

# H3 Yoga Teacher Training is officially a Yoga Alliance Registered School School Yoga Alliance ID #85557

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## Overview of H3 Yoga Program:

This is the only program that guides students through three of the most powerful and popular styles of Yoga today: BikYasa (Hot Flow Yoga), VinYasa (Flow Yoga), YinYasa (Yin Yoga with secrets to upper body Yin).

## The program is separated into 4 modules:

**BikYasa** – Where students learn the power of vocabulary, how to stand and teach with your voice rather than demonstration, effective body language, and how to inspire through perfected public speaking techniques.

**YinYasa** – Students learn the connection between Ancient Yoga and Chinese Medical Theory. They apply the Chinese Medical Theory to postures that affect the joint and connective tissue of the body. This provides a platform for initial western and eastern anatomy.

**VinYasa** – Building on foundations laid in YinYasa, students expand their understand of anatomy through looking at how each individual is different, and how poses are modified. WE also build on the foundations laid in BikYasa as students develop their own skill at creating sequences, and sharing yoga history and philosophy.

**Business and Functional Anatomy** – This last module builds on all that has been learned in previous three modules. Students at this point have a strong foundation in teaching, recognizing that it is critical to memorize sequences if we want to teach to large audiences. Principles of Anatomy are further investigated in how they related to poses and communication. A review of Yoga Alliance, and how to succeed as a professional yoga teacher are explored.

## Each module comes with a complete set of:

**Live recorded Yoga Classes** – this way students can absorb sequence, language and body language.

**PDFs** – with step-by-step sequences.

**Books** – students are provided with history and philosophy books, as well as recommendations for books to include in their personal library.

**Audio** – recording of masters talking about yoga philosophy.

**Mini Videos** – edited videos that show case teachers sharing insight, perspective and experiences.

**Movies** – Full-length movies that allow students to learn about history, modern evolution of yoga, inspirational motifs into living and serving others.

Each module follows a sequential email guide, where students are guided as to when to practice, which videos to watch, and assignments to complete.

Students are to upload their assignments on a blog forum, propelling them to use modern technology and helping them establish an online presence. This online presence supports their professional Yoga Career (if they choose that path) and provides resources and reference to be shared with students.

### **Cost:**

H3 Yoga Training Fee is \$3500.

Early discount \$300 is extended toward participating students for a total of \$3200.

### **Course Length:**

The course can either be followed as a month intensive or as a two-month weekend program.

Emails are sent daily (for full month intensive) or on weekends (for two months program) to students based on their choice.

### **H3 Yoga Graduate Students Testimonials:**

H3 Yoga Teacher Training has exceeded my expectations. I have learned so much about myself and how to be a great yoga teacher. The materials given to us have been so helpful and I will continue to use them throughout my yoga career. I would absolutely recommend H3 Yoga training to everyone. It is truly a life changing experience. Thank you!

***Megan Aaron***

This has been the most rewarding experience. I have learned so much, not only about yoga, but about myself. Watching myself grow, along with the other trainees and students at the studio has been extremely supportive. Gabe has provided so much

knowledge, compassion and awareness. So much gratitude.

***Rose Krajnik***

The H3 Yoga training was an in depth, at my own pace approach that helped me to gain a more thorough understanding of the challenges that I, as a Yoga Teacher will face and experience. In the H3 Yoga training I gained an appreciation for the origin and philosophy of yoga and how to integrate that knowledge into practical teaching. The anatomy and business part was also very helpful. In the anatomy section there were very useful and practical concepts on movement and bio-mechanics of yoga poses. This course was definitely worth every minute.

***Marika Dunbar***

H3 Yoga approach of personal practice and teaching/acting works wonders. The integration between training and studio openness to accept and support the trainees was what made the biggest importance to me. Best training in the world. Thank you!

***Laura Ensign***

Gabe is an awesome teacher, this course gives you the a really good foundation to build from, as well as many resources to explore in greater depth as you continue to develop yourself as a yoga teacher.

***Lynette Daubt***

I never expected to learn so much about myself as a person, in addition to all that we learned about teaching and conducting a yoga class. I feel confident about my skills to help others explore different types of yoga and find out what works for them. Thank you Gabriel!

