

PRANA VINYASA FLOW®

TEACHER TRAINING

200 Hrs



with Juan Gabriel & special guest teachers

"WHOLE BODY FULLY ALIVE
BREATH, HEART, HANDS,
VOICE, VISION, FLOW
WITH THE EARTH, OUR BODY EMERGES
FROM THE WATER, CREATIVE ENERGIES
FLOW

IN THE FIRE, WE TRANSFORM
OUT OF AIR, WE BREATHE NEW LIFE
IN SPACE, WE EMBRACE ALL

OUR BODY IS THE FIELD
OF OUR EXPRESSION
YOGA IS LOVE IN ACTION."



SHIVA REA, LOVER, YOGINI AND MOTHER, YOGADVENTURER.
FOUNDER OF PRANA VINYASA & SAMUDRA GLOBAL SCHOOL FOR LIVING YOGA.

Embodying the Flow & Mandala of Asanas

Based upon the teachings of Krishnamacharya's lineage, Tantra, Sacred Arts, Ayurveda, Bhakti and Somatics, 200 hours

Evolutionary Vinyasa Teacher Training models the synthesis approach to integrating the roots and evolution of living yoga that Shiva has been pioneering for over 20 years of teaching in the fertile soil of LA's yoga community and annual worldwide retreats and teacher trainings.

"Living in flow with the pulse of life."

Embodying the Flow - Art of Namaskar

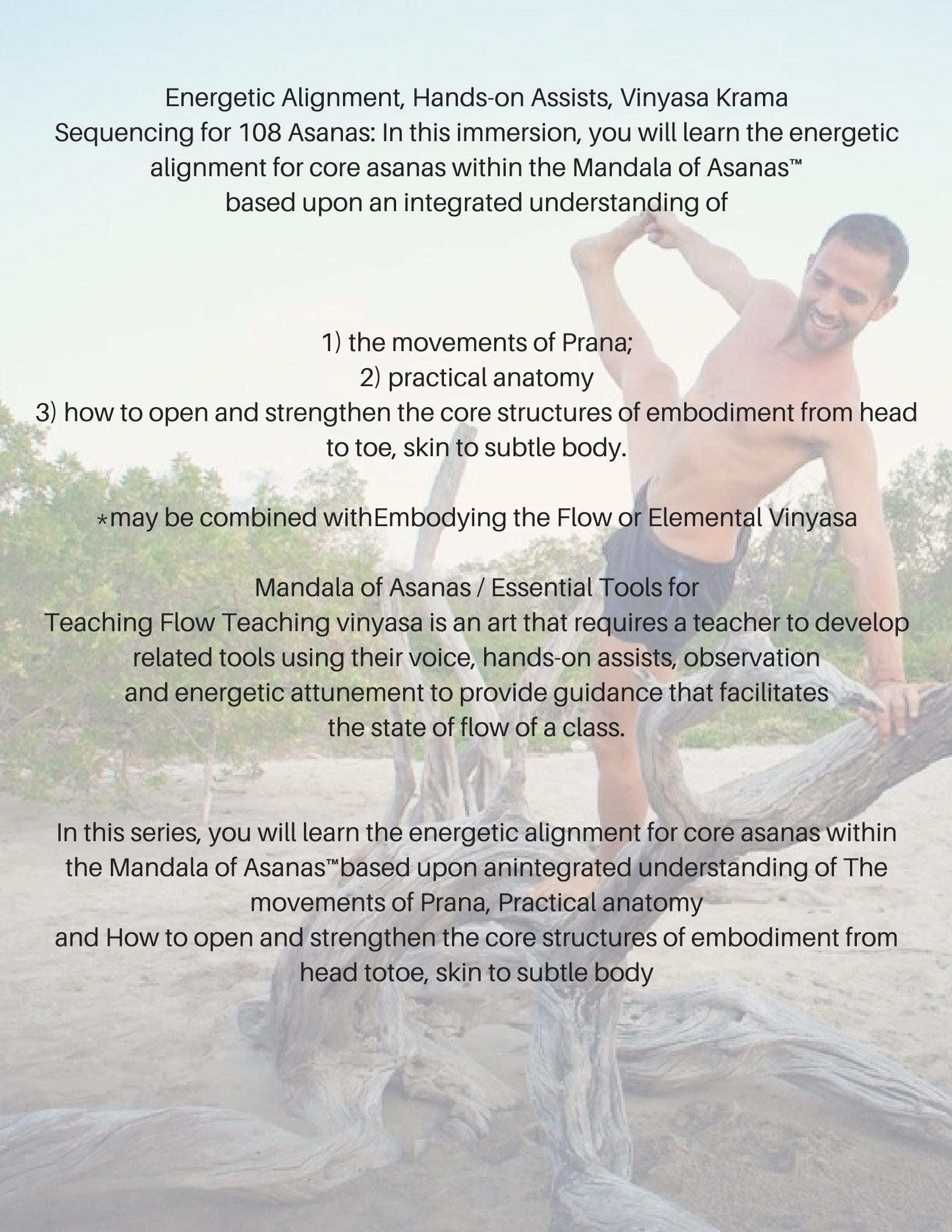
As the foundation module for "40 Namaskar-64 Sequence" movement alchemy system, you will learn "10 Namaskar- Five Solar/Lunar Sequences" as the starting point for teaching vinyasa in a full-energetic spectrum.



