

Bamboo Moves 200hr. Instructor Training (BIT)



B.I.T. is an intensive two-month course for advanced practitioners of Bamboo Yoga to become certified at the 200hr level of yoga instruction. Keep in mind that “advanced” is not the title given to someone who can move deep into difficult postures, but someone who comes to the mat with a level of maturity, a willingness to learn, and an understanding of the limits of their own body. The training can be seen as divided into three main themes: Body, Mind, and Spirit.

BODY: All the physical essentials of the practice, the physical aspects of yoga are the skeleton of the practice. With a thorough understanding of these practices we can integrate the mental and emotional elements of yoga more easily.

- Precise understanding, experience, and how to adjust all basic Asana sets: Sun-Salute, Warrior, Balances, Inversions, Headstand, Handstands/Plants
- Energy Training, Chi-Kung
- Routines and Class Flows
- Effective use of sequencing: learning how to organize the postures in an intelligent order
- Proper Diet, Nutrition, Fasting, Kriyas
- Pressure Point Healing, Yoga Therapy. Appropriate touching.

MIND: In this sense our mind training is more concerned with our emotional understanding of people, situations, and energy. How we interact with others on a psychological level and how that relates to being a yogi.

- Conserving Energy and Managing People
- Energy Meditation (Pranayama) 101,102,103
- Chakra Breathwork. Jung Choong Breathing.
- Using Light/Sound/Vibration/Humor/Voice as Tools
- Becoming an Empath to the Class
- Guiding Big Groups, Where to Focus?
- Private Sessions; Working with VERY stiff people
- Dealing with Money and Spirituality
- Managing a Successful Yoga Class and Studio

SPIRIT: The realm of spirit for this course is in understanding information at its various levels. The knowledge portion of this course is broad in its reach; however, each concept/philosophy often builds on or is a part of the other and therefore comes to be one body of knowledge that the instructor or healer should have an adequate understanding of. During this portion of the course there will be suggested extra readings, and questions are strongly encouraged. Knowledge will be tested in a written exam at the end of the program.

- Anatomy & Physiology: (Western and Eastern)
- Patanjali's Yoga Sutras and 8 Limbs of Yoga
- Bamboo Philosophy:
 - 3 Principles of Energy
 - Chanting, Healing Sounds.
 - The Trinity as seen across various traditions
- Life of a Bamboo Warrior: Morality and Truth Centered Life.

SCHEDULE/FEES: The course will meet T,W,Th from 10am - 4pm. from July 15th to Aug, 28th, All day retreat from Aug 29th-Sept 1st. With additional apprenticeship hours scheuled on an individual basis. Students may pick 1 of 3 topics for Apprenticeship: **(Bamboo Sword, Veridian Energy Healing, Yoga Studio Management.)**

Price: \$2,800 (Includes books, fees, retreat, one 10 hour Apprenticeship) (\$400 for extra apprenticeship.)

Please include a 1-2 page single-spaced essay answering the following questions:
“How has yoga affected your life?” and “Why do you want to do this training?”

Date: _____ Name: _____

PAID \$ _____ Signature _____ Accepted By: _____

non-members please fill out: DOB: _____ Sex: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone:(H) _____ (W) _____ E-mail: _____