

Edge Yoga School & Arts



Edge Yoga School® 300 Hour

Trainer(s) Michelle Rae Sobi, Jessica Pollock

Session / Topic #	Title	Educational Category	Contact Hours	Contact Hours with Lead Trainer	Total Hours	Trainer
A1	Anatomy of Asana Movement.	Anatomy & Physiology (AP)	10.00	0.00	15.00	Michelle Rae Sobi

Description

Students will be provided handouts from the Anatomy Coloring book to fill out in small groups in class. Diving deeper through practical application of previous knowledge gained in the 200 hour program.

Learning Objectives

A comprehensive understanding of muscle groups will be covered in English. The primary focus will be to have students be able to offer balanced class with regards to muscle groups. Special attention will be given to primary movers vs. secondary movers.

T1	Yoga Retreats & Other Venues	Teaching Methodology (TM)	5.00	5.00	5.00	Michelle Rae Sobi
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Description

Students will work in groups to create "faux workshops" with all elements required in planning a workshop. Diving deeper through practical application of previous knowledge gained in the 200 hour program.

Learning Objectives

Students will learn how to run a yoga retreat and teach classes in other venues such as corporate yoga, outdoor yoga, and the like.

T2	Be The Instructor	Practicum	50.00	0.00	50.00	Michelle Rae Sobi
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Description

Students teach, observe and evaluated one another's class. Diving deeper through practical application of previous knowledge gained in the 200 hour program.

Learning Objectives

Students will have a chance to get hands on experience. Confidence in teaching will be gained through experience and feedback by fellow students.

T3	Workshops	Practicum	95.00	95.00	95.00	Michelle Rae Sobi
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Description

Students will teach, observe and evaluate one another's workshops. Diving deeper through practical application of previous knowledge gained in the 200 hour program.

Learning Objectives

Student will work alongside one another to create workshop content, teach workshops, and observe and evaluate one another's workshops

T4	Types of Asanas	Techniques, Training and Practice (TTP)	3.00	3.00	3.00	Michelle Rae Sobi
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Description

Students will create written handouts of categories of different types of asanas that comprise a complete class. Categories include Forward Bends, Back Bends, Lateral Stretches, Twists, Inversions and Neutral postures. Diving deeper through practical application of previous knowledge gained in the 200 hour program.

Learning Objectives

"Students will get hands on experiencing practicing the following types of asana: Forward Bends Backbends Twists Side Bends Balancing Inversions Standing Seated Supine & Prone"

T5	Effective Cueing	Teaching Methodology (TM)	2.00	0.00	2.00	Michelle Rae Sobi
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Description

Students will create word banks of common cues used in classes to encourage variety of cueing. Diving deeper through practical application of previous knowledge gained in the 200 hour program.

Learning Objectives

Students will learn to deliver clear instruction that class students can easily understand. Students will receive hands on experience practicing verbal cues in small groups.

T6	Qualities of Movement	Techniques, Training and Practice (TTP)	2.00	0.00	2.00	Michelle Rae Sobi
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Description

Students will create handouts of word banks of how to bring asanas to the next level through qualities. Diving deeper through practical application of previous knowledge gained in the 200 hour program.

Learning Objectives

Students will learn how to move beyond the cue. Students will identify how the quality of movement further describes the cue itself.

T7	Modifications	Teaching Methodology (TM)	2.00	0.00	2.00	Michelle Rae Sobi
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Description

Students will work in small groups offering modifications for a variety of postures. Diving deeper through practical application of previous knowledge gained in the 200 hour program.

Learning Objectives

Students will have hands on experience offering modifications to common asanas. Students learn to offer modifications early on during class to allow the entire class to 'get moving'.

T8	Class Plan Design	Teaching Methodology (TM)	2.00	0.00	2.00	Michelle Rae Sobi
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Description

Students will create class plans based on a variety of themes to keep classes interesting. Diving deeper through practical application of previous knowledge gained in the 200 hour program.