***Greta Frey***

# BikYasa Module

Name
▶ B1
▶ B2
▶ B3
▶ B4
▶ BikYasa Music Files
▶ BT1 Sun Salutations
▶ BT2 Standing Section
▶ BT3 Flow Segment Videos
▶ BT4 Floor section
▶ Forms and Files
▶ Full Class Video
▶ Yoga Movies

## General curriculum and assignments:

What makes a yoga teacher?

Intro to communication

**Watch:** "Simon Sinek"

Application of "golden circle" to cueing

3 parts of a physical cue and ground up cueing

### **OMwork:**

#### **Watch:**

*"Difference btw yoga teacher and yoga instructor."*

#### **Blog**

*About your experience with BikYasa*

*What is the opening series of BikYasa – what is the important aspects of the opening.*

Confidence through presence

**Listen:** 'Mirror Effect' – **Blog** about your feeling after listening.

Body Language –

**Watch:** "Tim on vinyasa" + "Teaching is like"

History of Hot Yoga and Flow Yoga

**OMwork:**

**Watch:** "Bikram on Mind"

**Blog**

*'Why you want to teach'*

*Write down the opening order of the BikYasa series through Balancing series*

**Note:** You have mini videos for a few of the standing silent videos, as well as animated quick videos for each portion of BikYasa. **Make sure you take the time to review these.** You might upload these videos to your portable device (smart phone, iPad, Tablet, iPod Touch or iPod) for easy viewing whenever you have a few minutes, like sitting on a train, waiting in line at an office, or simply when you have a few minutes to yourself.

Plane of movement - **Watch:** "Planes of movement"

The power of music

**Watch:** "Bruce Lee on 'What'"

**Listen:** "Thought Power"

**OMwork:**

**Watch:** All flow videos

**Blog:** write down flow poses, for example:

Flow 1 – downdog, 3 leg dog twist, warrior 1, warrior 2, reverse warrior, warrior 2, look back, bend elbow, rest on thigh, upper arm up, look up, lower arm down, outside foot, upper arm over ear, look through arm pit at sky, look down, upper arm down, lower arm up, look up, upper arm down inside foot, hands walk forward, bend elbows, elbows down, head down, head up, hands inside foot, arm up, wrap behind the back, maybe bind, come up into lunge hands at heart, twist, maybe extend, wrap or bind, drop, flow, low push up – exhale, updog – inhale, downdog – exhale, repeat other side. **Note:** Include the inhale and exhale for the flows.

**Watch:** "Tim Miller on Yoga Practice"

*"Bikram Story"*

*"Iyengar story"*

Connecting beyond yourself - **Watch:** "How to Feel"

**Blog:** What does feeling a yoga room mean to you?

**OMwork:**

**Watch:** "Bikram on 'why' he teaches"

**Blog:** What is the BikYasa floor poses – what are they good for?

Applying touch to guide – pros and cons to adjustments

The Art of Giving and Receiving Feedback

**OMwork:**

**Watch:** "Yoga Unveiled" (in your "Yoga Movies")

**Blog:**

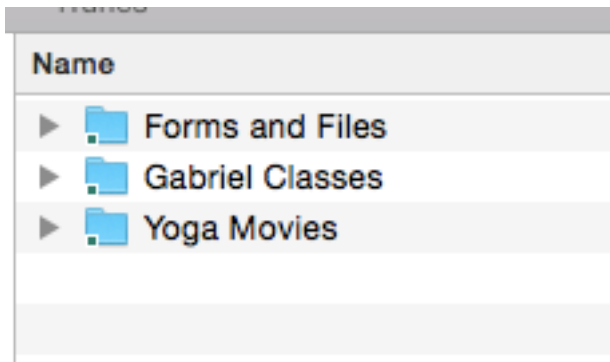
*What you found most interesting.*

*What are the various schools of Yoga?*

*Who is Patanjali?*

# YinYasa Module

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Intro into Anatomy  
Chinese philosophy – Yang-Yin

**OMwork:**

**Read:** *History, Philosophy & Osho Manual*

**Practice** Sun Salutations every morning for the next Module.

**Watch:** "The Spine"

**Blog:**

*Your experience with anatomy. What did you learn the most?*

*The Nervous System: Sympathetic and Parasympathetic Systems in your own words.*

**Watch:** "The Knee," "The Hip," "The shoulder."

The Ramayana and the story of Hanuman

Key figures in Yin Yoga

Evolution and History of Yin Yoga

**OMwork:**

**Read:** 'How Yin Yoga Healed My Student's Knee' Book

Patanjali, The Buddha and the flow of Ideas.

