

# Edge Yoga School & Arts



## The Edge 200-Hour YTT

Trainer(s) Michelle Rae Sobi, Jessica Pollock

Session / Topic #	Title	Educational Category	Contact Hours	Contact Hours with Lead Trainer	Total Hours	Trainer
1D-18D	Anatomy of Asana Movement.	Anatomy & Physiology (AP)	9.00	0.00	19.00	Michelle Rae Sobi

### Description

Layman anatomical terms will be covered for over fifty yoga asanas. Class will work in group settings with other students to get hands on experience with preparing a class plans with respect to muscle groups. Students will be given a take home test.

### 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.

15C, 20B, 21B, 22A, 23B, 24B	Be The Instructor	Techniques, Training and Practice (TTP)	24.00	0.00	24.00	Michelle Rae Sobi
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### Description

Students teach a class. Classes will be led in small groups and with partners.

### 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.

19B, 19C	Be The Instructor/Observe with Lead Assist	Practicum	5.00	5.00	5.00	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 teach their own 30 minute class with the aid of the Lead Instructor, then observe and evaluate their fellow students do the same. Assisting, observing and evaluating through group discussion provides students hands on teaching experience.

7D-24A	Teach One Another	Practicum	21.00	0.00	21.00	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.

15B	Yoga Retreats & Other Venues	Teaching Methodology (TM)	5.00	5.00	5.00	Michelle Rae Sobi
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**Description**

Students will have a chance to take a class outdoors and experience yoga outside of the studio. Benefits and risks will be covered.

**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.

16B & 16C	Yoga in the workplace	Teaching Methodology (TM)	5.00	0.00	10.00	Michelle Rae Sobi
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**Description**

This class will explore life as a yoga instructor, studio owner and contractor. Insurance, liability and daily operations of yoga business. CPR/AED certification will be promoted.

**Learning Objectives**

Students will learn all that a yoga instructor, studio and contractor is responsible for. Basic forms such as sign in sheets, waivers and liability forms will be reviewed along with insurance requirements.

17B	Benefits and contraindications of yoga.	Teaching Methodology (TM)	3.00	0.00	3.00	Michelle Rae Sobi
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**Description**

This class will cover responsible teaching practices. Hot topics of the industry will be covered. Focus will be on which asanas benefits outweigh its risks.

**Learning Objectives**

Benefits such as health benefits of the physical and emotional body will be learned. Cautions will be learned for special populations, such as the elderly, injured and pregnant women.

4A, 12D, 15A, 18B	Adjusting The Student	Teaching Methodology (TM)	6.00	6.00	6.00	Michelle Rae Sobi
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**Description**

Benefits vs Risks. Asking permission. Reading body language. Proper techniques. Emphasis will be on obtaining permission to touch.

**Learning Objectives**

Students will experience different styles of adjusting students, ranging from hands on adjustments, to adjusting with props and ghost shadowing.

19A	How Students Learn	Teaching Methodology (TM)	2.00	2.00	2.00	Michelle Rae Sobi
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**Description**

This class will present different ways that students learn and how to respond to that in a class setting. Lecture.

**Learning Objectives**

Students will learn different teaching techniques for how different students learn.

20C	Addressing Your Population. Who shows up to class.	Teaching Methodology (TM)	3.00	0.00	3.00	Michelle Rae Sobi
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**Description**

Emphasis will be on the group fitness element of yoga. Special emphasis will be on giving modification cues prior to cuing full asana. Lecture.

**Learning Objectives**

Students will be exposed to different teaching styles to help instructors craft a class plan that is suitable for varying levels.

1C	Types of Asanas	Techniques, Training and Practice (TTP)	3.00	3.00	3.00	Michelle Rae Sobi
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**Description**

Emphasis will be on preparing a class that includes all of the types of asanas. The Handbook will be used as reference. Lecture. Hands on practice.

**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"

2C	Effective Cueing	Techniques, Training and Practice (TTP)	2.00	0.00	2.00	Michelle Rae Sobi
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**Description**

Students will be guided through the cues listed in the manual for over fifty asanas. Emphasis will be on keeping cues simple and well-timed. Hands on practice. Lecture.

**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.

3A	Qualities of Movement	Techniques, Training and Practice (TTP)	2.00	0.00	2.00	Michelle Rae Sobi
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**Description**

The manual will be used to offer qualities for over fifty asanas. Students will receive hands on experience practicing verbal qualities in small groups. Hands on practice. Lecture.

**Learning Objectives**

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

4C	Modifications	Techniques, Training and Practice (TTP)	2.00	0.00	2.00	Michelle Rae Sobi
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**Description**

Common modification guides for arms, legs, and torso will be addressed. Fundamentals of teaching in steps will be covered. The manual will be used to offer modifications for over fifty asanas. Lecture.

