



## **MODULE 2**

### **THE MIND: Teaching Methodology, Creative Sequencing & Meditation Toolbox**

With Brandy Boffa



## IN THIS MODULE YOU WILL LEARN:

- Teaching Methodology, Use of Apex Poses in Vinyasa Sequencing. Advancements, and Modifications, Ayurvedic knowledge to enhance your teaching, History of Myths and Lineages of ancient India.
- You will learn the order of Hatha Yoga Asana, Pranayama, Mudra and Meditation to impact your energetic and physical bodies. (modification options for limited mobility aka Chair yoga when appropriate)
- Explore Ayurvedic Doshas of the Seasons to properly build a Flow class that will leave your students Balanced and Sattvic.
- Explore your own Ayurvedic Dosha to understand how to shift your practice to find the energetic balance that suits your Prakriti.
- History of Different Yoga Lineages: Shaivaites and Vaishnavites, 8 limbs versus 7 limbs,
- Krishnamacharya and Bishnu Ghosh...
- Explore the Chakras concerning the 5 Elements and 5 Senses to guide meaningful and expansive classes.
- Storytelling using ancient mythology in connection to the asana poses.
- Set sequencing to focus on the physical and energetic benefits of the practice.
- Add optional amplifications