This module includes:

- Explore the philosophical roots of Vinyasa Yoga and the embodiment of tantric hatha yoga
- Learn Krishnamacharya's principles of Vinyasa Krama
- The Origins of Sun Salutations + Evolution of Prana Flow Namaskars
- Embodying the Sun-Moon for balancing active-meditative states within yoga and life
- Living Vinyasa – the micro-macro cycles that guide living flow and the wave of a class
 - Develop energetic observation – explore the ability to assess imbalances, blockages, and leaks of energy to a person's body, mind, and heart-fire
 - Embody Prana – understand five movements of Prana from the Vedas, Upanisahds, Tantras, and Prana Vinyasa Mudra Vinyasas
- Learn Prana Vinyasa Energetic Alignment Method to embody Prana and teach these movements as keys to alignment and flow
- Alignment in the flow, and for creative and effective Wave Sequences from a solar/lunar perspective – a uniquely Prana Vinyasa methodology.
- Helping you find your voice and teaching personality through the foundational pathways of Prana Vinyasa® and enjoy the Living Flow Ashram: a community based, dynamic, creative, and nourishing approach to yoga teacher training.
- Receive support from a vibrant teacher-studies community and online school.
 - You will begin teaching the first day and leave empowered to begin practice teaching or elevate your current teaching. You will also experience uniquely Prana Vinyasa™ methodologies of: Energetic Alignment™, Hands-on Assists, Vinyasa Krama, Prana Vinyasa Three-Part Vinyasa™, and Wave-Sequencing™ for the Mandala of 108 Asanas™.

Energetic Alignment, Hands-on Assists, Vinyasa Krama Sequencing for 108 Asanas: In this immersion, you will learn the energetic alignment for core asanas within the Mandala of Asanas™ based upon an integrated understanding of



- 1) the movements of Prana;
- 2) practical anatomy
- 3) how to open and strengthen the core structures of embodiment from head to toe, skin to subtle body.

