



Greetings,

Thank you for your interest in It's Yoga and The Rocket® routines!

The IYI301 is the 'bridge' course for 200 hr graduates from other asana-based disciplines (Yoga Alliance registered), to receive the foundations of The Rocket® routines and teachings of It's Yoga.

IYI 301 – Rocket Foundations – Learning to Fly, On and Off the Mat

Course Outline

HISTORY

- Pattabhi Jois – Philosophy
- Larry Schultz
- T.Krishnamacharya , B.K.S Iyengar
- Yoga Sutras: The Eight Limbs of Patanjali
- History of Ashtanga Vinyasa Yoga

PRANAYAMA

- Theory and Practice
- Ujjayi Breath
- Theory and Practice
- Working with the breath in Ashtanga sequences

SUN SALUTATIONS

- Suryanamaskara A – Theory and Practice
- Suryanamaskara B – Theory and Practice
- Teaching Suryanamaskara A and B

ANATOMY

- Name and locate muscles, bones and joints
- Spinal Integrity
- Functional Movement

IT'S YOGA SYSTEM

- Full Primary Series
- Modified Primary Series
- Mixed Levels (Rocket 1)
- Modified Intermediate Series (Rocket 2)
- Minimum Daily Requirement

ASANAS

- Names – Sanskrit and English
- Standing, seated and finishing asanas of the Primary
- Series – Detailed breakdown of the poses
- Practice and benefits of the asanas
- Guiding others – Verbal and hands-on adjustments

CHAKRAS / NAULIS / BANDHAS

- Names and function
- Location and importance
- Naulis – Theory and Practice
- Bandhas – Theory and Practice
- Yoga as an Energetic System

BECOMING A TEACHER

- Principles of Teaching
- Etiquette/Responsibility in the classroom
- Finding your own voice as a Teacher
- Developing a Personal Teaching Philosophy
- Marketing yourself as a Teacher

Certification Requirements

Teach a Class

You will be assigned to teach a one-on-one beginner class at the school.

Assist classes

You will be assigned to assist classes being taught by senior instructors. You will be required to give physical adjustments and answer questions at the beginning and end of class.

Observe Classes

You are required to attend classes taught by other teachers and observe their teaching style.

Statement of teaching philosophy

Compose a short statement of the principles which you intend to uphold as you teach the Ashtanga Yoga system.

Complete written assignments

Personal Essay – Your own experience of yoga.
Keep a Journal/practice log.

Tests

Two short quizzes which include memorization of all of the Sanskrit names for the asanas and a final written essay test.



Testimonial from the IYI301 in It's Yoga Helsinki, Finland. June 2016



Sample Schedule

8:30 – 10am	Morning Practice
10 – 11am	Journals/Breakfast
11 – 1:30pm	Practicum 1
1:30 – 3pm	Lunch and Free Time
3 – 5pm	Practicum 2
5 – 5:30pm	Tea/Juice
5:30 – 7pm	Rocket Practice

Pre-requisites

Yoga Alliance registered 200 hour teacher training certification, enthusiasm and commitment.

It's Yoga, founded in 1989 by [Larry Schultz](#), a student of Sri K. Patthabi Jois; was the original Ashtanga Vinyasa Yoga studio in San Francisco and has since graduated over 5000 students around the globe from our affiliated It's Yoga Centers.

Larry and It's Yoga created [The Rocket® routines](#), inspired by the time as the yoga teacher to [The Grateful Dead](#).

We are honored to offer daily classes and trainings worldwide!

Questions

How did you hear about the training and It's Yoga?

What school have you done your 200 hour TT with?

What attracts you to The Rocket®?



Have a wonderful rest of the day!

We are here to serve and answer your questions (info@itsyoga.com)



