive. They will learn how to control the room not just through voice but also being aware of all dynamics that go into a class; music, lighting, room temperature, breath, sequence, pacing.

## **Session 3:**

### **Using the breath on and off your mat:**

- Various breathing techniques
- Various types of meditation
- Journaling
- Yoga Nidra

Students will learn and be able to demonstrate various breathing techniques to calm, relax and energize the body.

They will learn daily rituals of journaling and will be introduced to various types of meditation. They will be expected to have a daily journal and meditation time set aside. They will be able to lead a short yoga nidra for relaxation and stress relief.

## **Session 4:**

### **What is yoga:**

- Where's the Guru at Bliss
- Yoga and Spirituality
- The Yamas & Niyamas
- Continuation of class sequencing

The Student will learn to identify their own guru within. Learning to become less reactive and more focused.

They will be able to guide a class using the mind body connection.

They will learn the Ethical Practice of Yoga through the Yamas & Niyamas with a required reading of a book with this subject.

They will continue practice of class sequencing.

### **Session 5:**

#### **Safety:**

- More is never better
- Forcing Not Necessary
- You Are Your Body
- Preventing Injury
- Alignment
- Slow and Steady
- Teaching a Calm class

The student will learn how to instruct the message of modification and balance between too much versus not enough.

They will learn the damage that can be done through forcing and learn how to verbalize throughout the class moving with ease.

They will learn why we are our bodies and how to deal with injury and understand the mental and physical pain that others may be going through and how to verbally empower them while honoring their disability.

The student will be able to help others modify poses due to certain injuries and learn the most common injuries that can happen while in a yoga class.

They will be able to verbalize guiding student toward alignment and how to gently help someone come into alignment. They will be able to recognize when it is necessary to assist someone in a pose due to potential for injury.

They will learn the skills necessary to lead a class at a slow and steady pace.

### **Session 6:**

#### **Boundaries, Specific needs**

- A safe Student, teacher (guide) relationship
- Conduct (positive attitudes, being present, leaving drama at home)
- Appearance (cleanliness, being prepared, time management)
- Teaching chair yoga to seniors

Students will learn safe boundaries with students. How to come in with a positive attitude not bringing in their own emotions and how to ground themselves before class. They will learn the client teacher relationship and how to build a clientele that will keep growing. They will be able to present themselves in a professional manner while coming across as friendly and present to each client that comes into class. They will

learn how to make everyone feel comfortable. They will work on time management throughout the entire day so they are able to have less stress and be more productive.

The student will be introduced to and be able to teach a short and simple chair yoga class learning sequencing and techniques for seniors.

### **Session 7:**

#### **Leading a Energize Class**

Students will memorize and break down a Bliss Energize class working with lead trainer while leading small groups of classmates through sequences. They will work on connecting breath to movement in an empowering and safe way.

### **Session 8 & 9:**

#### **Leading a Calm Class**

Students will be introduced to the sequencing for a calm class and be able to distinguish the difference between various class styles. They will be able to verbally explain what is different about Bliss Yoga and why we practice the way we do. They will start to lead small parts of a Calm class and learn modifications for this class style.

### **Session 10:**

#### **Leading Energize from start to finish with proper sequence and breath.**

They will put the entire Energize sequence together as they tag team a class using a playlist that they have put together as a group. They will critique one another in a supporting way and get feedback from lead trainer.

### **Session 11:**

#### **Energize flow, wrap up**

### **Session 12:**

#### **Six week Followup:**

The student will have the opportunity to work with a fellow classmate guiding an entire Energize class while lead trainer observes.

After passing this practical test the student (if paid in full) will receive their certificate.

**Sessions are subject to change**

# bliss **yoga** *Academy*



NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE#: \_\_\_\_\_

EMAIL: \_\_\_\_\_

BIRTHDATE: \_\_\_\_\_

TUITION FEE: \_\_\_\_\_

PAYMENT AGREEMENT: \_\_\_\_\_

First tuition payment of \$200 non-refundable is due on date of signing this agreement. You will have a negative placed on your account for the balance which you will need to make a monthly payment on.  
No certificates will be given until balance is paid in full.

Three Day Cancellation: An applicant who submits written notice of cancellation from the program within 3 days of signing an enrollment agreement is entitled to a refund of all monies paid. No later than 30 days of receiving the notice of cancellation, Bliss Yoga will provide 100% of the refund.

There is a one day absence allowed during the program with make up dates required for any other missed time, TBD after program. Anything greater than one absences will have to be made during next training with certificate held until completion.

Refunds minus these amounts owed:

Week one: \$200 admin fee and \$170 for total of \$370.00

Week two: \$200 admin fee and \$335 for a total of \$535.00

Week three: \$200 admin fee and \$500 for a total of \$700.00

**I understand I will owe Bliss Yoga for these balances.**

**There will be no refunds after week three.**

There will be some required reading with a book that will need to be purchased by the student not included in the tuition fee.

There will be a student handbook that will be included in tuition fee.

Special Cases: In the case of prolonged illness, death in the family or other special circumstances that make it impractical for the student to complete the program, Bliss Yoga may make a settlement that is fair and reasonable.

## **THE STUDENT UNDERSTANDS**

1. Bliss Yoga LLC does not accept credit for previous education, training, or work experience.
2. Bliss Yoga, LLC does not guarantee job placement to graduates.
3. Bliss Yoga LLC reserves the right to discontinue the student's training for unsatisfactory progress, nonpayment of tuition or failure to abide by training rules.
4. This document does not constitute a binding agreement until accepted in writing by all parties.
5. Bliss Yoga LLC will not issue any certificate until tuition is paid in full and the student has met all hourly and learning requirements.

Student Initial\_\_\_\_

I have carefully read and received an exact copy of this enrollment agreement

Student Initial\_\_\_\_\_

I understand that Bliss Yoga may terminate my enrollment if I fail to comply with attendance, academic and financial requirement or if I disrupt the normal activities of the training, while enrolled in the Bliss Yoga program, I understand that I must maintain Satisfactory Academic Progress.

Student Initial\_\_\_\_\_

I also understand that this training does not guarantee job placement to graduates upon program completion.

Student Initial\_\_\_\_\_

**CONTRACT ACCEPTANCE:**

I, the undersigned, have read and understand this agreement and acknowledge receipt of a copy. It is further understood and agreed that this agreement supersedes all prior verbal or written agreements and may not be modified without the written agreement of the student and the Director of the Bliss Yoga Teacher Training Program. I also understand that if I default upon this agreement I will be responsible for payment of any collection fees or attorney fees incurred by Bliss Yoga LLC.

Signed this \_\_\_\_\_ day of \_\_\_\_\_, 20\_\_\_\_\_

Student Signature & Date\_\_\_\_\_

Director of Training Signature & Date\_\_\_\_\_