Learning Objectives

Students will learn to modify the class particularly in a group fitness setting. Students will craft skill of responding to who shows up for class.

T9	Yoga Styles	Teaching Methodology (TM)	3.00	0.00	3.00	Michelle Rae Sobi
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Description

Students will create sequences including amount of time spent in postures and incorporate props to be relative to the style of yoga. Diving deeper through practical application of previous knowledge gained in the 200 hour program.

Learning Objectives

Students will learn common yoga asana styles such a Hatha, Vinyasa, and Power Yoga. Have an basic understanding of what makes these classes different will be the emphasis.

T10	Gentle Yoga	Teaching Methodology (TM)	2.00	2.00	2.00	Michelle Rae Sobi
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Description

Students will create lists of postures that would qualify as gentle yoga and create sequences for this style of class. Diving deeper through practical application of previous knowledge gained in the 200 hour program.

Learning Objectives

Students will experience a gentle yoga class and learn to teach one. Hands on experience.

T11	Power Yoga	Techniques, Training and Practice (TTP)	2.00	2.00	2.00	Michelle Rae Sobi
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Description

Students will create lists of postures that would qualify as power yoga and create sequences for this style of class. Diving deeper through practical application of previous knowledge gained in the 200 hour program.

Learning Objectives

Students will experience a power yoga class and learn to teach one. Hands on experience.

T12	Vinyasa Flow	Techniques, Training and Practice (TTP)	2.00	2.00	2.00	Michelle Rae Sobi
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Description

Students will create lists of postures that would qualify as vinyasa flow yoga and create sequences for this style of class. Diving deeper through practical application of previous knowledge gained in the 200 hour program.

Learning Objectives

Students will experience a vinyasa yoga class and learn to teach one. Hands on experience.

T12H	Hatha Yoga	Techniques, Training and Practice (TTP)	3.00	3.00	3.00	Michelle Rae Sobi
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Description

Students will create lists of postures that would qualify as hatha yoga and create sequences for this style of class. Diving deeper through practical application of previous knowledge gained in the 200 hour program.

Learning Objectives

Students will experience a hatha yoga class and learn to teach one. Hands on experience.

T13	Restorative Yoga	Techniques, Training and Practice (TTP)	3.00	3.00	3.00	Michelle Rae Sobi
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Description

Students will create lists of postures that would qualify as restorative yoga and create sequences for this style of class. Diving deeper through practical application of previous knowledge gained in the 200 hour program.

Learning Objectives

Students will experience a restorative yoga class and learn to teach one. Hands on experience.

T14	Prenatal Yoga	Teaching Methodology (TM)	2.00	2.00	2.00	Michelle Rae Sobi
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Description

Students will create lists of postures that would qualify as prenatal yoga and create sequences for this style of class. Diving deeper through practical application of previous knowledge gained in the 200 hour program.

Learning Objectives

Students will experience a prenatal class and learn to teach one. Hands on experience.

T15	Sun Salutations, A, B & Moon	Techniques, Training and Practice (TTP)	18.00	0.00	18.00	Michelle Rae Sobi
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Description

Students will create lists of postures that would qualify as salutations yoga and create sequences for this style of class. Diving deeper through practical application of previous knowledge gained in the 200 hour program.

Learning Objectives

Students will experience salutations yoga classes and learn to teach each. Hands on experience.

T16	Levels of Yoga	Teaching Methodology (TM)	6.00	6.00	6.00	Michelle Rae Sobi
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Description

Students will create written essays of class plans that include cueing techniques to include the beginner, intermediate and advanced class. This will hone the student's craft in teaching all levels classes. Diving deeper through practical application of previous knowledge gained in the 200 hour program.

Learning Objectives

Students will identify what is beginner, intermediate, and advanced poses and how transitioning can effect the level of the asana.