**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'.

5C	Class Plan Design	Techniques, Training and Practice (TTP)	2.00	0.00	2.00	Michelle Rae Sobi
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**Description**

Students will participate in leading one another in mock classes. Preparing a class plan so that it has a smooth transition, directionally from one asana to the next. Manual, Lecture.

**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.

1B	Yoga Styles	Techniques, Training and Practice (TTP)	3.00	0.00	3.00	Michelle Rae Sobi
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**Description**

This class will be on the benefits of different yoga styles. Students will have a chance to experience different style classes. Hands on practice. Lecture, Manual.

**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.

2B	Gentle Yoga	Techniques, Training and Practice (TTP)	2.00	2.00	2.00	Michelle Rae Sobi
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**Description**

This class will focus on teaching a gentle style of yoga. Students will write up sample class plans for this style of yoga in class.

**Learning Objectives**

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

3B	Power Yoga	Techniques, Training and Practice (TTP)	2.00	2.00	2.00	Michelle Rae Sobi
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**Description**

This class will focus on Power Yoga. Students will write up sample class plans for this style of yoga in class.

**Learning Objectives**

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

4B	Vinyasa Flow	Techniques, Training and Practice (TTP)	2.00	2.00	2.00	Michelle Rae Sobi
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**Description**

This class will be on Vinyasa Flow. Students will write up sample class plans for this style of yoga in class.

**Learning Objectives**

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

5B	Hatha Yoga	Techniques, Training and Practice (TTP)	3.00	3.00	3.00	Michelle Rae Sobi
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**Description**

This class will be on Hatha Yoga. Students will write up sample class plans for this style of yoga in class.

**Learning Objectives**

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

6B	Restorative Yoga	Techniques, Training and Practice (TTP)	2.00	2.00	2.00	Michelle Rae Sobi
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**Description**

This class will be on Restorative Yoga. Students will write up sample class plans for this style of yoga in class.

**Learning Objectives**

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

7B	Prenatal Yoga	Techniques, Training and Practice (TTP)	2.00	2.00	2.00	Michelle Rae Sobi
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**Description**

This class will be on Prenatal Yoga. Students will write up sample class plans for this style of yoga in class.

**Learning Objectives**

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

8B, 8C, 11B, 11C, 14B, 14C	Sun Salutations, A, B & Moon	Techniques, Training and Practice (TTP)	18.00	18.00	18.00	Michelle Rae Sobi
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**Description**

This class will cover Sun Salutations A, B & Moon. Students will write up sample class plans for this style of yoga in class.

#### Learning Objectives

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

9B, 9C	Levels of Yoga	Techniques, Training and Practice (TTP)	6.00	6.00	6.00	Michelle Rae Sobi
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#### Description

This class will focus on identifying what is beginner, intermediate, and advanced poses and how transitioning can effect the level of the asana. Lecture.

#### Learning Objectives

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

4D, 6C, 12B, 12C	Snippets - What is it and how can it help me design a class?	Techniques, Training and Practice (TTP)	10.00	0.00	10.00	Michelle Rae Sobi
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#### Description

The cornerstone of our training is to make yoga available to all by offering approachable, inclusive classes. Focus on transitioning from one pose to the next is the most challenging component of instruction. Lecture, Manual.

#### Learning Objectives

Students will learn our approach is the hallmark of our training program. It provides interchangeable snippets so that the instructor is not dependent on class plans. Student will learn how to be a more versatile instructor that can respond to the group class element with ease.

2D	Using Snippets to design a class plan.	Techniques, Training and Practice (TTP)	2.00	0.00	2.00	Michelle Rae Sobi
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#### Description

"The training is arranged in snippets for ease of learning: Sky Earths Chair Swims Tree Grows Warrior Dance Star Hinge Plies Warrior Flights Float Rounds Leg Launches Tri-Moon Hip Hinges Chest to Tail Plank Lowers Camel Swings Pigeon Sails Child's Thread Teeter Totter Bridge Lifts Leg Lowers Switchfoot Scissors Crunch Extensions Boat Crunches Figure 8 Circles Forward Stretch Roll Ups Forward Twist Cross Flat Back Crunch Boat Abduct Aways Thigh Abducts Side Gates Over Thass Lifts Thass Crunches Butterfly Twists Seated Floats. Lecture, Manual."

#### Learning Objectives

By providing training in segments of three (snippets) students will learn to lead a class without being dependent on class plans.

10B, 10C	Breathing Techniques	Techniques, Training and Practice (TTP)	6.00	6.00	6.00	Michelle Rae Sobi
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#### Description

Students will be guided through commonly used yogic breathing techniques and have a chance to experience them.

#### Learning Objectives

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

13B, 13C	Meditation Techniques	Techniques, Training and Practice (TTP)	6.00	6.00	6.00	Michelle Rae Sobi
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**Description**

Students will learn different types of meditation and have practical experience.

**Learning Objectives**

Students will learn different styles of meditation.

