



# SKYDANCE YOGA 250+ YOGA TT

## COURSE CONTENT



### *MODULE ONE*

#### **FOUNDATION/STANDING POSE FLOW**

80hrs AD \$1.400.00

The foundation module introduces the core asana series, designed to liberate the student from rigid approaches and attitudes, and embracing a fluid, organic yoga practice. The importance of grounding and connecting to the breath is a key focus, as we clear our way to make room for a deeper connection to fully embodied creative selves.

In the second half of the module we organically flow into the standing poses as we discover the relationship between focus, strength and clarity, and how the standing pose flow is a journey towards that goal. By fully grounding into the moment and anchoring

ourselves with the breath we are able to be fully present and centred.



## ***MODULE TWO***

### **BACKBEND FLOW/HIP OPENER FLOW**

80hrs/ AD1,400

This module teaches us to release into backbends in a gentle and safe way. A beautiful and expressive sequence, generating spaciousness and grace within the spine and the whole body.

We then flow through the hip-opener sequence. Hips are traditionally an area of constriction, and by connecting to the Kerali Vinyasa, a sequence inspired by the Indian martial art form Kerali, we discover circular, rhythmic and pulsing movements which liberate and unravel tension and inspire a lightness and freedom in both the body and mind.



## ***MODULE THREE***

### **LUNAR FLOW**

**65 hr/ \$900.00AD**

Our final intensive connects us to Jala, the water element, and Jala Namaskar. Here we explore a fluid and graceful approach to our asana practice, finding a lightness and space in our flows.

To finish our course, we gently release into a more contemplative, reflective lunar flow practice, including pranayama, chanting and nidra journey, and take time to appreciate how liberated and free our bodies and minds have become.