



Fluid Yoga 200-hour Yoga Alliance RYT

The 200-hour Fluid Yoga Teacher Training Program invites you to go beyond simply learning to teach a yoga class, and instead join a community of teachers that values the personal strength we achieve when deeply interconnected with our practice and sangha. Within the framework of a Yoga Alliance-certified curriculum, our 200-hour program focuses on personal enrichment, the discovery of your individual path, building community, inspiring leadership and cultivating a network of teachers whose offerings are intelligent by design and fluid by nature.

Suggested experience:

- At least 1 year regular vinyasa practice.
- Attendance at a class with a Fluid Yoga teacher

The program is delivered over the course of a series of intensives sessions, including attendance at the Fluid Mind, Spirit and Body Modules in addition to the teaching weekends.

Topics of instruction include:

- Meditation
- Philosophy
- Anatomy
- Alignment and Asana
- Cuing
- Sequencing

- Assisting
- The Art of Yoga Instruction
- The Business of Yoga
- Prenatal Yoga (not a certification)
- Pranayama

Fluid Mind I

In this Module, students explore a central question: How can we let go of fear, craving and attachment in order to become happier and more content? The Fluid Mind approach begins with a foundational understanding of Tibetan Buddhist mind training, and continues to explore the science of meditation, the foundations of practice, and specific meditation practices (including shamata, maitri/lovingkindness, and tong-len). A Fluid mind is present and adaptable to change—qualities that lead to happier living and more refined yogic practice. There is no pre-requisite for this Module

Fluid Spirit I

Yogis throughout history have referred to “knowing oneself”—and in the Fluid Spirit I Module, we explore the tools students need to better understand their own minds. Our exploration will include study of the Six Perfections (*paramitas*) as a gateway to a discussion of living an exemplary life filled with generosity, patience, diligence, morality, meditation and wisdom. Additional topics include the Buddha’s discoveries under the Bodhi Tree, the Four Noble Truths, and foundational Tibetan Buddhist philosophies. Fluid Spirit I features teachings from Khenpo Lama Migmar, a Tibetan monk and head of the Sakya Center in Cambridge. Lama Migmar will offer discourse on the Six Paramitas. Weekend includes daily asana practice, meditation, discourses and activities. There is no pre-requisite for this Module.

Fluid Body I

The Fluid Yoga approach to asana encourages freedom and exploration within the framework of alignment-based cuing and sequencing. The result is a practice at once efficient and expansive; students new to yoga or those with years of experience will find equal room for growth and discovery. The Fluid Body I Module introduces the dynamic, flowing rhythm of vinyasa while providing easy methods for understanding safe alignment. Attendants learn to listen to their inner wisdom to make moment-to-

moment adjustments without disrupting the fluidity of practice. There is no pre-requisite for this Module.

Fluid Teaching

Another 100 hours of training will cover how to teach yoga, including how to sequence a class, adding cueing and helpful language getting into and out of poses, fluid assisting and weaving theming and yoga philosophy into your classes.



Fluid Yoga Teacher Training Application

Please complete and submit via email to info@fluidyoga.com

Personal Information

Name: _____ Date: _____

Mailing Address: _____

Phone: _____

Email: _____

Background Information

How long have you practiced yoga? What styles? _____

Have you taken a class with a Fluid Yoga teacher? If so, whom? _____

Are you currently a yoga instructor? _____

If so, how many years have you been certified? In what style/where did you receive your training? _____

Please list your previous yoga education such as any relevant trainings, workshops or retreats including any previous intensives or trainings with Fluid Yoga: _____

Health Information

Do you have any conditions or constraints that might affect your full participation in this training or accommodations you will require to participate in the training? If so, please explain briefly: _____

Emergency Contact Information

Name _____

Home Phone _____

Cell Phone _____

E-mail _____

Relationship _____

Additional Questions/concerns or comments that you'd like us to know: _____

Essay Questions

Please write a short response to each of the following questions and add as an attachment to this document. Please limit answers to one paragraph each.

1. What does yoga mean to you?
2. How do you integrate yoga into your daily life?
3. Why do you want to teach yoga and what are your goals for teacher training?
4. What do you find most challenging for you about yoga?
5. Please describe a time when you experienced a life disappointment and how you dealt with it.

Please be sure to attach short answers and all additional materials before submitting. Only complete applications will be considered.