The Golden Thread Teacher Training

APRIL-
DECEMBER
2020

WITH RENI BICKEL &
AYLIN KARADAYI

Foundation
Technique
Perspective
Integration

200 Hour
Yoga Training

OUTLINE

Hatha Yoga Basics
taught through the
Katonah Yoga® lens.

This training introduces students to a mindful and applicable approach of a contemporary Yoga practice.

TECHNIQUES, TRAINING & PRACTICE

Architecture of Asana

Intelligent sequencing / Concept of Vinyasa Krama

Use of props & Restoratives

Application of the Katonah Yoga® principles to all styles of Yoga

Advanced Asana

Class themes &
Building class series

SUBTLE BODY TECHNIQUES

Pranayama

Energetic body systems

Meditation

Subtle language &
Imaginative work

Deep relaxation

ANATOMY & PHYSIOLOGY

Classic anatomy

Classic physiology

Holistic medicine systems

Introduction to Eastern medicine

Psychosomatics

Body diagnostics & Body reading techniques

YOGA HUMANITIES / ESOTERIC PHILOSOPHIES & ETHICS

Traditional Yogic concepts & History of Yoga

Buddhist philosophy and psychology

Daoist principles

Applied philosophy & Ethics

The sacred quality of numbers and their application: Geometry, Numerology & The Magic Square

PROFESSIONAL ESSENTIALS / TEACHING SKILLS & METHODOLOGY

ABC of preparing and leading a Yoga class

Hands-on adjustments / contact

Overseeing the classroom

Verbal adjustments and cues

Artful articulation and application of metaphors, Public speaking

Developing a personal style

Practicum & Online program for integration and self training

LEAD TEACHERS

RENI BICKEL

BIO:
E-RYT 500, YACEP,
MSc Sport Science, Medical
Sport Therapist, Crystal
Healing Facilitator

www.renibickelyoga.com

AYLIN KARADAYI

BIO:
E-RYT 200, BA Cultural
Management,
Integrative Health Coach,
Essential Oils Coach

www.aylarealhealth.com

GUEST TEACHERS

MIRJAM HAYMANN
TEACHING METHODOLOGY, ASANA

VIVIANE OETTINGER
BUDDHIST ETHICS AND PSYCHOLOGY

SANDRO VARISCO
DAOIST PRINCIPLES, EASTERN MEDICINE

MICHELA GUETTINGER
CLASSICAL YOGIC PHILOSOPHY

FLURINA HUGGENBERGER
ANATOMY, THERAPEUTIC ASANA

DIFFERENT GUEST TEACHERS
ASANA

DATES 2020

MODULE FOUNDATION:

April 24 & 25
Weekend Lab
"Introduction to Yoga"
Aylin & Guest Teachers
@ Orbit (6) Zurich

May 2 & 3
Weekend Lab
"Basics of Teaching Yoga"
Aylin & Guest Teachers
@ Orbit (6) Zurich

May 13 & 27
Online Module
"Body Science & Self Practice"
Reni

June (free)
Practica / Self Study

MODULE TECHNIQUE:

July 20-25
Summer Intensive
"Teaching Skills"
Reni, Aylin & Guest Teachers
@ Orbit (6) Zurich

*45 hours
Katonah Yoga® credits

August (free)
Practica / Self Study

MODULE PERSPECTIVE:

September 8 & 22
Online Module
"Advanced Body Science &
Inclusive Teaching"
Reni

October 16 - 18
Weekend Lab
"Eastern Philosophies"
Aylin & Guest Teachers
@ Orbit (6) Zurich

October 23 - 25
Weekend Lab
"Articulating & Leading
Yoga Classes"
Aylin & Guest Teachers
@ Orbit (6) Zurich

MODULE INTEGRATION:

November 1 -
December 27
Online Program
"WEAVE IT IN"
Reni & Aylin

*30 hours
Katonah Yoga® credits

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On-site training hours are
9am-1pm and 2.30-6pm
(1.5h lunch break)

Online modules are self-paced. Your attendance is required for the live calls on: May 13, May 27, September 8 and September 22
(2PM ET/8PM CET)

PRICE, LOCATION & CONTACT

Price:
CHF 4300.00

Location:
Yoga Studio Orbit (6)
Grossmuensterplatz 6
8001 Zurich

Contact:
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