

OVERVIEW & INTENTION

Daily Breath Yoga School is an interdisciplinary approach to understanding and instructing Yoga. It is based on Yoga Alliance's 200 hour curriculum, and certified by YA. Workshops, offered in modules, are formulated for those who wish to take it to the next level, those needing on-going certifications, as well as 200 hour students. Classes are physically demanding, emotionally supportive, and mentally expansive. The large question students address in this journey is, "Where/who am I in all of this? What is my response, my understanding as I incorporate multiple layers of Yoga into my being? Becoming a yoga teacher changes one's life, and the life of those around you. Be prepared to transform, to open to a body/mind/spirit that have been waiting for you.

ABOUT SAMANTHA PRINCIPAL INSTRUCTOR
500 Hour Yoga Instructor Yoga, creator of ShaktiYogaDances, dance instructor at Wellesley College, choreographer, multimedia artist, and professional Astrologer. Samantha teaches a wide spectrum of Yoga, from a demanding Asana practice to the nurturing of Yoga-therapeutics. Her creative approach incorporates chant, mudra, Pranayama, and layers of subtle body awareness to encourage self care and transformation through physical, emotional and spiritual growth.



DAILY BREATH YOGA SCHOOL

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dailybreathjournal.com

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200 HOUR RYT CERTIFICATION

ON-GOING CREDIT (CEU)
FOR MAINTAINING CERTIFICATION

TECHNIQUES FOR DEEPENING
A PERSONAL PRACTICE

FINDING MORE PURPOSE
AND CREATING GREATER HEART
IN YOUR LIFE



SAMANTHACAMERON PRINCIPAL INSTRUCTOR

*"Life is not measured by the number of breaths we take
but by the moments that take our breath away."*

BREATHE IN

Like the polarity and union of inhale and exhale, teaching and learning become one. We nurture from the polar dance of unrest to peace, of beginner's mind to expert mind - and back again. we learn to live the polarities as grist for the mill stone - grinding our daily bread/daily breath. From this magical journey we grow compassion for our madness and our wisdom, nourishing inner and outer layers of who and what we desire to become-teachers and simple sages. Each module in the curriculum offers in-depth understanding and experience of Yoga's layered tastes and textures.

BREATHE OUT

NIBBLE

Nibbling is the slow cook, thoughtful process of taking courses over a longer timeline-perfect for those deepening a practice, and feeding their inner teacher. Yoga is about a life, let it fit into your days with ease.

FEAST

Feasting is the journey of becoming a 200 hour RYT Yoga Instructor. Any Yoga journey is life altering, but in-depth studies are extraordinary times of regeneration and mystery. Working with Samantha offers exceptional opportunity to create an understanding of your personal teaching style, and then be able to offer your students transformative lives.

DAILY BREATH YOGA SCHOOL

WHAT TO EXPECT OF DAILY BREATH YOGA SCHOOL

The path to becoming a professional Yoga teacher is satisfying and life-affirming. It creates a more profoundly unique you, one who emerges as a change-agent for self, for loved ones, for the world.

The skills you learn will integrate with your personal practice, which becomes the source of your creative techniques. Physically, you will work with the polarities of flow and structure, understanding the anatomy and physiology of poses, as well as learning to work with basic injuries.

In understanding Yoga's philosophical underpinnings, the practice of meditation and pranayama, basic Ayurveda, along with chants and mudra, you will open to the subtle body, and the wisdom available in these layers.

Daily Breath Yoga School is available year-round, through a variety of teaching modules to suit schedules, and finances. It is a space for serious students, aspiring teachers, and current teachers prepared to deepen a practice, and to increase skills. This regenerative journey unlocks potential, increases wisdom, and grows compassion.

TECHNIQUE & TRAINING

Alignment. Theory and practice of physical, emotional, mental intention of standing poses, inversions, seated poses, twists, arm balances, back bends, stabilization poses, forward folds, hip openers, and supine poses.

Assisting. Learn skilled, compassionate hands on/hands off techniques to guide and support. Hone your eyes to see the integrity of alignment and learn to recognize emotional need.

Choreography. The art of linking pose to pose, sequencing poses within anatomical families, and building class structures according to seasonal need and Ayurvedic balance.

Teaching Methodology. Create an effective toolbox for designing classes. Learn to make informed structures through observation, analysis, journaling and feedback.

Anatomy & Physiology. Comprehend and be able to safely perform and instruct simple to difficult poses, understand the physiology of fulcrums, injury prevention, and choice of alternate poses.

Yoga as Therapy. Understand basic injuries with attention to feet, knees, hips, and back working with poses through meridian lines, and marma points of energy.

The Subtle Body. Learn how Mudra, chant, meditation, and breath/Pranayama unite the physical, mental and emotional bodies

Sunday Salons: Yoga Philosophy, History, and Ethics. These sessions provide a springboard for exploration and discussion, bringing Yoga knowledge to a personal experience. What does 5000 years of history have to do with me, now? How do I use and share that knowledge?

The Business. Practical understanding of the economics and business requirements of instructing Yoga: insurance, marketing, certifications, business ethics.

Journaling. Part of the 200 hour requirement is to maintain a journal of your Practice, of the classes attended, observed and taught.

FINANCES & REGISTRATION

Total 200 hour training certification is \$1500.00, which covers all contact classes with Samantha Cameron, primary instructor. Individual modules are paid separately at \$15.00 an hour.

Registration is open to students interested in the RYT Certification as well as those interested in the further development of their own practice.

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