T19	Breathing Techniques	Techniques, Training and Practice (TTP)	6.00	6.00	6.00	Michelle Rae Sobi
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Description

Students will work in groups to create essays of different breathing techniques with details regarding benefits and contraindications of each. Diving deeper through practical application of previous knowledge gained in the 200 hour program.

Learning Objectives

Students will learn different types of breathing techniques commonly used in yoga and the benefits and risks associate with them.

T20	Meditation Techniques	Techniques, Training and Practice (TTP)	9.00	6.00	9.00	Michelle Rae Sobi
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Description

Students will work together to write essays of guided meditations and record each one. Diving deeper through practical application of previous knowledge gained in the 200 hour program.

Learning Objectives

Students will learn different styles of meditation.

T21	Props	Teaching Methodology (TM)	1.00	0.00	1.00	Michelle Rae Sobi
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Description

Students will be given a list of postures and props and asked to create a slideshow on different uses available. Slideshows will be shared with the group. Diving deeper through practical application of previous knowledge gained in the 200 hour program.

Learning Objectives

Students will learn the effective use of props and responsible usage of props.

P1	History of Yoga	Yoga Philosophy/LifeStyle Ethics (YPLE)	1.00	0.00	1.00	Michelle Rae Sobi
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Description

Students will create slideshow presentations on the history of yoga and the different lineages commonly followed in the West. Diving deeper through practical application of previous knowledge gained in the 200 hour program.

Learning Objectives

Students will be educated on the roots of yoga. They will learn to teach classes that are geared towards modern day life in the West. They will learn ways yoga can help stress and obesity.

P2	Chakras	Anatomy & Physiology (AP)	3.00	0.00	3.00	Michelle Rae Sobi
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Description

Students will create handouts of chakras to be shared with the class. Handouts will include a hand drawn image along with details of each chakra. Diving deeper through practical application of previous knowledge gained in the 200 hour program.

Learning Objectives

Students will learn the most common chakras and their essence.

P3	Yamas	Yoga Philosophy/LifeStyle Ethics (YPLE)	5.00	0.00	5.00	Michelle Rae Sobi
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Description

Students will work in small groups to create handouts on yamas. Students will work in small groups to create handouts on dharana. Handouts must detail how they relate to yoga practitioners of the West. Diving deeper through practical application of previous knowledge gained in the 200 hour program.

Learning Objectives

Students will learn about Yamas through group discussion and how they relate to daily life in the West.

P4	Niyamas	Yoga Philosophy/LifeStyle Ethics (YPLE)	5.00	0.00	5.00	Michelle Rae Sobi
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Description

Students will work in small groups to create handouts on niyamas. Students will work in small groups to create handouts on dharana. Handouts must detail how they relate to yoga practitioners of the West. Diving deeper through practical application of previous knowledge gained in the 200 hour program.

Learning Objectives

Students will learn about Niyamas through group discussion and how they relate to daily life in the West.

P6	Pranayamas	Techniques, Training and Practice (TTP)	4.00	0.00	4.00	Michelle Rae Sobi
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Description

Students will work in small groups to create handouts on pranayamas. Students will work in small groups to create handouts on dharana. Handouts must detail how they relate to yoga practitioners of the West. Diving deeper through practical application of previous knowledge gained in the 200 hour program.

Learning Objectives

Students will learn about Pranayamas through group discussion and how they relate to daily life in the West.

P7	Pratyahara	Yoga Philosophy/LifeStyle Ethics (YPLE)	3.00	0.00	3.00	Michelle Rae Sobi
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Description

Students will work in small groups to create handouts on pratyahara. Students will work in small groups to create handouts on dharana. Handouts must detail how they relate to yoga practitioners of the West. Diving deeper through practical application of previous knowledge gained in the 200 hour program.

Learning Objectives

Students will learn about Pratyahara through group discussion and how they relate to daily life in the West.

