

STELLA
LUNA
YOGA



**What is Yoga School?
Is it for me?**

STELLA LUNA YOGA

presents:

Yoga School

Online program



Teacher Training

200-hour program



Programs are led by:

Stella Tryon, E-RYT 500
Content Creator, Master Trainer, Studio Owner,
Doula, Real Estate Agent

Jessi McMaster, E-RYT 500
Content Creator, Lead Trainer, Pilates Instructor,
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As Stella Luna Yoga School trainers,
we are passionate about the growth and development of all our students.
Our approaches are deeply rooted in positive intentions and are styles match our enthusiastic personalities.
We consider ourselves students of yoga in all areas of our lives,
and we teach what we personally have practiced.
Grounded in compassion, we are here to serve our community.

What we cover in this e-book:

- What is yoga?
- Benefits of yoga
- Why Yoga School or Teacher Training?
- What will I learn? Curriculum overview
- Am I ready?
- Next steps

WHAT IS YOGA?

Yoga is an ancient technology from India.

It is the practice of awareness through movement (asana), breath (pranayama), and meditation (dhyana).



Its popularity has grown so much because...
It works!

...And it feels great.

It's a gateway drug into living life with ease and intention.
It is the practice of creating inner situations exactly the way you want them and finding alignment in the outer world.

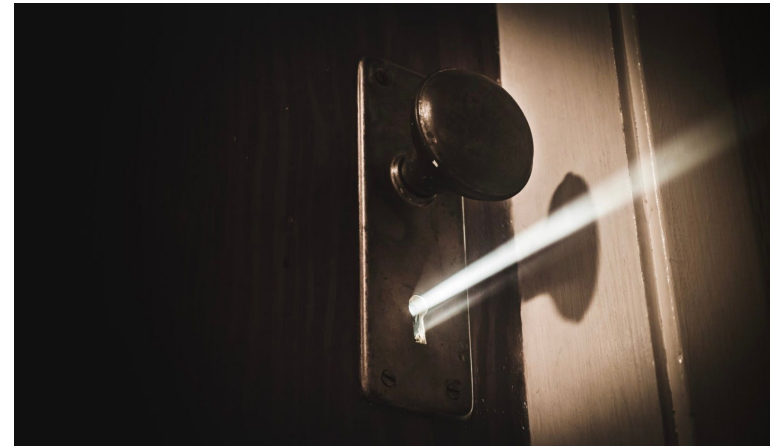
First you open your hips, then you open your mind...

Yoga is discovery.

Yoga is personal.

Yoga is a guide to being human and enjoying the experience.

Yoga is the key to all the locks.



BENEFITS OF YOGA:

Increased flexibility, muscle strength & tone

Enhances energy & vitality levels

Improves cardiovascular & circulatory health

Allows for more restful sleep

Strengthens posture.

Prevents cartilage & joint breakdown
Protects the spine.

Boosts immunity

Lowers blood pressure

Activates natural pharmacology and naturally makes you happier

Inspires conscious living (eating, mindful moving, self-care, mindful thinking)

Enhances problem solving skills & focus.



Increases proprioception and Improves balance

Healthy nervous system.

Release tension & relaxes the whole body.

Increases oxygen intake and respiration

Helps remove waste and improve digestive system

Slows down habitual mental loops and promotes peace of mind

Gives inner strength and boosts self-esteem

Guides your body towards healing

Encourages self care

the list goes on and on....

WHY YOGA SCHOOL and/or TEACHER TRAINING?

At Stella Luna Yoga School, our mission is to educate you about a wholistic and integrative approach to living life with peace and awareness.

We wish to inspire you to be a happy and healthy human.

Each of our programs are blueprints to help you practice consciously being your best self.

Our **Yoga School program** lays a great foundation for you to learn more about yoga philosophy and lifestyle. And how to begin applying these practices into your daily life.

Our **200-hour Teacher Training** is a certification course that will give you all the tools you need to deepen your practice and share it with others.

Both programs are full of life skills that you'll actually use.

WHAT WILL I LEARN IN YOGA SCHOOL / TEACHER TRAINING?

