



**Yoga Flow**  
NAFTA TRAINING

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This slide features a photograph of three people performing a yoga pose (Cobra) in a studio. The text 'Yoga Flow' and 'NAFTA TRAINING' is prominently displayed on the right side. The NAFTA logo is located at the bottom right.

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**DAY 1**

- Sign ins and Introductions
  - Picture ID
  - CPR/AED Certification
  - Waivers Signed

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**MODULE 1:**  
CLASS STRUCTURE



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This slide features a photograph of five people sitting in a yoga class in a meditative pose. The text 'MODULE 1: CLASS STRUCTURE' is on the left. The NAFTA logo is at the bottom left.

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### Master Class Structure

- Tai Chi
- Sun Salutations
- Strength
- Balance
- Hip Openers
- Abs/Back
- Twisting
- Bending
- Relaxation Pose



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### MODULE 2: BREATHING



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### How To Breathe While Doing Yoga

- Learning how to breathe while doing yoga is so simple you may think that it is a minor aspect of your yoga practice. But proper breathing in yoga is crucially important to a positive yoga experience. The reason is simple. Your muscles need oxygen to perform properly. If you breathe unevenly or shallowly, lactic acid accumulates in your muscles. This will cause you to tire very quickly while exercising and may lead to a burning sensation in your muscles.



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### How To Breathe While Doing Yoga

- To avoid lactate buildup, experts recommend that you breathe evenly, allowing your respiration to increase naturally—as it will do automatically—with the increased intensity of exercise. Learning how to breathe while doing yoga will teach you to control your rate of respiration which will enhance your muscular performance and the results of your yoga practice.



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### How To Breathe While Doing Yoga

- Begin your yoga practice with five or six slow, deep breaths. Be sure to breathe from your stomach rather than from your chest.
- As you inhale, let your breathe expand your stomach like a balloon. As you exhale, retract your abdominal muscles to push the breath out of your lungs. (Your stomach should deflate like a balloon).
- As you prepare to move into your yoga stretches or postures (asanas), inhale deeply, but not too deeply. Keep it natural. You should also inhale for each movement upward or for each movement that requires chest expansion.



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### How To Breathe While Doing Yoga

- As you move into your stretches or asanas, exhale. You should also exhale when you bend down or move deeper into a stretch or posture.
- In between these designated inhaling and exhaling periods, breathe evenly. Always breathe while doing yoga. Never hold your breath.
- That's all there is to it. Learning how to breathe while doing yoga is a simple as...well...breathing—and a whole lot more fun!



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**MODULE 3:**  
CLASS DESIGN



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**Tai Chi**

- What is Tai Chi
- What are some of the Basic Moves of Tai Chi

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Easy Pose



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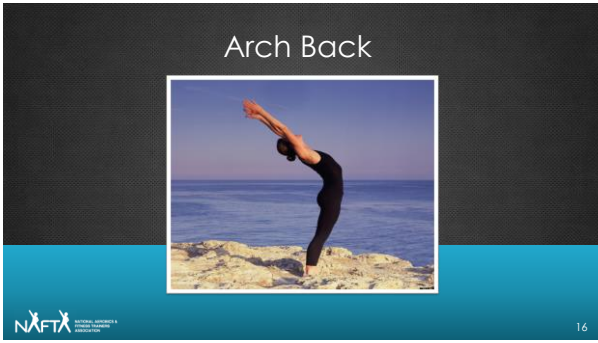
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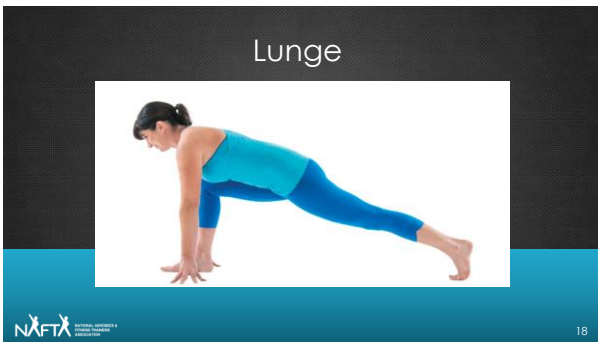
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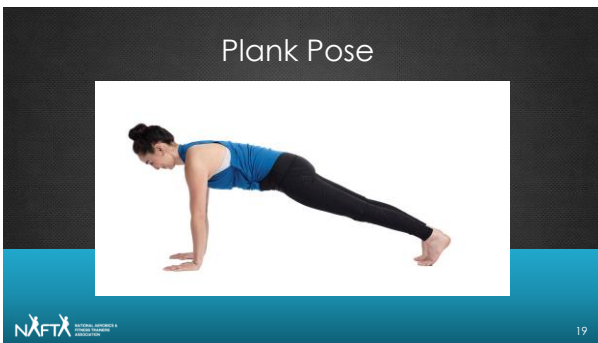
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### Chin & Chest Lower