What is Energy? How is it expressed?

Nadis, Sen and Meridian Lines.

The research of Dr. Motoyama and Kim Bong-Han

Energy application – Thai Yoga

**OMwork:**

**Blog:** What was most interesting to you about Energy?

**Watch:** Thai Yoga

Patanjali's Sutras (the one's found in the History, Philosophy & Osho manual)

**Watch:** "David Deida"

Therapy, Yoga and Spiritual practice.

**Watch:** "Osho – I am not a Philosopher"  
East and West meet through Osho  
Teaching Yin-Yang classes

**OMwork:**

**Listen:** 'Osho- the last Joke'

**Blog:** *Do you have a joke? A story? Maybe write one of Osho's jokes that you remember.*

The art of story telling and weaving philosophy into your classes.

What are 'koans'

Spiritual humor

**Practice:** "PJ – Sun Salutations"

**OMwork:**

**Watch:** "Enlighten Up" (in your "Yoga Movies")

**Blog:**

*What was your experience after practicing sun salutations every day?*

**Questions to consider:** *Was it hard? Did you notice how it affected your day? How did people respond to you/comments they said about your energy?*



# VinYasa Module

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Name
▶ Day 1
▶ Day 2
▶ Day 3
▶ Day 4
▶ Day 5
▶ Form and Manuals
▶ Movies
▶ Sun Salutations variations
▶ Yoga Classes

What is 'VinYasa'?

**Watch:** 'The Art of Yoga Sequencing'

Surya Namaskar – Floating on Air

Sun Salutation history and application

Who is Vamana Rishi and Sri K. Pattabhi Jois revolutionary work?

**Watch:** "David Swenson - intro ""

**Watch:** "David Swenson 'intro to sun salutations'"

**Watch:** 'Sun Salutations – variations'

**Watch:** 'Sri K Pattabhi Jois'

Learn/Practice 'daily minimum' (in your Yoga Classes folder)

Teach Sun Salutations

**OMwork:**

**Review:** Seated sequence of Primary and opening of Second Series

**Read:** History, Philosophy & Osho Manual

**Practice** Sun Salutations every morning for the next Module.

**Watch:** " Truth – pathless path"

The 5 principles of a yoga sequence

**Watch:** " Michael Ganon"

Where does our energy go?

**Watch:** " Homunculus"

Find your inspiration - **Watch:** " Dharma Mittra"

*Posture Clinic – standing poses*

**OMwork:**

**Blog:** 'What are the 5 steps of a yoga sequence' – describe them in a few words and what they mean to you.

What is 'Ujjai breath' – applications and utilization?

**Watch:** "David Swenson - Ujjai"

**Bandhas** – What do they have to do with VinYasa – *applications, variations, and experimentations?*

**Watch:** "David Swenson - VinYasa" & 'BikYasa to VinYasa'

Moving between poses

*Posture clinic – Seated poses*

**OMwork:**

**Blog:** Review H3 Yoga's Ashtanga-Vinyasa sequence, or write your own.

Patanjali's Sutras (the one's found in the History, Philosophy & Osho manual)

**Watch:** 'A tribute to Hanuman'

Sanskrit – the world of chants

**Watch:** 'Krishna Das on Why'

Posture clinic - backbends

**OMwork:**

**Watch:** Nauli Kriya'

**Blog:** *What aspects of Sanskrit were interesting to you? How did you feel about chanting?*

**Watch:** "Pattabhi Jois Sun Salutation" – *ideally you practice at home.*

Chakras – a viewpoint

**Watch:** "Mc Yogi – Chakra Beatbox"

Posture Clinic - Inversions

**OMwork:**

**Watch:** "Tim Miller – on Sutras'

**Blog:**

*What was your experience after practicing sun salutations every day?*

**Questions to consider:** *Was it hard? Did you notice how it affected your day? How did people respond to you/comments they said about your energy?*

# Business and Functional Anatomy Module

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Name
▶ B&FA - 1
▶ B&FA - 2
▶ B&FA - 4
▶ B&FA - 5
▶ Form & Files
▶ Movies

What is 'Functional Anatomy'?