CURRICULUM OVERVIEW

Philosophy, Lifestyle & Ethics

Yoga History	Where does yoga come from? How did yoga get to the U.S.?
Yoga Sutras	Threads of wisdom that provide a blueprint for living a deeply satisfying life. A mindful guide through the tapestry of life's experiences.
8-limb Path	The 101 on basic life skills like; How to be a good person How to take care of yourself How to breathe How to move How to tune out How to focus How to meditate How to up-level
How to be a good person	Ethical guidelines for living. Observances & behaviors to guide us in our interactions with other people and the world. Things like; How to be kind, to speak truth, to give thanks, to be efficient and to move on.
Conscious Communication	This course explores different types of communication from master teachings like; NonViolent Communication and Hendricks Institute, and offers easy ways to apply conscious communicating into daily life.
Brave Boundaries	Using your conscious communication skills, this course will help you establish healthy boundaries so you can create space for connection and generosity.

How to take care of yourself	Ethical guidelines for living. Observances for our own self care. These self care practices keep our inner world free; How to keep it clean, to stay chill, to stay inspired, to go deep, to celebrate.
Ayurveda Basics	Ayurveda is the science that yoga comes from. Easy to apply seasonal tips and tricks that activate the body's natural ability to heal itself and deepen the body-spirit-mind connection.
5 Afflictions	This course takes a deep look at the 5 negative mental states that obstruct the mind and allow conditions of suffering to arise. Pain may be inevitable, but suffering is optional.
Archetypes	Why is it important to learn ancient yoga tradition? Through Hinduism archetypes, we are joined together by our ability to learn from history and relate to the experiences of the characters in these stories.
How to up-level	In one rhythm with all. Connected to all. This lesson is about knowing yourself as a spiritual being in a human body.

Techniques, Training & Practice

Sanskrit Basics	Invigorate your brain with one of the oldest human languages. In this course, we explore basic knowledge of Sanskrit, the roots of common yoga pose names, and philosophical terms.
Yoga Classifications	There are so many different kinds of yoga out there. Specific yoga genres we cover and practice; Iyengar, Restorative, Yin Yoga, Kundalini, and Ashtanga.
How to move	(Asana) A guide to functional movement through yoga poses. Categories of poses we discuss and practice: <ul style="list-style-type: none"> Sun Salutations Standing & Balancing poses Seated Poses Backbends Arm balancing & Inversions Twisting guide

Identify your edge (TT only)	In this course we explore the components of compression, tension & proportion in different bodies and learn how to adapt yoga poses to fit the individual. We teach people, not poses.
How to breathe	(Pranayama) A complete guide to proper diaphragmatic breathing. Includes descriptions on breath control exercises, and techniques on harnessing & directing life energy through the body. Specific techniques include: <ul style="list-style-type: none"> Alternate Nostril Breathing Ujjayi Kapalabhati (breath of fire) Bhastrika Sitali (the cooling breath) Bhramari (the humming bee breath)
How to lock energy in the body	(Bandhas) You will learn how to alleviate low back pain, tone the abdominal muscles, and find flight in asana practice. In teacher training, we will play with using bandhas in specific pranayama & asana exercises.
How to tune out	(Pratyahara) Learn how to avoid the toxic, and maximize the nourishing by training the mind to release attachment and disconnect from sensory objects.
How to focus	(Dharana) Brain training at its finest. This course provides all the tips and tricks on how to train your mind to concentrate.
Mantras	A gentle use of sound, to approach conditions you wish to change. In this course we explore how to use mantra to alter your inner landscape and gain access to stillness. Mantras reviewed: Gayatri, Chakra Biji Mantras, Sat Nam, Om Gum Ganapatayei Namaha, Om Namah Shivaya, Om Mani Padme Hum.
Mudras	An intentional hand gesture is a very useful instrument to prepare the mind for meditation. This course explores how to use mudras in a yoga practice and in daily life.
How to meditate	A complete guide on how to create peace in the mind, body, and heart. You will learn how to meditate and all its benefits. This course highlights specific techniques like; <ul style="list-style-type: none"> Transcendental Meditation

	<p>Guided Visualization</p> <p>Yoga Nidra</p> <p>Vipassana</p> <p>Metta</p> <p>Dzogchen</p>
<p>Find Your Voice (TT only)</p>	<p>This course will inspire you to speak from a centered and stable place, to communicate from the heart, and to get the body and mind warmed-up and ready, so you are prepared to speak. Includes vocal warm-ups and articulation exercises.</p>