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### Upward Dog



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### Down Dog



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### 3 Legged Dog Pose



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### Forward Fold Pose



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## MODULE 4:

YOGA IS...



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**Yoga is...**

- Exercise
  - Improves Circulation
  - Stimulates Organs
  - Stimulates Glandular System
- Breathing
  - Sleeping Habits
  - Stress Levels
- Meditation
  - Disciplines Mind
  - Stress Level
  - Focus



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**MODULE 5:**  
BENEFITS OF YOGA



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**Benefits of Yoga**

- Physical
  - Improve body flexibility and balance
  - Improve cardiovascular endurance
  - Improved digestion
  - Improved abdominal strength
  - Enhanced overall muscular strength
- Relaxation of muscular strains
- Weight Control
- Increased energy levels
- Enhanced immune system

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**Benefits of Yoga**

- Mental
- Relief of stress
- Prevention from stress-related disorders
- Intellectual enhancement



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**Yoga Benefits vs. Various Exercise**

- Slow Dynamic and Static Movements
- Low Risk of Injuring Muscles and Ligaments
- Effort is Minimized and Relaxed
- Energizing
- Balanced Activity of Opposing Muscle Groups
- Rapid Forceful Movements
- Increased Muscle Tension
- Higher Risk of Injury
- Fatiguing
- Boredom Factor



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**MODULE 6:**  
SPECIAL CONDITIONS & SPECIAL POPULATIONS

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## Yoga for Specific Health Conditions

- Medically proven to alleviate:
  - Stress = has been proven to contribute to many health problems such as:
    - High blood pressure, headaches, mental disorders (depression),
    - Sleep disorders.
 Yoga promotes relaxation & physical activity that will decrease stress related problems.
  - Breathing problems = asthma and shallow breathing
    - Yoga provides many breathing techniques & exercises which improves respiratory function
- Backaches
- Diabetes
- Multiple sclerosis
- Rheumatoid arthritis



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## Yoga for Specific Health Conditions

- Precautions for people who have/are...
- Pregnant – avoid supine position
- High Blood Pressure – monitor blood pressure, avoid increasing blood pressure with certain yoga positions
- Elderly – modify intensity
- Balance impairments – safe environment and simplify positions
- Muscular/Nerve/Joint problems – modify positions to avoid further injury or stress on injured body parts.
- Other

It is important to understand all medical conditions need to be considered and yoga can be altered to the appropriate intensity and technique for each individual.



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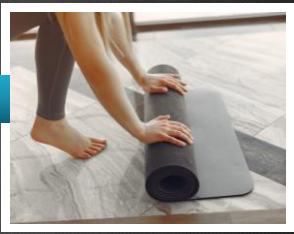
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## MODULE 7:

### EQUIPMENT NEEDED



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**Yoga Equipment**

- **Mat** - Keeps hands, elbows and feet from slipping
- **Blocks** - Provides beginners the ability to perform more complicated poses safely
- **Bolsters** - Provide support when placing yourself in difficult positions
- **Straps** - Enables you to reach, grasp and stretch your limbs
- **Ropes** - Supports you in various bends (forward, backbends and shoulder stretches)
- **Sandbags** - Elevate intensity of stretches and adding weight

All equipment focuses on enhancing your ability to perform yoga. Most assist in the development of flexibility and stretch of the participant.



