

Yoga Spirit Academy in Tulsa, Oklahoma

300-hour Ayurvedic Yoga Teacher Training (A.Y.T.)

Applications are always accepted

Ayurveda, the 5000-year-old "science of life" is the companion to Yoga in the ancient Indian arts of health and wellness. Yoga emphasizes postures, breathing and meditation, while Ayurveda teaches the best diet and lifestyle choices according to one's constitution. Together these systems provide a holistic vision for living with vitality, clarity and joy.



Yoga Spirit Academy's Ayurvedic Yoga Teacher Training (AYT) is a comprehensive exploration of the relationship between Yoga and Ayurveda. Students who undertake this program will

- Learn the healing aspects of Yoga and Ayurveda
 - Deepen their own understanding and practice of Yoga and Ayurveda
 - Uncover new ways to see themselves and others through the lens of Yoga and Ayurveda
 - Learn how to assess their students' needs according to the ancient teachings of Yoga and Ayurveda
 - Develop plans and programs that will meet students' needs in both group settings and in private settings
 - Grow in confidence, understanding and wisdom as they embark on a journey with others who share their values and vision
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- Weekend trainings allow you to learn the material over several months
 - Free make-up day in case you miss a class
 - No application fee for Yoga Spirit Academy students who have already paid the application fee
 - Affordable tuition of \$15 per hour
 - Receive credit for advanced courses already completed at Yoga Spirit Academy
 - Take individual courses or all seven to complete the 300-hour program

Ayurvedic Yoga Teacher training Courses

Yoga and Ayurveda 1: Constitutional Analysis (45 hours)

This course covers the philosophy of Ayurveda, aspects of Ayurvedic anatomy (5 elements, 3 doshas, 7 dhatus), the disease process according to Ayurveda, and how to analyze constitution through pulse, tongue and facial analysis.

Yoga and Ayurveda 2: Diet and Lifestyle (45 hours)

This course covers diet and lifestyle choices according to the doshas and the seasons, the five tastes of food, cooking for the doshas, basic herbalism to balance the doshas, and understanding the effect of the environment, times of the day and seasons of one's life on overall health.

Yoga and Ayurveda 3: Subtle Therapies for Body and Mind (45 hours)

This course covers the effect of Yoga and Ayurveda on body and mind, specifically exploring the chakras, the nadis, the koshas, marma therapy, aromatherapy, color and gem therapy, mantra and sound therapy.

Yoga and Ayurveda 4: Practices (40 hours)

This course covers asana, pranayama and meditation suitable for the doshas and understanding how the doshas are affected by diet, lifestyle, environment, the times of day and the seasons of life.

Advanced Anatomy for Yoga (30 hours)

This course goes beyond the basics of anatomy to explore the biomechanics of the shoulders, hips and spine; common injuries with an emphasis on anatomically safe movements; assisting and adjusting that is anatomically informed; the Ayurvedic understanding of subtle anatomy; and the anatomy of breathing.

Therapeutic Yoga and Ayurveda (45 hours)

This course explores the therapeutic applications of Yoga and Ayurveda to heal and prevent injuries and illness, therapeutic yoga for the hips and sacrum, for the shoulders and neck, for the back and spine, for the extremities, and for mental and emotional healing.

Advanced Pranayama and Meditation (50 hours)

This course builds on students' basic knowledge of and experience with pranayama and meditation to expand their personal practice; explore the physical, psychological, emotional and spiritual benefits of pranayama and meditation; and be able to prescribe specific practices to pacify the doshas and the gunas.

For an application form, see our website or contact the Director.

<https://www.yogaspirittulsa.com/300-hour-training.html>

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Frequently Asked Questions

Do I need to complete a 200-hour teacher training program before starting the 300-hour program?

No. Our school honors both training and experience in the practice and teaching of Yoga. Therefore, prospective students who have either 100 hours of teacher training from any school or 300 hours of teaching experience are welcome to attend.

Can I get credit for other advanced courses I have taken?

If you've completed advanced courses at Yoga Spirit Academy you may transfer all or some of the hours into the AYT program. You should discuss your transcript with the Director. Courses taken at other schools cannot be transferred into the YSA program.

If I've already applied to Yoga Spirit Academy do I need to apply again?

If you only applied to our 200-hour program, you do need to apply to the 300-hour program. There is no application fee for former and current YSA students.

How do I make up a missed class?

Missed classes are easy to make up with a combination of written assignments and a free make up day at the end of the course.

When is tuition due?

Tuition for each individual course is due one week before the course begins.

How long will it take to complete the program?

The program can be completed in less than 3 years, and you have up to 6 years to finish it.

How will Yoga change your life?

Explore the possibilities with us

at Yoga Spirit Academy!