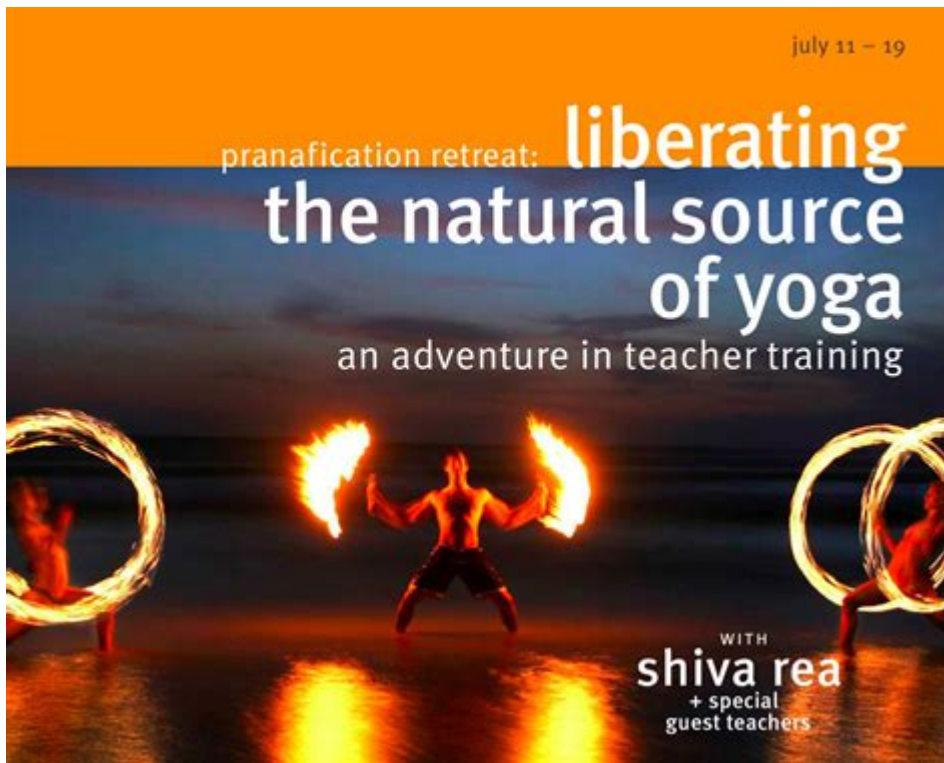


Shiva Rea Teacher Training



Shiva Rea Teacher Training is a transformative journey designed for yoga practitioners who aspire to deepen their understanding of yoga and share its profound benefits with others. Founded by renowned yoga teacher Shiva Rea, this teacher training program emphasizes the integration of movement, breath, and philosophy, allowing participants to cultivate their unique teaching style. With a focus on creative sequencing and an embodiment of the teachings, the program encourages trainees to explore their inner potential while building a supportive community.

Overview of Shiva Rea and Her Philosophy

Shiva Rea is a pioneer in the field of yoga, known for her innovative approaches to alignment and movement. Her teachings are heavily influenced by the Prana Vinyasa system, which emphasizes the flow of energy and the connection between breath and movement. Rea's philosophy centers on the idea that yoga is a living art form, encouraging practitioners to express themselves authentically and creatively on the mat.

The essence of Rea's teachings can be encapsulated in several key principles:

- Flow: Emphasizing the importance of fluid movement and the natural rhythm of the body.
- Prana: Recognizing the vital life force that flows within us and connecting it with breath.
- Embodiment: Encouraging practitioners to fully inhabit their bodies and express their unique movement styles.
- Community: Fostering a sense of belonging and support among yoga practitioners and teachers.

Structure of Shiva Rea Teacher Training

The Shiva Rea Teacher Training program is structured to provide a comprehensive education in yoga. The training typically spans several weeks, combining theoretical knowledge with practical application. The following sections outline the key components of the program.

Program Length and Format

Most Shiva Rea teacher training sessions are offered in formats that include:

1. 200-Hour Teacher Training: This foundational program is designed for those new to teaching yoga. It covers essential topics such as anatomy, sequencing, and teaching methodology.
2. 300-Hour Advanced Teacher Training: For those who have completed their initial training, the 300-hour program delves deeper into advanced practices and teachings, allowing participants to develop their unique voice as teachers.
3. Specialized Workshops: Throughout the year, Rea offers workshops focusing on specific aspects of yoga, such as prenatal yoga, yoga for athletes, and more.

Curriculum Components

The curriculum for Shiva Rea's teacher training encompasses a variety of subjects, ensuring a well-rounded education. Key components include:

- Asana Practice: In-depth study of yoga postures, including modifications and variations.
- Pranayama: Techniques for breath control to enhance vitality and focus.
- Philosophy: Exploration of yogic texts and philosophies, such as the Yoga Sutras and the Bhagavad Gita.
- Anatomy and Alignment: Understanding human anatomy to ensure safe and effective practice.
- Teaching Methodology: Skills for instructing classes, including cueing, sequencing, and hands-on adjustments.
- Sequencing: Learning to create dynamic and creative class sequences that flow with breath.

