

Dragonfly Yoga & Ayurveda

200 Hour Yoga Teacher Training

with Katie O'Connell, E-RYT 500, AHP, AYT & Director

Our Curriculum at Dragonfly:

- Develop a deeper awareness of Self and others, with an understanding of the connection between all beings and Nature. This begins with deep personal inquiry and a question about why and how Yoga is the path we have chosen and why we want to share it with others.
- Learn classic asanas and Sanskrit names for the poses. This portion of the training includes an extensive list of asanas in the major families of postures including: sun salutations, seated poses, standing poses, balances, forward bends, backbends, twists, arm balances, inversions, core stabilizers, and hip openers. We will study principles of alignment, the benefits as well as risks and contraindications of certain postures, preparatory asanas, counterposes, modifications and variations, use of props, and hand-on assists and adjusts in each of these categories.
- Study of yoga philosophy using Patanjali's Yoga Sutras, history of yoga, and related texts. Specific awareness will be spent studying the Yamas and Niyamas, Yoga's ethical guiding principles, our yogic road map to living a moral life.
- Study functional yoga Anatomy and Physiology, including major systems of the body, muscles, bones, joints, and understand how to guide students, through cues, assists, and adjustments in a safe and meaningful way.
- Awareness of subtle energy system, including how to access and cultivate bandhas; introduction to the elements of yogic anatomy, including koshas, chakras, nadis, vayus, gunas, and doshas from an Ayurvedic and Yogic perspective.
- Understand the art and science of appropriate sequencing and crafting classes for both vigorous and gentle Vinyasa flow yoga, for different levels of students, creating class intentions and seasonal classes, pacing, use of music, etc.
- The Principles of Ayurveda and Ayurvedic Self Care, including: Ayurvedic diet, seasonal influences, doshas, daily routines, and more!

- Therapeutics & Special Populations: Inevitably, students come to class with injuries, joint replacements, pregnancy, or specific traumas that require our awareness as a teacher. We will learn poses, modifications, and contraindications, as well as discuss issues for those with injuries, illness, and trauma. Topics will include Restorative and Yin Yoga, as well as Pre/Post natal yoga.
- Practice basic and intermediate pranayama techniques, including ujayi, kapalabhati, bastrika, sitali, nadi shodhana, etc.), discuss how and when to practice, as well as benefits and contraindications.
- Explore the practice of meditation, develop a daily practice, and learn how to demystify and bring meditation into yoga classes and into daily life in a way that is accessible for our students, using both silent and guided meditation techniques.
- Become a skilled and confident teacher, as well as find your own voice and style. This comes through observation, demonstration, and lots of practice! Learning precise verbal cues and specific hands-on assists and adjustments to guide your students into a safer and a more self-aware practice is incredibly valuable. Ample time will be given to practice in pairs and small groups to build confidence as you refine your own practice and abilities as a teacher.
- Lifestyle, Ethics, and Yoga off the Mat: We will talk about why we practice, why we want to teach others, and our charge as practitioners and instructors not only to represent yoga in all of its dimensions, but to live our practice off the mat, which includes how we care for ourselves (Ayurvedic routines, our diet, etc.).
- Understand the “business” of yoga: career opportunities, how to operate your own business, organize workshops, and what it means to register with the Yoga Alliance, obligations to maintain certification, insurance, etc.

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