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**What you need for class?**

- Towel
- Socks
- Flexible Clothing
- Yoga Mat



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**Rules for using the Yoga mats**

- Don't horseplay on them or with them
- Cover your mat with a towel on certain poses
- No shoes on the mats
- Clean your mat when done with it
  - Extra Credit (Buy some antibacterial wipes)



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**MODULE 8:**  
DIFFERENT STYLES  
OF YOGA



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**Types of Yoga-\* Major Types**

1. Anusara
2. Ashfanga
3. Bikram
4. Hatha
5. Hot Yoga
6. Iyengar
7. Restorative
8. Vinyasa

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**MODULE 9:**  
POSES & MOVMENT



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**Strength**

- Poses
  - Down Dog
  - Forward Fold
  - Flat Back
  - Intense Pose
  - Lunge
  - Warrior I
  - Warrior II
  - Sun Warrior



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Down Dog



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3 Legged Dog Pose



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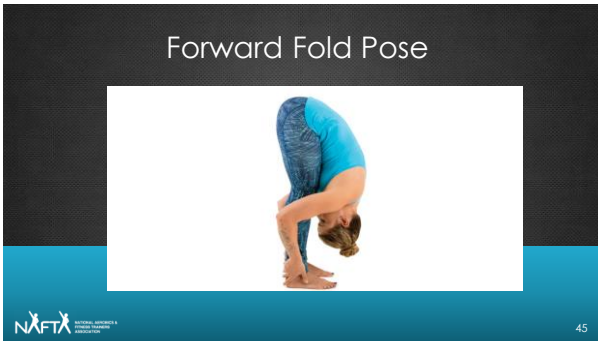
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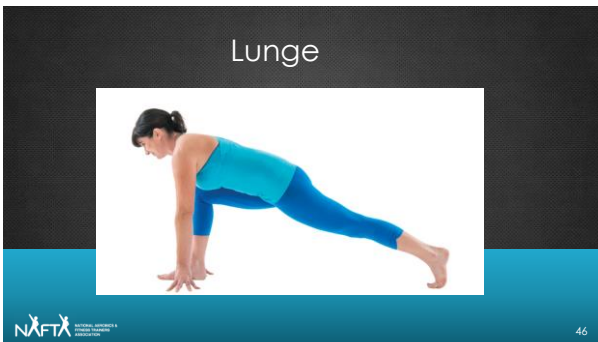
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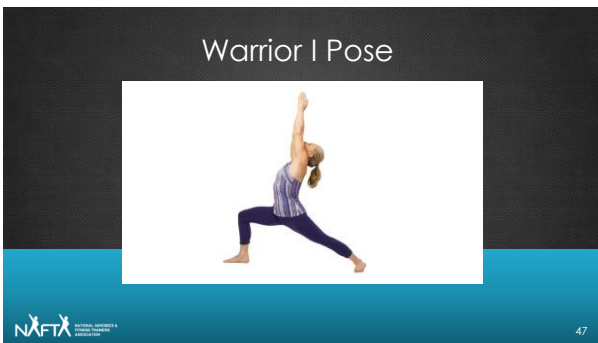
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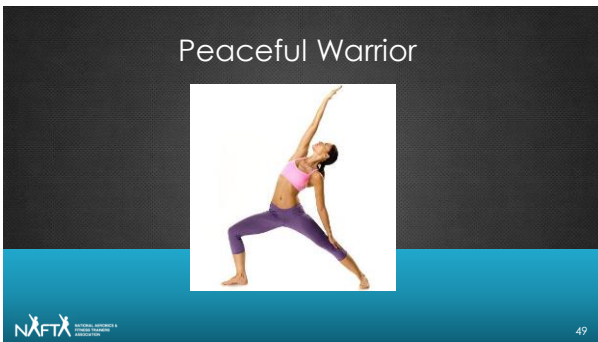
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**Balance**

