



# Core Yoga

**Instructor Training Manual**  
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This Manual Belongs To: \_\_\_\_\_

# Core Yoga Instructor Training Manual

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*Unending thanks to all those who have shared the Yoga journey with me, and special thanks to Rose, Jenny, Tina, Dani and Sheila for learning and modeling Core Yoga on the same day!*



# Chapter One

## **Introduction:**

Course Overview pg 4

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# Welcome to the Yoga Trinity

## Core Yoga Instructor Training Intensive

*Core Yoga is a moving meditation of breath, awareness, core strengthening and stretching that will strengthen, stretch and streamline the body, calm and focus the mind, improve breathing and posture habits, and cultivate a state of active relaxation in everyday life. Suitable for all levels, and ideal for reducing low back pain, managing stress, improving posture, and building a foundation for ideal health, fitness and vitality.*

This program has been designed to share one of our most popular and effective classes with yoga teachers, fitness instructors and health professionals – Core Yoga – so that they may enjoy sharing the benefits of this Yoga/Pilates fusion with students of all ages and backgrounds.

Through this program we are committed to offering teachers a forum for exploring the foundations of Yoga and Pilates, enhancing personal practice, and developing skills and techniques essential to teaching a safe and effective Core Yoga class.

### **This Program Includes:**

#### **Contact Hours: 35 hrs**

Guided practice to explore and refine your Core Yoga practice  
Asana Study sessions to explore each of the Vinyasas – flowing sequences – of movements  
Study of the foundations of Yoga and Pilates  
Explore the “5 Core Concepts” integral to the practice.  
Breathwork and meditation  
Anatomy for Core Yoga  
Teaching skills, cuing and correcting  
Posture assessment and alignment  
Practice teaching, cuing and correcting

#### **Non-Contact Hours: 15 hrs**

Practicum – 5 documented practice teaching sessions  
Writing Assignment – A 750-1500 word discussion of **one** of the following subjects:

- 1) How Core Yoga can help manage stress
- 2) How Core Yoga can help reduce low back pain
- 3) The practice of Yoga in everyday life
- 4) How Metta can influence a Core Yoga practice

# Trinity Core Yoga Instructor Training

## Aims and Outcomes

It is our aim that each graduate of the Trinity Core Yoga Instructor Training program will demonstrate competence in guiding the general participant safely through a balanced sequence of techniques, instruct simple breath-work exercises, and a guided relaxation. As well, it is our goal to encourage and assist each graduate in demonstrating and teaching the philosophies of Yoga and Pilates in their professional and personal interactions.

### **Graduates will show competence in:**

- Demonstrating, cueing and adjusting Trinity Core Yoga.
- Teaching and cueing breath-work suitable for the beginner to advanced-beginner student.
- Identifying special populations, postural problems and individual difference and respond with cues, modifications, props and guidelines suitable for the individual.
- Identifying students who require referral to a health care provider before commencing a Core Yoga class.
- Observing the philosophies of Yoga in business management, teacher/student relationship, and personal practice.

### **Areas of Study**

#### **Technical Study**

Postures, Breathwork, Bandha, Relaxation & Visualization, Cueing, Propping, Hands-on Adjustments, Private Teaching, Group Teaching,

**Theory and Methodology:** The Business of Yoga, The Role of a Teacher, Teaching Yoga Asanas.

**Anatomy and Physiology:** Core Yoga Musculature, Posture and Assessment, Mental Anatomy

**Philosophy, Lifestyle and Ethics:** Five Core Concepts, History of Yoga, History of Pilates.

**Practicum:** Posture Assessment and Alignment, Hands On Adjustments, Teaching Private Sessions, Teaching Group Sessions, Teaching Breathwork and Relaxation