14A	Props	Techniques, Training and Practice (TTP)	1.00	0.00	1.00	Michelle Rae Sobi
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**Description**

Students will get hands on experience using props on one another in small groups. Manual and lecture.

**Learning Objectives**

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

1A	History of Yoga	Yoga Philosophy/LifeStyle Ethics (YPLE)	1.00	0.00	1.00	Michelle Rae Sobi
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**Description**

Yoga of the East vs Yoga of the West. Philosophy. Sages will be reviewed. Lecture, Videos.

**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.

2A	Spirituality vs Religion	Yoga Philosophy/LifeStyle Ethics (YPLE)	1.00	0.00	1.00	Michelle Rae Sobi
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**Description**

This segment will address the primary differences between spirituality and religion. Students will be encouraged to share spirituality rather than religion. Lecture. Video.

**Learning Objectives**

Students will learn different world views and acceptance of these views.

3C	8 Limbs of Yoga	Yoga Philosophy/LifeStyle Ethics (YPLE)	3.00	0.00	3.00	Michelle Rae Sobi
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**Description**

This interactive lecture will present the 8 limbs of yoga. Daily practical implementations will be encouraged. Handbook. Lecture, Manual.

**Learning Objectives**

Students will have hands on experience practicing the different limbs of yoga. Students will learn the 8 limbs of yoga.

13A	Chakras	Anatomy & Physiology (AP)	1.00	0.00	1.00	Michelle Rae Sobi
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**Description**

This class will cover the basics of chakras. Videos will be used to aid class lecture.

**Learning Objectives**

Students will learn the most common chakras and their essence.

5A	Yamas	Yoga Philosophy/LifeStyle Ethics (YPLE)	2.00	0.00	2.00	Michelle Rae Sobi
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**Description**

This class will focus on Yamas. Students will gather in groups to debate yamas. Lecture, Manual.

**Learning Objectives**

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

6A	Niyamas	Yoga Philosophy/LifeStyle Ethics (YPLE)	2.00	0.00	2.00	Michelle Rae Sobi
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**Description**

This class will focus on Niyamas. Students will gather in groups to debate niyamas. Lecture, Manual.

**Learning Objectives**

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

7A	Asanas	Yoga Philosophy/LifeStyle Ethics (YPLE)	2.00	0.00	2.00	Michelle Rae Sobi
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**Description**

This class will focus on Asanas. Students will gather in groups to debate asanas impact on yoga. Lecture, Manual.

**Learning Objectives**

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

8A	Pranayamas	Yoga Philosophy/LifeStyle Ethics (YPLE)	1.00	0.00	2.00	Michelle Rae Sobi
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**Description**

This class will focus on Pranayama. Students will gather in groups to debate their impact on yoga. Homework - Essay. Post in student forum. Lecture, Manual.



**Learning Objectives**

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

9A	Pratyahara	Yoga Philosophy/LifeStyle Ethics (YPLE)	1.00	0.00	2.00	Michelle Rae Sobi
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**Description**

This class will focus on Pratayhara. Students will gather in groups to debate their impact on yoga. Homework - Essay. Post in student forum. Lecture, Manual.

**Learning Objectives**

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

10A	Dharana	Yoga Philosophy/LifeStyle Ethics (YPLE)	1.00	0.00	2.00	Michelle Rae Sobi
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**Description**

This class will focus on Dharana. Students will gather in groups to debate their impact on yoga. Homework - Essay. Post in student forum. Lecture, Manual.

**Learning Objectives**

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

11A	Dhyana	Yoga Philosophy/LifeStyle Ethics (YPLE)	1.00	0.00	2.00	Michelle Rae Sobi
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**Description**

This class will focus on Dhyana. Students will gather in groups to debate their impact on yoga. Homework - Essay. Post in student forum. Lecture, Manual.

**Learning Objectives**

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

12A	Samadhi	Yoga Philosophy/LifeStyle Ethics (YPLE)	1.00	0.00	2.00	Michelle Rae Sobi
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**Description**

This class will focus on Samadhi. Students will gather in groups to debate their impact on yoga. Homework - Essay. Post in student forum. Lecture, Manual.

**Learning Objectives**

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

7C	Ayurvedic Fundamentals	Yoga Philosophy/LifeStyle Ethics (YPLE)	3.00	0.00	3.00	Michelle Rae Sobi
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**Description**

Find out more about this ancient practice. Class will include an ayurvedic inspired meal and recipes. The history of Ayurvedic will be reviewed. Lecture.

**Learning Objectives**

Students will be exposed to basic Ayurvedic Fundamentals and how they can compliment a yogic lifestyle.

BR	Book Reports	Yoga Philosophy/LifeStyle Ethics (YPLE)	0.00	0.00	5.00	
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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.

16E, 19D, 20D	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 be lead through a interactive group conversation on ethics for your teachers.

**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 propers ways of adjusting through touch.