**Watch:** 'Functional Anatomy concept #4'

Posture alignment and integration of concept #4

**OMwork:**

**Blog:** How would you apply functional anatomy in your teaching?

Primary Foods and Bio-Individuality

**Watch:** "Amma Ji"

**Ayurveda:** The Science of Yoga

Posture Clinic – inversions

**OMwork:**

**Blog:** 'What is your Dosha? How would you apply Ayurveda to your teaching and success?'

What would you like to become? An Owner, A Rock Star, A Local Yoga Teacher?

Building your profile, running retreats, workshops, event & privates.

**OMwork:**

**Blog:** Where do you want to be in 2 years?

**Watch:** 'Biz of Hot Yoga'

































Insurance, setting up your own company, taxes and liability.




































**Watch:** "Bikram and Raj"




























Final Exam

# Detailed Files Images

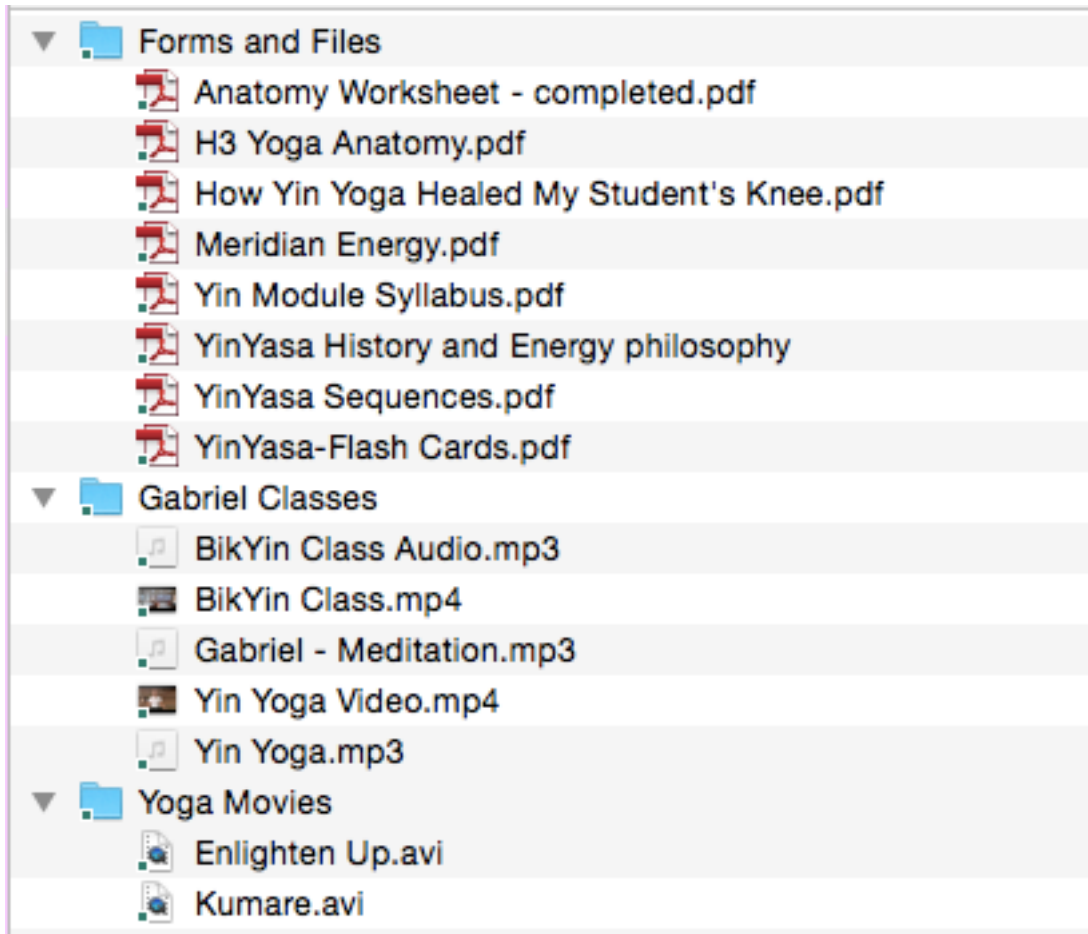
## BikYasa Module

- ▼  B1
  -  01 -Difference btw Yoga Teacher - Yoga Instructor.m4v
  -  02-Simon Sinek 'Why'-Your Intention.m4v
- ▼  B2
  -  01-Tim Miller on Yoga Practice.m4v
  -  02-Teaching is like.m4v
  -  03-Bikram on the mind.m4v
  -  Audio - Mirror Effect.mp3
- ▼  B3
  -  01-Bruce Lee on 'What'.m4v
  -  02-Krishna Das on Yoga chanting.m4v
  -  03 - KD - Peace looking in Mirror.m4v
  -  04 - KD - on maharaji.m4v
  -  Thought Power.mp3
- ▼  B4
  -  01 -Tim Miller - on vinyasa.m4v
