The Art of Teaching

50-hour Continuing Education for Yoga Teachers

EDUCATION.
EXCELLENCE.
IMPACT.

50-Hour Continuing Education

Shri yoga

© Julie Smerdon 2022

MODULE 1

Creating Life-Changing Classes: The Art of Blending Theme & Sequence

If you've ever had a yoga teacher who changed your life with the subtle way they wove movement and a message together, then you've experienced the power of potent theming. Using themes will set your classes apart, but expert theming is more than just a 'spiritual sandwich' where you begin and end class with an inspirational poem or quote. A great theme has a sequence that supports the message and is woven throughout the class. This powerful combination gives your students a full-body experience of the concept you're exploring that will lift, inspire and leave them feeling transformed.

Becoming a more inspiring teacher is a way to differentiate your classes from the hundreds of other classes on offer. The best teachers help students understand their potential as well how to do poses. Skillful theming is the perfect way to achieve this.

In this module we'll explore:

- How understanding your own mission in teaching informs your themes
- How to come up with compelling, inspiring themes for your classes AND...
- How to design a sequence that amplifies that theme
- How to weave your theme throughout a class in a way that enhances your sequence rather than disrupting it.

You'll receive a booklet of themes and sequences that we design together, giving you a head start as you begin to work this magical teaching tool into your own classes.

© Julie Smerdon 2021

MODULE 2

Words Matter: The Art of Potent, Positive Communication

The most influential teachers are not characterised by the amount of 'information' they provide, but by the learning environment they foster. Teaching yoga is much more than blandly repeating traditional wisdom. Masterful teaching is wonderfully authentic, encompassing clear and simple communication, full presence, and acceptance.

In this module we'll explore how teaching off the mat enables you to connect with your students during practice, both in person AND on Zoom. We'll look at the power of words, even the smallest words, to either uplift or discourage your students. We'll unpack how the words you speak can create a narrative in your class that helps your students to feel safe and cared for, even in a multi-level class.

In this module we'll explore:

- Honing effective verbal skills to enable you to teach off the mat and enhance your connection with students
- How to create a sacred space, both online and in person
- Clear communication: How simple language eliminates frustration and helps your students to stay with your cues
- Managing Classroom dynamics: Effective teaching in multi-level classes

© Julie Smerdon 2021

MODULE 3

Embodying Philosophy: The Art of Bringing Ancient Wisdom to Life

As yoga teachers we have a sacred duty to teach in a way that upholds the heart of the practice. In this workshop we'll dive deep into the nectar of yoga; the part we take off the mat and into our lives. We'll explore the difference between Classical Yoga Philosophy and the Tantric teachings that are at the very heart of the practice we do today, eliminating some of the confusion that surrounds yoga philosophy as we explore why this confusion exists.

We'll look at how to translate these empowering teachings in a way that's authentic to you, using language that your students can understand and incorporate into their lives both on and off the mat.

In this module we'll explore:

- A basic history of yoga philosophy
- Tantric philosophy and its relationship to Hatha Yoga
- What 'Living Your Yoga' means to you
- How to translate yoga philosophy in a way that's relevant to students in multiple settings continue

© Julie Smerdon 2021

MODULE 4

The Power and Beauty of Breath: The Art of Teaching Breath During Practice

Any teacher will tell you that yoga is a breath-centered practice. But how many times have you found yourself in a class so fast-paced that you're left breathless during class and exhausted afterward? The way you breathe not only helps you move more easily into a pose, but it is also is key to the movement of Prana, or life force within your body. More than just linking breath to movement, proper instruction of the breath is crucial to a full experience of the practice. Even in the strongest classes a teacher's skillful focus on breath is the difference between students leaving class feeling invigorated and full of vitality or depleted and exhausted.

Modern research is backing up the wisdom of the ancient traditions, showing us that focusing on how we breathe can rejuvenate our organs, ease allergies and autoimmune disease, even stop snoring!

In this module we'll explore:

- How to link breath to movement
- The importance of breath when holding poses
- Basic subtle body anatomy and how Prana moves in the body.
- The three focal points –working with the energetic nexus of a pose.
- Basic Pranayama techniques and how to incorporate them into your classes

© Julie Smerdon 2021

MODULE 5

The Power and Beauty of Breath: The Art of Teaching Breath During Practice

In the age of COVID and with the MeToo movement exposing years of abuse in the yoga industry, physical touch in yoga class has become a loaded topic, and rightfully so. There are many reasons touch is useful in class and there are an equal number of reasons not to touch. It takes confidence and an understanding of subtle body energy to effectively offer physical assists to your students. In this 2-day module we'll explore the art of assists; how, and more importantly WHEN to assist our students through the powerful medium of physical touch. You will hone your ability to give safe, physical assists as well as learning how to use verbal assists to take your students deeper into their practice and help them find freedom on their mat.

With a well-thought-out approach to physical assists in our teaching, we can make our classes safer, more effective, and more empowering for everyone.

Participants will receive a manual with photos of the assists we cover.

In this module we'll explore:

- The difference between adjusting and assisting
- Different types of touch and their appropriateness in a class setting
- Less is more – the art of spotting
- We'll practice variety of spotting and assisting techniques together

© Julie Smerdon 2021

The Curriculum

Julie Smerdon is a certified Continuing Education Provider with Yoga Alliance, a Senior Instructor with Yoga Australia, and a member of the International Association of Yoga Therapists.

Shri Yoga is a Registered Yoga School with both Yoga Alliance and Yoga Australia.

© Julie Smerdon 2021