Teaching Methodology

<p>Wellness Compass</p>	<p>An inspiring guide on how to integrate all the different dimensions of wellness into daily living practices.</p>
<p>Aromatherapy Basics</p>	<p>What is aromatherapy? How do essential oils work? Which essential oils to use? What essentials oils to start with?</p>
<p>Planes of movement (TT only)</p>	<p>A guide to understand all the different directions to move the body, ensure all joints get full range of motion, and help you identify where you may have muscle imbalances in the body.</p>
<p>How to build healthy alignment (TT only)</p>	<p>Building alignment in your practice, takes inquiry. Becoming aware of your conscious and unconscious ways of holding and positioning your body will give you insight to find the healthiest versions of your posture.</p>
<p>How to Sequence a yoga practice (TT only)</p>	<p>Creating a sequence for your yoga practice is like creating a piece of art. It is completely unique to you. Your preferences and your style. Understanding the guidelines for structure and content will allow you to create an excellent yoga practice for you and your students.</p> <p>Specific sequencing we discuss are:</p> <p>Vinyasa, Restorative, Chair, PreNatal, For the Seasons, Standing & Balancing sequencing, Seated sequencing, Sequencing for tight hips and shoulders, How to prepare the body for backbends, Sequencing for spine health.</p>

Hands-On Adjustments (TT only)	As a yoga teacher, you must ensure you are in a grounded mental space before touching your students. When touching anyone, energy is transferred and exchanged. This course dives deep in the preparation (mentally and physically) to offer a guiding touch to help your students find their alignment.
Yoga Business (TT only)	Professional Information for the Yoga Teacher and What to do after your yoga teacher training. This course provides all the information you need to begin building your business as a yoga teacher. Example resumes, liability release forms, and itemized tax deductions lists are provided.
Yoga Ethics (TT only)	Stella Luna Yoga School recognizes the responsibility of a yoga teacher. We pride ourselves in having strong, healthy boundaries around yoga teachers and their roles in the community. We are yoga teachers, we are devoted to our own personal growth through yogic practices and that is what we are experts at yoga.
Injury Prevention & Classroom Safety (TT only)	A guide to creating a safe space for your students and what to do in a case of emergency.
Common Injuries & Modifications (TT only)	Teach people, not poses. How to modify for common injuries and create a supportive space for all your students.

Anatomy & Physiology

Chakras (TT only)	Take the role as the creator in your own life as you explore & play with different practices to help you gain awareness and identify any energy imbalances.
Anatomy Basics (TT only)	In this course you will learn basic anatomy terminology for structures and movement.
Anatomy of Movement (TT only)	This course explores the basic anatomy of specific systems and parts of the body that are directly related to movement. Deepening the knowledge of your body for smarter and more mindful movement. In this course you will learn the basic structures and functions of: Skeletal System Muscular System The Trunk Upper Body Lower Body Fascia network
Anatomy of Breathing	Learn to conserve your energy and fully engage with your diaphragm as the main muscle of every breath and experience the ease of being.

Practicum

Mentorship (TT only)	A unique opportunity to have one-on-one time with a master teacher. You choose your mentor(s) and will be able to get hands-on experience of what it is like to be a yoga teacher.
Practice Teaching as a Lead Instructor (TT only)	Hone your teaching skills. You will have an opportunity to teach classes as the lead instructor. You will receive feedback and be able to refine your toolbox. You will leave training with class plans and playlists that you can use

AM I READY?

If you answer yes to any of these questions - you are ready

Do I consider myself a student in all areas of my life?

Am I open to growth? Transformation?

Am I ready to learn some life skills that I will actually use?

Am I craving an innerstanding of my energy?

Do I wish to cultivate a daily practice? For body? For mind? For soul?



**If you've ever experienced any of the following
- you are ready.**

You come out of a yoga class floating on clouds.

Pausing to take a big breath before reacting to a trigger.

You find yourself auto-correcting your posture throughout your day.

Savasana transports you to another planet.

You're in yoga class and the teacher seems to know exactly what you need.

When your brushing your teeth in the morning and you pull yourself out of the anxiety of trying to solve all of life's problems and back into gratitude for the present moment.