  -  02-Bikram story.m4v
  -  03-Iyengar story.m4v
  -  04-Bikram on 'why' he teaches.m4v
  -  05-How to Feel.m4v
  -  06-Planes of Movement.m4v
- ▼  BikYasa Music Files
  - ▶  00-Background
  - ▶  01-Opening
  - ▶  02-Sun Salutations
  - ▶  03-Flow 1
  - ▶  04-Flow 2
  - ▶  05-Flow 3
  - ▶  06-Flow 4
  - ▶  07-Floor Back Bends
  - ▶  08-Seated Poses
  - ▶  09-Savasana

- ▼  **BT1 Sun Salutations**
  -  Sun Salutations audio.mp3
  -  Sun Salutations.m4v
- ▼  **BT2 Standing Section**
  -  01 - Half Moon to Hands Under Feet Audio.mp3
  -  01 - Half Moon to Hands Under Feet.m4v
  -  02-Awkward Audio.mp3
  -  02-Awkward.m4v
  -  03-Forehead to Knee.m4v
  -  03-Forehead to Knee.mp3
- ▼  **BT3 Flow Segment Videos**
  -  01-Flow 1 Audio.mp3
  -  01-Flow 1.m4v
  -  02-Flow 1 explained.m4v
  -  03-Flow 2 Audio.mp3
  -  03-Flow 2.m4v
  -  04-Flow 2 - explained.m4v
  -  05-Flow 3 Audio.mp3
  -  05-Flow 3.m4v
  -  06-Flow 3 - explained.m4v
  -  07-Flow 4 Audio.mp3
  -  07-Flow 4.m4v
  -  08-Flow 4 - explained.m4v
  -  09-Flow 4 group copy.m4v
  -  09-Flow 4 live class Audio.mp3
  -  09-Flow 4 live class.m4v
- ▼  **BT4 Floor section**
  -  01-Floor Back Audio.mp3
  -  01-Floor Back.m4v
  -  02-Abs bride wheel Audio.mp3
  -  02-Abs bride wheel.m4v
  -  03-Camel&Rabbit Audio.mp3
  -  03-Camel&Rabbit.m4v
  -  04-Stretch and Twist Series Audio.mp3
  -  04-Stretch and Twist Series.m4v

