

BMC WELLNESS ACADEMY



Be More Connected

200HR YTT MODULE 2

THE MIND:

Teaching Methodology, Creative Sequencing & Meditation Toolbox

BRANDY BOFFA | 50 Hour Module / 66 Hour 200TT

Walk the Walk as a Teacher What's
Included in this Module:

In this training you will learn how to:

- Find your authentic voice as an individual and as a teacher
- Choose "non-dogmatic" vocabulary that creates energy expansion and inner peace
- Lead your students into their own sacred space with your meditation toolbox so each class has a uniquely different offering
- Introduce and cue appropriate pranayama for different times during your flow class
- Move the spine in 6 directions to prepare the body for class with a well-rounded warm-up and Sun Salutation A variations

- Ignite the inner Agni "fire" with Sun Salutation B variations
- Learn how to create mindful and impactful sequences that are functional and accessible to all
- Guide students into a meaningful Savasana experience using tools from your meditation toolbox that leave the student feeling empowered and refreshed instead of frustrated and disheartened
- Understand the audition process and opportunities to teach yoga to various communities
- Set the space for a successful studio, private or virtual class (learn how to use zoom and create a successful virtual class experience for your students)
- One back pocket flow class that will be easily learned and made your own so that auditions are fun and stress free