



VIVA
STUDIO

200 HOUR YOGA TEACHER TRAINING 2023

JOURNEY THROUGH THE 5 ELEMENTS

1. MODULE 1-EARTH ELEMENT (MAY 5TH-7TH) (JUNE 23RD-25TH) 40 HOURS + OPENING CEREMONY

Earth represents our foundation. Introduction and explanation of the Earth Element and its importance.

A. What is Yoga? (Philosophy, History, Ethics) 30 hours

- i. Tree of Life explaining the History & Timeline of Yoga
- ii. Intro to Yoga Sutras
- iii. Raja Yoga System
- iv. Bhagavad Gita
- v. Four Paths of Yoga
- vi. Anatomy (10 hours) feet, legs, sexual organs (elimination), root Chakra

2. MODULE 2- WATER ELEMENT (SEPT. 1ST-3RD) (SEPTEMBER 29TH- OCT. 1ST) = 40 HOURS

Water represents movement, cleansing, emotions & letting go. Introduction and explanation of the Water Element & its importance.

A. What is the Subtle Body?

- i. The Nervous System
- ii. Emotions
- iii. Trauma
- iv. Chakras

- v. The Koshas
- vi. Anatomy (10 hours) pelvis, psoas, hips and lymphatic system, sacral Chakra

3. MODULE 3 – FIRE ELEMENT (OCT. 12TH-16TH) 5 DAY RETREAT FIRE (AGNI) REPRESENTS LIFE, TRANSFORMATION, DIGESTION. INTRODUCTION AND EXPLANATION OF THE FIRE ELEMENT & ITS IMPORTANCE.

A. What is Agni?

- i. Intro to Ayurveda
- ii. Nutrition/ Digestion
- iii. Will power- I am
- iv. Lifestyle
- v. Anatomy (10 hours) spine, navel, core, digestive system, solar plexus Chakra

4. MODULE 4 – AIR ELEMENT (NOV. 10TH-12TH) NEW MOON + (DECEMBER 15TH-17TH) FULL MOON = 40 HOURS

Air represents movement, strength and the breath of life. Introduction to the Air Element and its importance.

A. What is Pranayama? What is your Hearts deepest Desire?

- i. Intro to Pranayama
- ii. Vayus
- iii. Mudra + Mantra
- iv. Heart intention
- v. How to create a heartfelt and safe space
- vi. Authenticity, finding your voice
- vii. Anatomy (10 hours) heart, lungs, diaphragm, throat, rib cage, cardiovascular system, heart Chakra

5. MODULE 5 – ETHER ELEMENT (JANUARY 12TH-14TH) (FEBRUARY 23RD-25TH) = 40 HOURS + CLOSING CEREMONY

Ether represents space, sound and infinity. Introduction to the Ether Element and its importance.

A. What is Meditation? How does the mind work?

- i. Intro to Meditation
- ii. Intuition (Ida & Pingola)
- iii. How to incorporate Sound
- iv. Business, Professional essentials

- v. Projections into the future
- vi. Practicum/Test
- vii. Anatomy (10 hours) the brain, the glandular system, hormones, 5 senses, throat, third eye and crown Chakra

DATES AND SUBJECTS MAY VARY AND CHANGE