

## LifeForce Yoga Practitioner Training – Online Level 2 Course Outline

### Month 1: Setting the Safe and Sacred Container

This month will cover the opening evening session with a script for the entire content of the 1.5 – 2-hour session. Access to an audio recording of the evening session (from a training) is provided. We will also cover:

- Identifying and setting the safe container.
- The importance of setting and resetting the safe container.
- How it breaks.
- How to know when the container is broken
- What to do when the safe container breaks.

### Month 2: LifeForce Yoga to Get Off the Couch

This month we cover the first morning of the weekend workshop, which is all about meeting the tamasic mood and transforming it to a state of balance. You will receive scripts for talking about the gunas, guiding the breaths, as well as a sample sequence for guiding the Meeting and Transforming the Tamasic Mood yoga practice. Access to video of a sample class is provided. In addition, we will:

- Review what meeting the tamasic mood means
- Review practices that meet the mood and practices that energize the mood
- Learn kapalabhati and when it is appropriate to incorporate the practice into the workshop
- Review the led yoga practice to meeting and transforming the tamasic mood
- Develop and plan a yoga practice and workshop for Meeting and Transforming the Tamasic Mood

### Month 3: Non-Dual & Yoga Nidra

This month we cover the non-dual philosophy that provides the basis for the Non-Dual Intervention and Yoga Nidra. You will receive scripts as well as access to audio recordings of yoga nidra. We will:

- Review non-dual philosophy
- Review the non-dual intervention and why we use it
- Learn how to teach the non-dual intervention to a non-LFYP assistant
- Review the process and elements of a LifeForce Yoga Nidra, including possible triggers
- Develop a yoga nidra workshop and script

### Month 4: LifeForce Yoga to Give the Mind a Bone

This month we cover the second morning of the weekend workshop, which is all about meeting the rajasic mood and transforming it to a state of balance. You will receive scripts for guiding the breaths/practices, as well as a sample sequence for guiding the Meeting and Transforming the Rajasic Mood yoga practice. Access to a video of a sample class is provided. In addition, we will:

- Review what meeting the rajasic mood means
- Review practices that meet the mood and practices that energize the mood
- Learn the cooling breaths
- Review the led yoga practice to meeting and transforming the rajasic mood

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- Develop and plan a yoga practice and workshop for Meeting and Transforming the Rajasic Mood

### Month 5: Self-Inquiry

This month covers the “Who Are You?” self-inquiry technique that is led on the first afternoon of the weekend workshop. Full scripts and access to an audio recording of the introduction as well as the practice is provided. We will:

- Review sankalpa, bhavana, stair-step breath, and the yoga philosophy behind this practice
- Go over the self-inquiry process as a writing/journal experience
- Review the set-up process and all the talking points
- Discuss options for practice in a situation where you might not lead this practice with a group
- When to use the non-dual intervention with a participant
- Discuss what you need to review with your assistants, including the non-dual intervention
- Develop and plan a workshop around the self-inquiry technique

### Month 6: Chakra Clearing Meditation & Integration

This month we will review the LifeForce Yoga Chakra Clearing Meditation (LFYCCM) and what you need to know to lead the practice. We will review the whole 6-month process and have an online graduation ceremony to celebrate your accomplishment. Scripts for the LFYCCM, breaths, and guiding the meditation as well as access to video recordings of the LFYCCM not available to the public are provided. We will:

- Review all the aspects of the LFYCCM
- Discuss adaptations for the practices
- Develop and plan two workshops for the LFYCCM
- Discuss and develop a personalized marketing plan for the weekend workshop in your area
- Review and discuss any and all techniques from the past 6-months
- Develop a plan for support and accountability moving forward
- Have a special online graduation ceremony