

# erica blitz

INSPIRE + INQUIRE

## OUTLINE : COURSE OFFERING

### Asana Teaching Techniques

- Inquiry into Asana: Standing & balancing poses, backbends, core, arm balances, twists, inversions, hip openers, forward bends, reclined and seated
- Physical and energetic benefits of asanas
- Learn how to use props effectively
- Modifications + variations
- Adjustments (both verbal and hands on)
- Posture Labs – learn and understand different bodies

### Teaching Methodology

- Observation skills
- Alignment principles

### The Art of Sequencing

- The Arch Progression Model
- Learn how to create an integrative vinyasa flow class
- The craft of creating an all-levels class

### Anatomy

- Physiological and energetic effects and benefits of asana, pranayama, meditation + relaxation
- Effects of structural alignment on overall health
- Avoiding common injuries in yogic practices
- Core and midline

### Pranayama

- The role of breath in Vinyasa
- Introduction to the anatomy & art of the breath
- Basic pranayama techniques

### Meditation

- Meditation exercises to focus the mind for contemplation
- Mantra
- Mind-body connection

### Philosophy

- Introduction to Patanjali's Yoga Sutras
- The Roots of Yoga: the path of modern day yoga from east to west
- The evolution of Vinyasa Yoga

### Living your Yoga

- Taking your practice off the mat and into your life with The Eight-Limbed Path