Benefits of Shiva Rea Teacher Training

Participating in Shiva Rea's teacher training program offers numerous benefits, both personally and professionally. Here are some of the key advantages:

Personal Growth

1. Increased Self-Awareness: The training encourages participants to explore their physical, emotional, and spiritual selves, fostering greater self-awareness.
2. Confidence Building: As trainees practice teaching and receive feedback, they gain confidence in

their abilities as instructors.

3. **Community Connection:** Participants form lasting friendships and connections with fellow trainees, creating a supportive network.

Professional Development

1. **Certification:** Completing the program provides a recognized certification, allowing participants to teach yoga professionally.

2. **Skill Enhancement:** Trainees develop a diverse skill set that enhances their teaching effectiveness and creativity.

3. **Diverse Opportunities:** Graduates can pursue various career paths, including yoga studio instruction, workshops, retreats, and private coaching.

What to Expect During Training

Embarking on the Shiva Rea teacher training journey is an exciting yet challenging experience. Here's what participants can expect throughout the program:

Daily Schedule

The daily schedule typically consists of a mix of practices, lectures, and group discussions. Trainees can expect:

- **Morning Practices:** Energetic Vinyasa flows to start the day.
- **Workshops:** Focused sessions on anatomy, philosophy, and teaching techniques.
- **Peer Teaching:** Opportunities to practice teaching and receive constructive feedback.
- **Meditation:** Daily sessions to cultivate mindfulness and presence.

Supportive Environment

The training environment is designed to be nurturing and inclusive, allowing participants to feel safe as they explore their practice. Experienced instructors and mentors provide guidance and support throughout the process.

How to Prepare for Teacher Training

Preparation for Shiva Rea teacher training can enhance the overall experience. Here are some tips to consider:

1. **Establish a Regular Practice:** Commit to a consistent yoga practice to build familiarity and comfort with the postures and flows.

2. Study Yoga Philosophy: Explore foundational texts to develop a deeper understanding of yoga's philosophical underpinnings.
3. Clarify Your Intentions: Reflect on your motivations for pursuing teacher training and what you hope to gain from the experience.
4. Connect with Fellow Practitioners: Engage with others in the yoga community to create connections and gain insights.

Conclusion

Shiva Rea teacher training is more than just a program; it is a pathway to transformation. By combining physical practice, philosophical exploration, and community support, participants emerge as confident, knowledgeable, and passionate yoga teachers. Whether you aim to teach professionally or deepen your personal practice, the benefits of this training are profound and far-reaching. With an emphasis on authentic expression and creative sequencing, Shiva Rea's approach to teacher training empowers aspiring instructors to share the gift of yoga with the world.

Frequently Asked Questions

What is Shiva Rea's approach to teacher training?

Shiva Rea's approach to teacher training emphasizes the integration of vinyasa flow, breath awareness, and the connection to the body's natural rhythms, promoting a holistic understanding of yoga.

What are the prerequisites for enrolling in Shiva Rea's teacher training?

Prerequisites typically include a solid foundation in yoga practice, preferably with prior experience in vinyasa flow, as well as a desire to deepen one's personal practice and teaching skills.

How long does Shiva Rea's teacher training program usually last?

Shiva Rea's teacher training programs often vary in length, commonly ranging from 200 to 300 hours, depending on the specific program and format chosen.

What type of certification do participants receive after completing the training?

Participants typically receive a certification recognized by Yoga Alliance, enabling them to register as a RYT (Registered Yoga Teacher) upon completion of the required hours.

Is online training available for Shiva Rea's teacher training?

Yes, Shiva Rea offers online teacher training options, allowing students to participate remotely while still engaging with the curriculum and community.

What unique techniques does Shiva Rea incorporate into her training?

Shiva Rea incorporates unique techniques such as Prana Vinyasa, which combines movement, breath, and energy awareness, as well as elements of dance and creativity to enhance the flow of practice.

What can participants expect to learn during the training?

Participants can expect to learn about asana alignment, sequencing, anatomy, philosophy, meditation, and teaching methodologies, all rooted in the principles of vinyasa yoga.

Are there any opportunities for advanced training after completing the initial program?

Yes, after completing the initial 200-hour program, graduates can pursue advanced training options, such as specialized workshops and 300-hour programs offered by Shiva Rea.

How does Shiva Rea's training address personal development?

Shiva Rea's training emphasizes personal development through self-inquiry, mindfulness practices, and cultivating a deeper connection to one's authentic teaching voice.

What is the community aspect of Shiva Rea's teacher training?

The community aspect is integral, with opportunities for networking, collaboration, and support among peers, fostering a sense of belonging and shared purpose among participants.

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