When you no longer enjoy the small talk and gossip because you crave deeper connection.

When you're in your car and you reach into the back seat for your bag and realize how much more flexible you are.

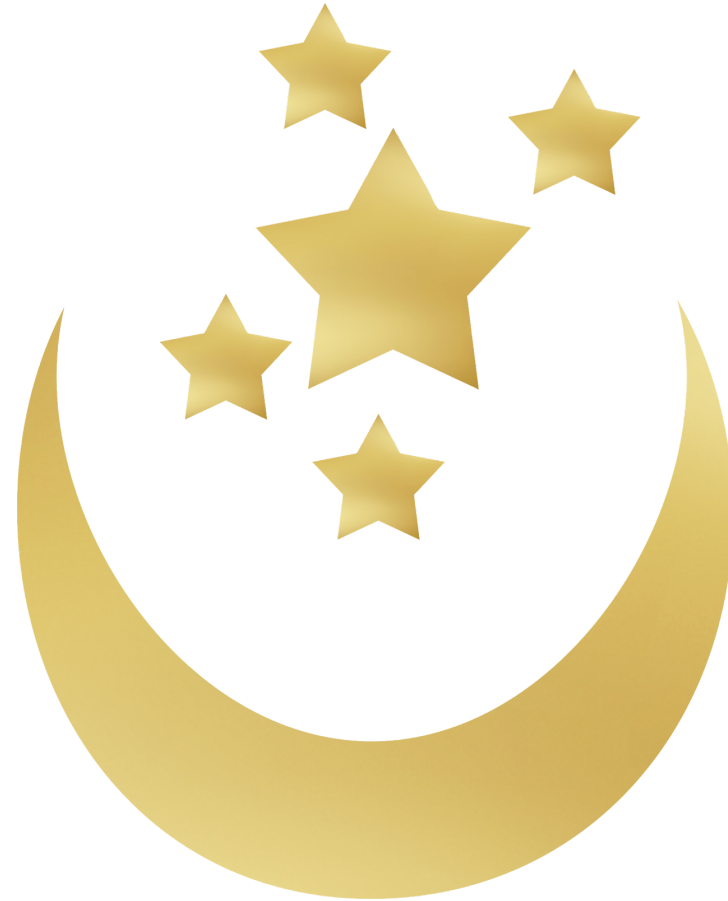
You catch yourself seeing the beauty in everything.

When situations line up just the way you need them to be.



NEXT STEPS:

1. Fill out an application & turn it in
(in-person/online.)
2. Schedule a meeting with Stella (714) 906-3083
3. Take lots of yoga classes.



STELLA LUNA YOGA

<h2 style="text-align: center;">Yoga School</h2> <p style="text-align: center;">Online Program</p>	<h2 style="text-align: center;">Teacher Training</h2> <p style="text-align: center;">200-hour Program</p>
<p>Online + Live Virtual Masterclasses</p> <p>Masterclass evenings are on:</p> <ul style="list-style-type: none"> ● Wednesdays 6pm <p>Yoga School also includes:</p> <ul style="list-style-type: none"> ● Online courses - Presented in various forms; videos, written & visual guides. ● Live virtual discussions on Wednesdays 6pm (<i>July 29th-Sept. 16th</i>) ● Facebook support group ● 15 Yoga classes at Stella Luna Yoga 	<p>Online + Live Masterclasses w/ Master Teachers</p> <p>Masterclasses are on:</p> <ul style="list-style-type: none"> ● Fridays 4:30-7:30pm ● Saturdays 9:30am-5pm <ul style="list-style-type: none"> ○ August 22nd ○ September 19th ○ October 17th ○ November 14th <p>Teacher Training also includes:</p> <ul style="list-style-type: none"> ● Online courses - Presented in various forms; videos, written & visual guides. ● Live masterclasses: Friday nights & select Saturdays ● Private Facebook Group ● 25 Yoga classes at Stella Luna Yoga ● 200hr RYT Yoga Alliance Certification

Programs range from \$1500-\$3700

All levels of fitness and yoga practitioners are welcome to apply for our training.

Our intention is to turn your love for yoga into a deeper and consistent practice of life skills.



Infinite love & gratitude,
Stella & jessi (: