

## 200 hour Dynamic Spiral & Yin Fascial Yoga TTC

The Dynamic Spiral & Yin Fascial Yoga Teacher Training program has been developed by Beta Lisboa and Sai Calder combining a dedicated life of research, practice and teaching Yang & Yin Yoga, Qigong, 5 elements Daoism, Mindfulness, Myofascia Release Therapy and Trauma release therapies to deliver a unique program which will give you a strong foundation for your ever deepening practice and teaching. This is a unique program which offers their students a new perspective of movement and body mechanics awareness.

### Who is this teacher training program for?

- For yoga teachers or/and students who are aiming to graduate in the unique program with an accredited school (International Yoga Alliance)
- For those who would like to practice a more fluid, balanced and effective yin and yang asana practice
- For those who would like to learn a in depth Yin Fascial Yoga program
- For those who would like to learn Dynamic Spiral Yoga style
- For those who would like to learn how to integrate Dynamic Spiral concepts to their currently yoga practice
- Those who want to understand and experience Trauma Release though yoga, Breathwork and Myofascia Release
- For those interested in learning about the Myofascia Release technique into Yoga to open, heal and release Myofascial tissues
- For those who are looking to study a well balanced program of Yin and Yang qualities of Yoga
- For those who are interested on learning the Chakra system form an emotional, psychological & spiritual viewpoint
- For those who would like to learn more in depth 5 Elements Daoist philosophy
- For those who would like to learn and experience the combination of Yoga and 5 elements Qigong
- For those who want to experience a deeper insight and integration into the whole spectrum of Yoga (spiritual, physical, emotional and mental bodies)
- For those who are seeking to gain more confidence in their personal expression towards the art of teaching Yoga

- For those who are looking to experience all possible levels of development of the 3 bodies (physical, emotional and casual)
- For devoted practitioners who are looking to deepen their meditation practice and carry it through into their teachings
- For those who are looking to deepen in Mindfulness

## **What are you getting from this training?**

- confidence to structure personalized and safe Dynamic Spiral & Yin Fascial Yoga
- a 200 hour International Yoga Alliance certificate
- confidence in how to manipulate connective tissue and fascial matrix
- embodied integration of Daoism, TCM, 5 elements relationships and the meridian system
- ability to integrate Myofascial Release Therapy into your Yin Yoga classes
- learn Embryonic and Microcosmic breathing
- great ability to build up Yang & Yin yoga classes using the Dynamic Spiral & Yin Fascial Yoga
- ability to create Dynamic Spiral yoga classes combining with Yang style of Asanas
- ability to create Dynamic Spiral classes combining with Yin Fascial Yoga Asanas
- teaching from a space of personal expression and inner voice
- understand of Fascia anatomy and physiology
- an understanding of the foundation of the life's Spiral theory
- a embodiment of the emotional and psychological chakra development
- a Mindfulness approach into the yoga classes and their lives
- Ability to integrate chakra and meridians into your Yin Yoga classes
- More self -confidence and skills for your teachings
- A life changing personal development

**\*DSY – Dynamic Spiral Yoga**

**Dynamic Spiral Yoga** combines Traditional Hatha yoga asana with explorative spiral movement patterns inspired by Qigong, Gyrokinesis foundation and continuous movement. This practice strengthens the whole Myofascial and cardio-respiratory systems, optimizing chi (energy) into the whole body. Dynamic Spiral Yoga is a graceful series, with a Yang energetic quality of movement which works directly opening up and hydrating the joints and the fascia, and strengthening and nourishing the muscles as well.

**Yin Fascial Yoga** is an in depth study of traditional Yin Yoga, in which the main focus is on removing emotional and physical residual tensions stored in the Myofascial tissues. Applying long held postures combined with slow mindful spontaneous movements makes this unique practice an effective **Trauma Release strategy**. These blend of those powerful techniques of Yin yoga, Myofascial Release, 5 elements Qigong and Mindfulness is an invitation to come back to the felt sense, what's to be truly in the body!

## **Certification**

This 200 hours program is composed of 4 trainings of 50 hours each offered in Europe and Asia. With 160 hours of contact and 40 hours of tutor supported non - contact for studies and homework.

### **This is a 200 hour International Yoga Alliance registered Training**

This program teaches healing practices and methodologies for those who are overcoming traumas, as well as those working with trauma-afflicted clients. This course also attracts practitioners and yoga teachers who are interested in learning or expanding their knowledge of the physical and energetic body.

Tension and Trauma stored in the fascial system compromises the freedom of movement and expression in the physical body, stopping one to live fully in the present moment. By uncovering, revealing and releasing the stagnations we can bring the body to it's full potential.

## 1. 50 hours Dynamic Spiral Yoga teacher training Foundation

This training is a solid foundation of the Dynamic Spiral Yoga system.

It offers a detailed breakdown and study of each of the elements that compose the movements which together will give form to the full dynamic spiral yoga practice.

It offers an explorative doorway to enter of the new body mechanics of moving and practicing Yoga.

Originating from the integration of the Ancient Wisdom and contemporary of Yoga, Qigong, Spontaneous Movement, Gyrokinesis, Myofascia Release, Tantra, Daoism, Chinese 5 Elements.

Dynamic Spiral yoga, focuses on the release, strengthen and healing of the Myofascial tissue and how to take Yin energetic qualities into the Yang Dynamic fluid movements.

### **What are you getting from this training?**

- understand and practice the foundation of the yoga Asanas and Qigong applied to the Dynamic Spiral system.
- learn anatomy and physiology of the Myofascial system.
- Learn the form and function of the body mechanics of the Dynamic Spiral movement
- learn 5 elements Qigong foundational movement for the effective Dynamic Spiral conditioning practice
- learn how to build the Dynamic Spiral Yoga sequence from it's foundation to full expression
- be able to experience the vibrant energizing quality of the practice
- You will be able to understand the Dynamic Spiral Yoga foundational movements
  
- Understanding the Weaving of Daoist and Yoga philosophy.

## 2. 50 hours Dynamic Spiral & Yin Fascial Yoga Teacher Training

This training is about an in depth study of the Yang (Dynamic Spiral) sequences combined with Yin Fascial Yoga for a more balanced practice and teachings. We will teach you how to bring the two complementary qualities of Dynamic Spiral & Yin fascial Yoga together in perfect harmony.

### What is in this training?

- The Dynamic Spiral Yoga Warm up & Open up sequences combined with Yin Fascial Yoga postures
- Methodology – how to create an effective practice of Dynamic Spiral combined with Yin Fascial Yoga for balance and harmony
- The art of teaching – How to teach with confidence and hold a safe space in the yoga room
- Mindfulness meditation practice to help hold a mindful space in the practice
- Yin Fascial Yoga sequences
- 5 elements Qigong sequences to combine with DSY practice
- Myofascial adjustments
- Applied Anatomy and physiology for Yoga
- One Trauma release breathwork session
- Opportunity to teach a class at the end of the training as a part of evaluation

### What will you get out of this training?

- You will be able to understand and embody the Spiral foundation movements combined with Yin Fascial yoga
- You will be able to teach the Dynamic Spiral Yin Fascial yoga classes
- You will be able to create lesson plans which combines Yang & Yin qualities
- Understand the Fascia Anatomy and Physiology

- Build up a lesson plan combining Dynamic Spiral with Yin Fascial Yoga
- Will be able to teach 5 elements warm ups sequence with Yin fascial yoga
- Get more spinal flexibility
- Get more stability
- More self – confidence for your teachings
- Experience what you will share with your students later on
- Get more joints health range of motion
- Understand the Dynamic Spiral concepts
- Build up a lesson plan for a general Yang practice combining stability and fluidity

### 3. The 50 hour Dynamic Spiral Yoga Teacher Training - Yang Flow

This training is about an in depth study of the Yang (Dynamic Spiral) sequences combined with Yang Yoga postures for a more balanced practice and teachings on fluidity and structure.

#### What is this training about?

- An in depth study of the Yang (Dynamic Spiral) sequences for a more balanced practice and teachings
- How to take Yin energetic qualities into the Yang Dynamic movement
- Get a clear understanding to combining Dynamic Spiral warm ups with the full sequence and traditional Hatha Yoga Asanas
- A mindful practice that optimizes energy cultivation
- Create Dynamic Spiral sequences for a Yang flow class
- Understand and practice the foundation of yoga (asanas, pranayamas, meditations, philosophy and anatomy)
- Provide a safe environment for self – transformation
- Give you the right tools to become a confident Dynamic Spiral yoga teacher
- A complete and stable platform to carry you deeper into the teachings of yoga

#### What is in this training?

- The Dynamic Spiral Yoga sequences
- Methodology – how to create an effective practice of Dynamic Spiral Yoga
- The art of teaching – How to teach with confidence and hold a safe space in the yoga room
- The art of teaching to have a clear understanding of how to break down the full Dynamic Spiral Yoga class and create different sequences for each target market
- Mindfulness meditation practice to integrate to the yoga practice
- Applied Myofascia Anatomy and physiology for Yoga
- Lectures on Spiral dynamics concepts

- Opportunity to teach a class at the end of the training as a part of evaluation process to receive constructive feedbacks.
- One trauma release breathwork session
- A 50 hours certificate counting towards the 200 hour Yoga Alliance certification to become a RYT (Register Yoga Teacher)
- Lectures on 5 elements Daoist philosophy

### **What will you get out of this training?**

- You will be able to teach the full Spiral sequence with its embodiment
- Understand the Fascia Anatomy and Physiology
- Build up a lesson plan combining Dynamic Spiral with Yang yoga asanas
- Get more spinal flexibility
- Get more joints health range of motion
- Get more strong muscles
- Get more stability and grounding
- A clear understand of the Dynamic Spiral concepts
- Build up a lesson plan for a general Yang practice combining stability and fluidity
- Ability to create a Dynamic Spiral yoga class for specific target market

## 4. The 50 hour Yin Fascial Yoga Teacher Training Myofascial Release & 5 elements

This Yin Fascial Yoga teacher training combines the studies and practice of Myofascia release therapy and 5 elements Qigong into the Yin Fascial Yoga perspective, aiming a release of the held Trauma on the fascial system. This is an investigation into the physical body incorporating the Myofascial release as a framework for our research into Yin Fascial Yoga, taking us deep into releasing our psycho somatic imprints caused by traumatic events throughout our lifetime. And into the Subtle body study and practice of the 5 elements system applied to Yin yoga. This dedicated training teaches students how to effectively release restrictions that are present at the body's physical and energetic level, reprogram the body's holding patterns increasing health on a cellular level in the Yoga classes. It will give students a thorough understanding of the importance of the integration of Myofascial Release techniques and 5 elements Qigong to their current Yoga practice.

### **What is this training about?**

- bringing together Myofascial Release, Yin Yoga and 5 elements Qigong for a complete system of Yin Fascial Yoga.
- learning and practicing how to structure sequences for an effective and personalised Yin Fascial Yoga class
- healing the fascial tissues from traumatic events
- understanding of fascial anatomy and physiology
- Understanding of the superficial fascial lines and it's application into Yin Yoga postures
- understanding fascia from Daoist Qigong practices
- becoming familiar with the quality of the connective tissue by practicing Myofascial Release adjustments into the postures
- Release Myofascial tensions with Cupping
- unlocking old tensions held in the body with Biodynamic breathwork sessions.
  
- learning the relationships of the organs and meridians and their application to Yin Yoga

- Becoming familiar and more perceptive to the quality of the subtle energies

## **What is in this training?**

- Daily Yin Fascial Yoga
- Mindfulness meditation practice
- The art of teaching (methodology) Yin Fascial Yoga
- Yin Fascial yoga sequences for a variety of ailments
- How to apply myofascial balls to massage and release tensions in the soft tissue
- Embryonic and Microcosmic breathing
- Applied anatomy and physiology for Yin yoga postures focusing on the fascial system, fascial lines and belts of tension
- Five elements Qigong in relation to the organs and connective tissue in application with YFY
- Lectures on Trauma
- Chinese medicine Cupping technique to release Fascia
- Overview of TCM (Traditional Chinese Medicine) and Daoism
- Personal evaluation of each student's teaching abilities in the final assessment
- One Session of Trauma Release breathwork
- Student teaching offered a constructive feedback at the end of the training

## **What are you getting from this training?**

- ability to integrate Myofascial Release Therapy into your Yin Yoga classes
- confidence to structure personalised and safe Yin Fascial Yoga
- confidence in how to manipulate connective tissue and fascial matrix
- embodied integration of Daoism, TCM, 5 elements relationships and the meridian system
- Clear understanding of how trauma affects our systems (nerve and fascial)
- more self-confidence and skills for your teachings
- teaching from a space of personal expression and inner voice
- understand of Fascia anatomy and physiology
- a life changing personal development

- Ability to integrate chakra and meridians into your Yin Yoga classes
- Confidence to structure personalized and safe Yin Fascial Yoga class
- Confidence in how to manipulate connective tissue and fascial matrix
- Clear understanding of the Subtle body anatomy
- Embodied integration of Daoism, TCM, 5 element relationships and the meridian system
- More self-confidence and skills for your teachings
- Teaching from a space of personal expression and inner voice
- A life changing personal development
- Learn how to feel and manipulate fascia and free fascial restrictions
- Learn how to apply Myofascial adjustments to Yin Yoga classes
- Learn Self – Myofascial Release while in the postures
- The right postures to release the Myofascial lines and the belts of tension
- Understand the connection between trauma and fascia
- Through demonstrations and practices use Myofascial release techniques in the Yin Fascial Yoga for the entire body, including sacrum, pelvis, ankle, feet, legs, shoulders, arms, neck and jaws
- Learn a powerful sacrum release technique

Myofascial release Therapy is a highly effective technique which provides the therapist with the tools to deal with chronic injuries at their root; as such it will help those who wish to work with the physical and emotional components of injuries, and how to lead the body into an emotional and/or physical trauma release. This is a subtle yet profound technique to free the body and spirit from deeply held traumas.