

BMC WELLNESS ACADEMY



Be More Connected

300HR Advanced Teacher Training Curriculum *“The Mind” w/ Brandy Boffa*

Student Safety Foundations

Foundations

- Injuries & Conditions in Yoga
- Sensation & Pain
- About Contraindications & Alternatives
- When to Refer Out
- Contraindications Index

Alignment & Adjustments

- Defining & Teaching Alignment
- General Alignment Principles
- Alignment Approaches
- Choosing Alignment Cues
- Problem Cues: Spine & Pelvis
- Problem Cues: Standing Poses
- Adjustment & Assisting Guidelines
- Mindful Asana Transitions
- Correct use of Props

Personal Practice & Self-Care

- Reaching Your Teaching Potential
- Personal Practice & Study
- Inspiration to Teach
- Self-Care & Burnout

Business & Strategic Planning

- The Business of Teaching
- Building Business & Revenue Streams
- Marketing Your Yoga Business
- Insurance & Continuing Ed
- Strategic Planning Intro
- Self-Inquiry, Sacred Mission & Vision Setting
- Measurable Objectives
- Planning Workshops & Series

Breathing Foundations

The Basics

- Breath Teaching Cautions
- Healthy & Restricted Breathing
- Natural Effortless Breathing
- Basic Breath Training
- Yogic Breathing
- Lion Breath

Pranayama Techniques

- Pranayama Teaching Foundations
- Review Ujjayi
- Review Nadi Shodhana
- Sama Vritti
- Review Kapalabhati & Bhastrika
- Kundalini Breath of Fire
- Agni Sara
- Brahmari
- More Heating Practices
- More Cooling Practices
- Pranayama for Conditions

Drishti

- Drishti Intro
- Drishti Going Deeper
- Ashtanga Drishtis by Pose

Meditation & Yoga

Meditation Foundations

- Meditation & Mindfulness Review
- Meditation Effects
- Teaching Meditation

Meditation Techniques

- Metta / Lovingkindness
- Moving Meditation
- Breath Observation
- Body Scan
- Mindfulness Meditation
- More Meditation Techniques
- Guided Visualizations

Meditation More

- Meditation Challenges & Issues
- Meditation Going Deeper

Yoga

- Be More Connected Vinyasa part 2
- Hot 26
- Yin
- Restorative
- Yoga for children
- Chair yoga part 2
- Hatha Yoga Pradipika parts 1 and 2
- Bishnu Gosh Lineage Study