- Balance Poses
  - Bird Pose
  - Eagle Pose
  - Single Leg Squat
  - Aeroplane
  - Tree Pose

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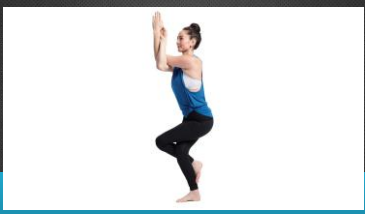
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**Eagle Pose**



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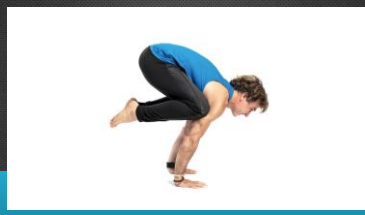
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**Bird Pose**



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### Bird Pose



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### Single Leg Squat



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### Aeroplane



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Tree Pose



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Hip Openers/Chest and Arms

- Standing Star Pose
- Half Lotus
- Swan Pose

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Standing Star Pose (1)



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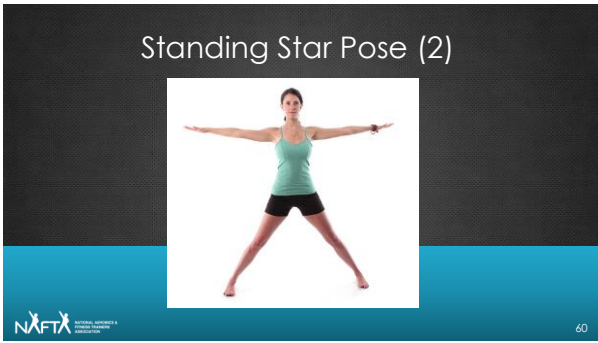
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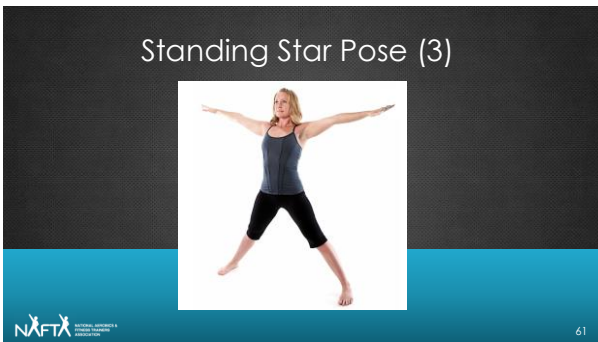
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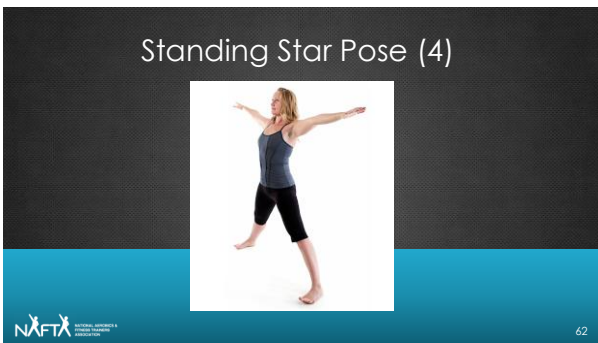
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### Half Lotus



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### Modified Half Lotus



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### Swan Pose



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Hip Opener



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**Master Class 3**

- Abdominals/Back/Core
- Twisting
- Bending

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**Abdominals/Back/Core**

- Plank
- Modified Plan
- Bridge
- Boat
- Happy Pose

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### Plank Pose



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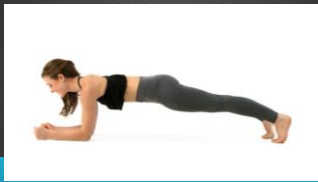
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### Dolphin Plank