- ▼ **Forms and Files**
  - ▼ **BikYasa 60 min**
    -  60 min bikyasa cheat sheet.pdf
    -  BikYasa 60min-Dialogue.pdf
    -  Music Light and Heat in BikYasa.pdf
  - ▼ **BikYasa 80 min**
    -  80 min cheatsheet.pdf
    -  BikYasa cards.pdf
    -  BikYasa Full Class Script.pdf
    -  BikYasa Full Poster.jpg
    -  BikYasa-80 min Script.pdf
    -  Music Light and Heat in BikYasa.pdf
  - ▼ **BikYasa extras**
    -  BikYasa cards.pdf
    -  BikYasa Module Syllabus.pdf
    -  History, Philosphy and Osho.pdf
    -  Teacher evaluation.pdf
- ▼ **Full Class Video**
  -  BikYasa Full Video.mp4
  - ▼ **Gabriel and Jamie 60 min class**
    -  Gabe - 60 min bikyasa with tree .mp4
    -  Gabe - glow - audio.mp3
    -  Gabe - glow.mp4
    -  Jamie - glow - audio.mp3
    -  Jamie - glow.mp4
    -  Jamie - Touch workshop glow-audio.mp3
    -  Jamie - Touch workshop glow.mp4
  - ▼ **H3 60 minutes**
    -  bikyasa 60 min - the ideal - with crunch and hand to toe.mp4
    -  bikyasa 60 min audio.mp3
    -  BikYasa 60 min.mp4
    -  Bikyasa-audio-60min with crunch and hand to toe.mp3
- ▼ **Yoga Movies**
  -  01-Yoga Unveiled.mp4
  -  02-B.K.S. Iyengar Demo and Comments.m4v

















## YinYasa Module



## **VinYasa Module**



- ▼ Day 1
  - 01-David - intro.m4v
  - 02 - David Swenson - Intro to Sun Salutations.m4v
  - 03-The Art of Yoga Sequencing.m4v
  - 04-Sri K Pattabhi Jois.m4v
  - Baron Baptiste - The Human Nature.mp3
- ▼ Day 2
  - 01-David Swenson - Ujjai.m4v
  - 02-David Swenson - Vinyasa.m4v
  - 03-Bikyasa to Vinyasa.m4v
- ▼ Day 3
  - 01-Truth - pathless path.m4v
  - 02-Michael Gannon.m4v
  - 03-Homonuculus.m4v
  - 04 - Dharma Mittra.m4v
- ▼ Day 4
  - 01 - A Tribute to Hanuman.m4v
  - 02 - Krishna Das on 'why'.m4v
  - 03 - Nauli Kriya.m4v
- ▼ Day 5
  - 02 - MC Yogi - Chakra Beatbox.m4v
- ▼ Form and Manuals
  - ▼ Ashta-Vinyasa sequences
    - Ashta - VinYasa Dialogue.pdf
    - ASHTA-VIN-1.jpg
    - ASHTA-VIN-2.jpg
    - Ashta-VinYasa Sequence.pdf
    - Ashtanga Primary Series Sheet.pdf
    - H3 Yoga - Ashta-VinYasa-Cards.pdf
    - Second Series Ashtanga.jpg
    - History, Philosophy and Osho.pdf
  - ▼ Patanjali Sutras
    - Osho on the Yoga Sutras of Patanjali Book 1 Sutras 1-13.pdf
    - Patanjali's Sutras.pdf
    - Sanskrit.pdf
    - VinYasa Module.pdf

- ▼  Movies
  -  Ganon - primary and secondary.m4v
  -  Primary Series Ashtanga with Sri K.mp4
  -  Primary Series W David Swenson.m4v
  -  Tim Miller Discusses the Yoga Sutras I.4, I.12 and I.m4v
- ▼  Sun Salutations variations
  -  02 - Sun Salutations - Classic style.m4v
  -  03 - Sun Salutation Power Yoga style - wit Crow Pose.m4v
  -  Sun Salutations A&B.m4v
- ▼  Yoga Classes
  -  Ashta-Vinyasa.m4v
- ▼  Audio Classes
  -  Ashta-Vinyasa.MP3
  -  Ashtanga.mp3
  -  Fundamental.mp3
  -  Gentle Yoga Flow.mp3
  -  Power Yoga.mp3
  -  Daily Minimum.m4v
  -  Gentle Yoga.m4v
  -  Sun SALutations A&B led by Pattabhi Jois - hardly no instctions.m4v

## Business and Functional Anatomy

