

# bridge of consciousness

200h teacher training



**ohana rising**  
yoga studio

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## when

October 2022 → June 2023

## contents

This 200 Hour Training is founded in the principles of Hatha & Raja Yoga. Hatha opens the potential to listen, feel and connect with your body, mind, & breath opening the pathway to the depth of human potential. It is in this space the opportunity opens to connect with love to Consciousness, and the resilience, stability, security of your spiritual nature. From this place of wholeness, we can begin to share and inspire one another.

## building foundation

### **This Learning to Listen & Feel**

Asana (the art of moving into stillness)  
Pranayama (connection with the breath & the energy of life)  
Vinyasa (rhythm & cycles)  
Kriya, Bandha & Drishti (direction, integration & focus)  
Meditation & Mantra (awareness, transformation & clarity)  
Yoga Anatomy & Physiology  
Subtle anatomy (Chakras & Koshas)  
Energy Lines & The Art of Movement

### **Teaching Methodology**

Foundations of Teaching  
The Art of Sequencing  
Language & Communication  
Principles of demonstration, observations, assisting & adjustments  
Teaching Practice  
Introduction to Restorative Yoga  
Prenatal & Special Topics  
Ethics & Business

### **Philosophy**

History & Foundation of Hatha Yoga  
The Yoga Sutras & the 8 Limbs of Yoga  
The Mind & Meditation  
Nervous System  
Ayurveda, Gunas & Organs of Action  
Learning vs Transformation  
Self reflective love & connection with Nature  
Personal Sadhana

## what you will get from this program

A deepened understanding of Yoga  
A foundational personal sadhana  
Mentorship & Support  
Training with Master Teachers  
Confidence in knowing how to support all students from beginners to skillfully making adaptations  
The ability to create elegant & intelligent sequences  
The ability to teach with presence and support for the class  
The ability to make modifications and adjustments without breaking the flow of class  
Comprehensive 200hr Yoga Teacher Training Manual & Educational Texts  
30 class pass during training period.  
Upon completion, an Ohana Rising Yoga School 200hr Certificate  
The ability to register with the National Yoga Alliance

## enrolment process

### Eligibility

A minimum of 1 year of personal yoga practice at home or in a yoga center  
18 + years of age

### Enrolment

To enrol, please submit application from the website. ([ohanarising.com](http://ohanarising.com))  
Program deposits are to be paid within 10 days of program acceptance  
Enrolment form is to be completed upon submission of deposit  
Please email [hello@ohanarising.com](mailto:hello@ohanarising.com) with any questions

## language

English

## teachers

### Lisa Brodrick

ERYT 500, 800, RCYT

Growing up between the US & Argentina, Lisa became enamoured with the curiosities and complexities of the world. She believes that we are moving into a world of unity consciousness and that we have the potential and possibility to be fully ourselves, without fear, and experience life in this way and connect with the Divine. Her offerings reflect this truth. Simply, she loves the ocean, being in nature and this beautiful planet and be a part of sharing for the good of our human collective. A student of Sri Dharma Mittra and of Kundalini Yoga, she has lead workshops and trainings for adults and children throughout the US, Mexico & South Africa.

### Fabio Filippi

ERYT 200, RYT 500, 800

Fabio's curiosity drove him to travel extensively to remote regions of the world to find inspirations, whilst continuously maturing his inner awareness. With his backpack and camera always ready, Fabio seeks to seize the unique moments in life as they happen – cultures, people, religion and countries – reinforcing his belief that exploring the world is the 'school of life' and traveling the best conduit to learning. Disciple of Sri Dharma Mittra, Fabio shares Hatha Raja Yoga classes, workshops and teacher training around the world.

**This training will include several internationally & locally renown guest master teachers.**

## where

The 200 hour YTT will run at Ohana Rising Yoga School. 57 Main St, Unit 1, Bradley Beach, NJ.  
[www.ohanarising.com](http://www.ohanarising.com) email for more info: [hello@ohanarising.com](mailto:hello@ohanarising.com)

## schedule & typical day

1 weekend per month October 2022- June 2023  
// Saturday's 9:30- 6pm  
// Sunday's 10am - 4pm  
// Sunday Morning Meditation at 6:30am after the first month

## accreditation

The advance training will provide 200 hours accredited through Yoga Alliance US

## investment

Early registration // Before 9/1/2022  
**\$3250**

After 10/1/2022  
**\$3,500**

Deposit upon acceptance // applied to full tuition  
**\$350**

## what's included

Teacher training & manual  
Class pass during training period

## payment ways

Payment via Credit Card can be made from website  
AT checkout, you are able to set up a payment plan via AFTERPAY at no additional expense  
Credit payments are subject to 3.5% processing fee  
Payments in full can made by check to Ohana Rising Yoga School or Zelle to [ohanarisingyoga@gmail.com](mailto:ohanarisingyoga@gmail.com) at to additional fee.



[ohanarising.yoga](http://ohanarising.yoga)