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### Side Plank Pose



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### Boat Pose



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### Happy Baby Pose



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### Scissor Leg Pulse



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### Modified Scissor Leg Pulse



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### Iron Cross



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### Side Lying Oblique Leg Lift



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### Obliques



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### Bridge Pose



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### Twisting Poses

- Half Lord
- Marichi
- Head to Knee
- Revolved Side Angle
- Revolved Triangle

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### Half Lord Pose



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### Marichi Pose



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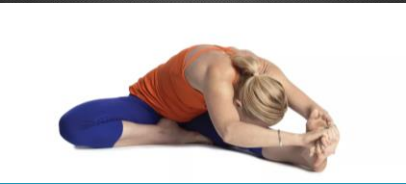
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### Head-to-Knee Forward Bend



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### Revolved Side Angle Pose



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### Revolved Triangle Pose



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### Half Moon Pose



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### Triangle Pose



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### Standing Twist



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### Intense Pose Twist



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### Bound Angle Pose



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### Bending Poses

- Hindi Squat
- Forward Fold
- Forward Fold Flat Back
- Forward Fold Cross Leg

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### Hindi Squat



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### Forward Fold Pose



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### Forward Fold Flat Back



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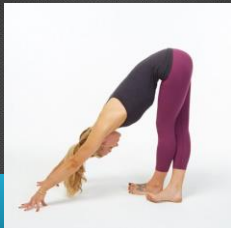
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### Forward Bend Cross Leg



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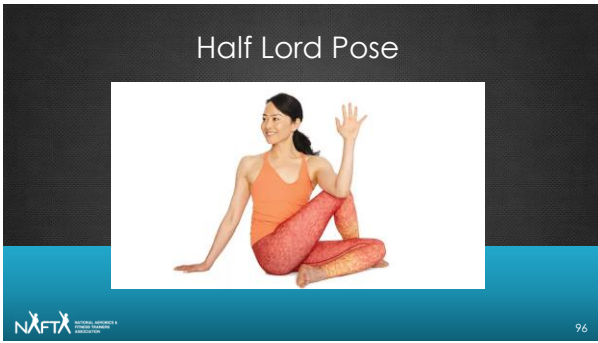
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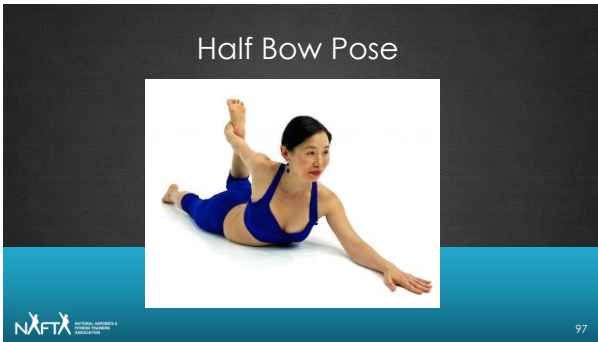
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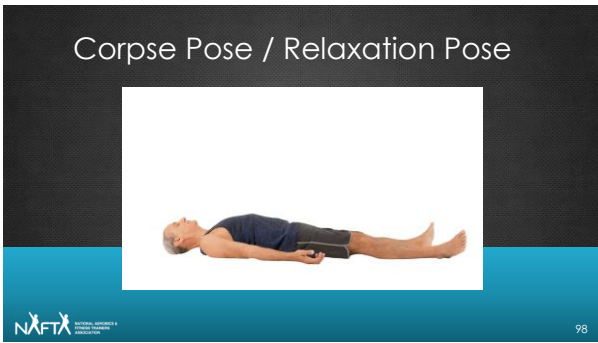
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**MODULE 10:**  
MEDITATION



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**Chapter 7-10**

- Meditation
- Desktop Yoga
- Yoga for Headaches
- Yoga for Depression

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**Testing**

- 1:00PM – 2:30PM > WRITTEN TEST
- 3:00PM-5:00 PM > PRACTICAL TEST

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