P8	Dharana	Yoga Philosophy/LifeStyle Ethics (YPLE)	3.00	0.00	3.00	Michelle Rae Sobi
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Description

Students will work in small groups to create handouts on dharana. Students will work in small groups to create handouts on dharana. Handouts must detail how they relate to yoga practitioners of the West. Diving deeper through practical application of previous knowledge gained in the 200 hour program.

Learning Objectives

Students will learn about Dharana through group discussion and how they relate to daily life in the West.

P9	Dhyana	Yoga Philosophy/LifeStyle Ethics (YPLE)	3.00	0.00	3.00	Michelle Rae Sobi
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Description

Students will work in small groups to create handouts on dhyana. Students will work in small groups to create handouts on dharana. Handouts must detail how they relate to yoga practitioners of the West. Diving deeper through practical application of previous knowledge gained in the 200 hour program.

Learning Objectives

Students will learn about Dhyana through group discussion and how they relate to daily life in the West.

P10	Samadhi	Yoga Philosophy/LifeStyle Ethics (YPLE)	3.00	0.00	3.00	Michelle Rae Sobi
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Description

Students will work in small groups to create handouts on samadhi. Students will work in small groups to create handouts on dharana. Handouts must detail how they relate to yoga practitioners of the West. Diving deeper through practical application of previous knowledge gained in the 200 hour program.

Learning Objectives

Students will learn about Samadhi through group discussion and how they relate to daily life in the West.

P11	Nadis	Anatomy & Physiology (AP)	4.00	0.00	4.00	Michelle Rae Sobi
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Description

Students will work in groups to create handouts on nadis and how they impact the body. Students will work in small groups to create handouts on dharana. Handouts must detail how they relate to yoga practitioners of the West. Diving deeper through practical application of previous knowledge gained in the 200 hour program.

Learning Objectives

P12	Ethics for Yoga Teachers	Yoga Philosophy/LifeStyle Ethics (YPLE)	2.00	0.00	2.00	Michelle Rae Sobi
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Description

Students will work in small groups creating handouts on the ethics of the yoga teachers. Diving deeper through practical application of previous knowledge gained in the 200 hour program.

Learning Objectives

Students will learn key ethic guidelines for teaching a yoga class. Some topics that will be covered include: following industry standards, and what they suggest, and proper ways of adjusting through touch.

B1	Book Reports	Yoga Philosophy/LifeStyle Ethics (YPLE)	0.00	0.00	5.00	Michelle Rae Sobi
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Description

Each student will be required to read a yoga book of their choosing. Homework - Power Point presentations will be posted to class forum. Projects will be meant to encourage open discussion between students.

Learning Objectives

Students will learn from one another about yogic topics of their interest. Through reading, they can further their own knowledge of subjects they are passionate about.

PR1	Be/Observe The Instructor with Lead Assist	Practicum	8.00	8.00	8.00	Michelle Rae Sobi
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Description

Students will get hands on experience leading and observing the class while being shadowed by the Lead Instructor. Classes will be recorded for review. Students will observe and evaluate one another in group conversation.

Learning Objectives

Each student will their own 30 minute class with the aid of the Lead Instructor, then observe and evaluate their fellow students do the same. Assisting & observing provides students hands on teaching experience.

PR2	Teach Classes	Practicum	22.00	0.00	22.00	Michelle Rae Sobi
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Description

Students teach classmates & give feedback to one another. Classes will be recorded and posted on group forum for review.

Learning Objectives

Hands on yoga experience. Students will learn how to lead a short yoga class in a small group setting.

YA1	Teach a Studio Class	Practicum	5.00	0.00	5.00	Michelle Rae Sobi
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Description

Students will teach a yoga class at the studio under the supervision of a trainer. Community classes will be offered for students to sign up and teach.

Learning Objectives

Students will have a chance to get hands on experience. Confidence in teaching will be gained through experience and feedback by fellow

students.