



Osmose Yoga Paris

Teacher Training Course: *Vinyasa Yoga*, level 2 - Scaling down and up -

Duration: 300 hours over 2 years (11 weekends and 2 Intensive retreats of 10 days)

Location : *Osmose Yoga Paris*
91, rue de la Roquette
75011 PARIS

Contact – Main Teacher : Renan de Germain
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Website
<http://www.osmose-yoga-paris.com/>

Cost: 3900 euros
Includes : the teaching hours, meetings, booklets
Does not include : accommodation and travel for the retreat, the yoga books
Possible to pay by cash, bank transfer or cheque, in instalments

Language:
French and English with Kelly and Evan (2nd Retreat)

Overview

Prerequisites

This TTC is not for beginners in Yoga

Have been practicing any style of yoga for at least 5 years

Teaching Yoga, at least one class per week

Have completed a 200h TTC

Areas of studies

- Asanas
- Pranayama, meditation and mantra
- Philosophy
- Anatomy
- Teaching Methodology

Material

This course provides booklets on: Asanas, Pranayama, Anatomy and Yoga Philosophy

This course does not provides: the other books mentioned in the different classes

Course Objectives

Practice, pedagogy and teaching of Vinyasa sequences

Practice, pedagogy and teaching of Pranayama, meditation and mantras

Knowledge in general anatomy

Knowledge in Yoga Philosophy and Indian culture (Patanjali Yogasutras, Bhagavad Gita and Hatha Yoga Pradipika)

Registration requirements

Have practiced several classes with Renan de Germain

CV of the trainee

Motivation Letter (outlining reason for wanting to do the TTC)

Approval of Renan de Germain

Grading Criteria / Evaluation procedure

- Attended at least 90% of course
 - Design of the Vinyasa sequence and teaching it to a class
 - Anatomy study (choose in a list of topics)
 - Philosophy study (choose in a list of topics)
 - Teaching a Pranayama (choose in a list of topics)
 - Asana exam: practice and teaching of 2 asanas
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Program

The aim of the TTC Level 2 is to be able to understand and practice an advanced posture in its anatomical and energetical aspects in order to teach it in a sequence that scales down and up this posture

1. Pranayama and Meditation

Teacher : Renan de Germain

- Practice of Ujjai, Nadi Shodhana, Uddyana Bhandha and Kumbhaka
- Practice and study of different kind of meditation: Shamatha, Chakra meditation, kundalini meditation

2. Yoga Philosophy

Teachers: Renan de Germain (and Evan Harris for the second 10 days retreat)

- Revisiting the main texts (TTC Level 1, being Yoga Sutras, Bhagavad Gita, Hatha Yoga Pradipika)
- Focus on Advaita Vedanta: In the Indian culture (Shankara) and modern approaches (Jean Klein).
- Subtle body: Chakras, Nadis, etc. in the traditional texts and practices of these methods
- Sanskrit initiation: learning the Devanagari, Sanskrit alphabet and being able to read simple words and phrases

3. Anatomy and physiology

Teachers: Stéphane Pierrard (and Kelly Harris for the second 10 days retreat)

- Global anatomy, revisiting (TTC Level 1)
- Anatomy applied to individual's body
- Analysis of 11 postures which will be the basis of the program (One posture per Weekend): Ardha Chandrasana / Shirshasana / Parshva Bakasana / Hanumanasana / Samakonasana / Pincha Mayurasana / Kapotasana / Kurmasana / Padmasana / Ekapada Shirshasana / Natarajasana

4. Asana Teaching/ Methodology and conception

Teacher : Renan de Germain

- Learning the name and the meaning of the posture in Sanskrit
- Anatomy of the posture
- Energetical aspects of the posture
- Personal practice of the posture
- *How to teach the posture ?*

=> Learning to build a conceptual sequence following the breathing

A. Scaling down

- Observing and understanding the areas of the body that are engaged and in what way
- Understanding the postures related to these parts of the body that provides strength and flexibility
- Designing a progressive sequence that leads to this posture

B. Variations of the posture

- See the different variations of the postures (modification of the arms, legs)
- Using props like, block, belts, wall ...

C. Scaling up the posture

- More advanced variations that deepens one aspect of the posture

D. End of the Sequence

- How to introduce some counter-poses
- Finishing sequences to relax and draw down the energy
- Leading into the pranayama and Shavasana

5. Self Practice

Teacher : Renan de Germain

Feed-back from teacher on sequencing and modifications

- For the student to practice the sequence they have designed
- Student to recognize the order of the postures, energy progression, intensity and duration of the sequence
- Applicable modifications

6. Teaching the sequence – Application of methodology and conception

Teacher : Renan de Germain

- On a one to one basis, (like a private lesson)
- To the group: be able to follow the sequence and to propose some specific individual modifications

TTC hours

1. Eleven weekends

- *Friday evenings*: 3 hours (Mantras and Philosophy)
- *Saturday afternoons*: 4 hours (Anatomy and Asana practice)
- *Sundays*: 8 hours (Self practice, Pranayama and meditation, Pedagogy)

=> 15 hours per weekend

=> **Total : 15 * 11 = 165 hours**

2. Two Intensives retreats of 10 days

- Self Practice: 2h
- Yoga Philosophy or Anatomy: 2h
- Pedagogy: 3h

=> 7 hours per day

=> **Total : 70h * 2 = 140 hours**

3. Specific classes

- Social medias - Marketing and communication - 2 hours
- Financial aspects of teaching Yoga - 2 hours

=> **Total 4 hours**

Total : 309 hours

Schedule

1. Weekend workshops

Location : Osmose Yoga Paris

2019

- January: 11, 12, 13
- February: 1, 2, 3
- April: 5, 6, 7
- May 31, June: 1, 2
- September: 13, 14, 15
- November: 15, 16, 17

2020

- January : 17, 18 19
- March : 13, 14, 15
- May : 15, 16, 17
- September : 18, 19, 20
- November : 13, 14, 15

2. Intensive retreats – 10 days

- First Retreat: July or October 2019

Location: TBD

- Second Retreat: July 2020

Location: Osmose Yoga Paris

Exact dates to be determined in collaboration with all the participants