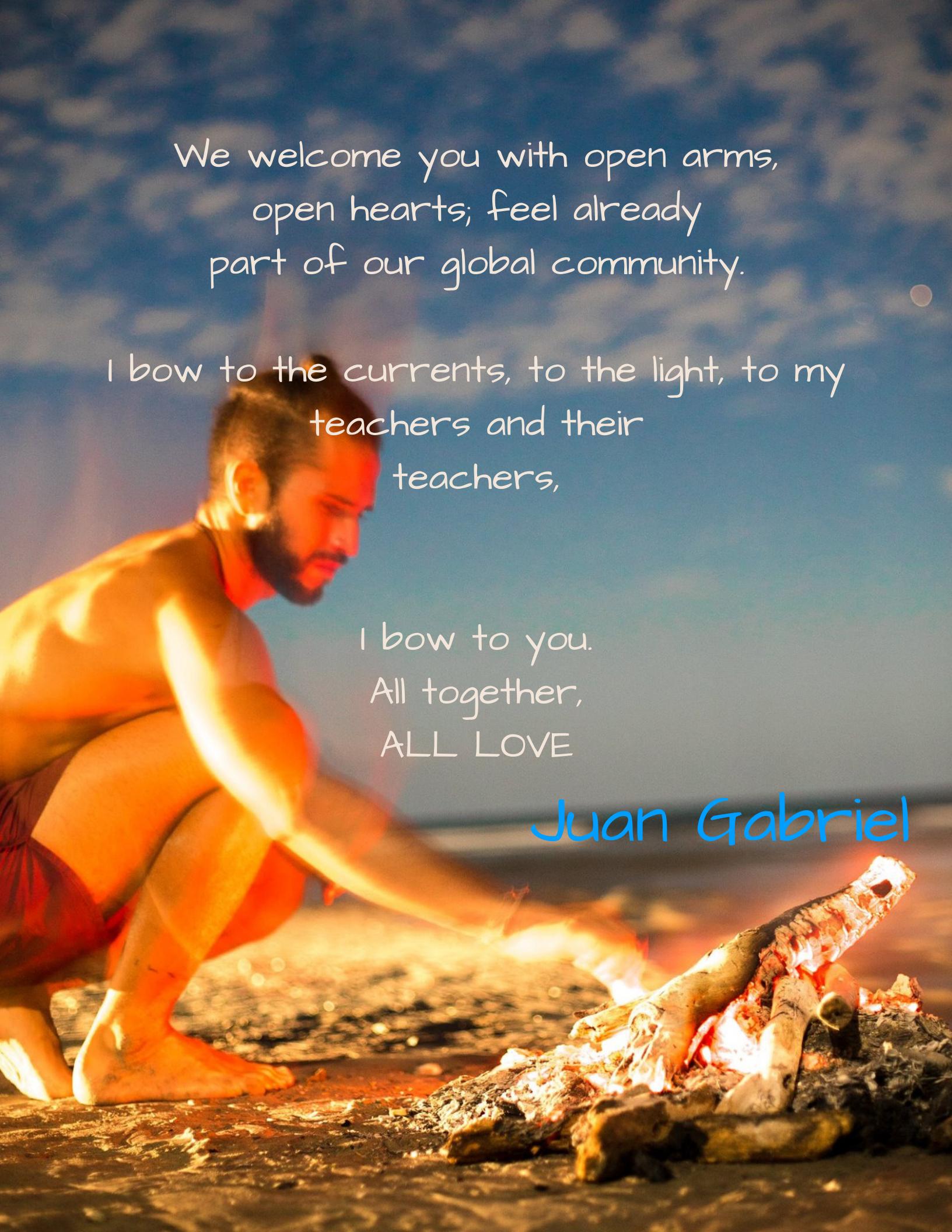
*may be combined with Embodying the Flow or Elemental Vinyasa

Mandala of Asanas / Essential Tools for Teaching Flow Teaching vinyasa is an art that requires a teacher to develop related tools using their voice, hands-on assists, observation and energetic attunement to provide guidance that facilitates the state of flow of a class.

In this series, you will learn the energetic alignment for core asanas within the Mandala of Asanas™ based upon an integrated understanding of The movements of Prana, Practical anatomy and How to open and strengthen the core structures of embodiment from head to toe, skin to subtle body

This module covers:

- Hands on assists and alignment for the arm balance and twisting standing asanas from the fire practice
- Learn the solar and lunar air foundation sequences for the natarajasana family of asanas
- Develop an understanding of the heart-expanding nature of a back-bending practice, and the foundation-integration of the previous sequences
- Begin to edit the 4 foundation sequences based on your understanding of wave sequencing, kramas, and families of asanas
- Learn wave sequencing for fire foundation sequences for hip opening and arm balances and the lunar fire sequence for deep flexibility and regeneration.
- Work with Prana Flow Three-Part Vinyasa Method and Vinyasa Krama to teach to all levels.
- Learn to teach and assist five primary alignment actions of the core "blueprint" asanas of the mandalas and sequence combinations with skill, effectiveness, fluency, and creativity.
- Develop Energetic Observation - ability to assess imbalances, blockages and leaks of energy to a person's body, mind and heartfire.
- Review and application of basic anatomy to understand the way prana flows in the muscles, bones and fascia for balancing and lengthening qualities of structural embodiment within the asanas.
- Special Mandala of Asanas Method - self and partner massage for regeneration and learning muscles, joints and boney landmarks of the body relevant to practice.
- Tantric-based meditation and yoga nidra for regeneration



We welcome you with open arms,
open hearts; feel already
part of our global community.

I bow to the currents, to the light, to my
teachers and their
teachers,

I bow to you.
All together,
ALL LOVE

Juan Gabriel