



## **Awaken. Evolve. Serve.**

### **This is Your Path.**

Welcome, Heart Follower!

We're so excited that you're considering joining us for The Ashaya Yoga 200-Hour Teacher Training.

This is more than just a yoga teacher training. It's beyond asana mastery and physical alignment.

**This is about saying yes to the deepest, most transformational experience that yoga has to offer.**

This journey will call you home to who you truly are and who you're meant to be.

In Ashaya Yoga, we acknowledge that yoga is a way of life. It not only shifts and transforms your body to become strong, healthy, balanced, and flexible, but it transforms your mind and heart too.

We seek to integrate and balance our body, mind, and heart in such a way that allows the universe to flow through us as we follow our deepest heart desires. **We become a conduit of universal light and truth to light our way forward and light the way for others. In essence, this training is about discovering that we are divine.**

You'll find all the details you need to navigate your decision in this document, as well as on our [website](#), but know that you can also reach out with questions at any time to [info@ashayayoga.com](mailto:info@ashayayoga.com). Or [Book a Free Call](#) with Todd. We're here to help you make the best decision for you!

Namaste,  
Todd & The Ashaya Yoga Team



## The Ashaya Difference

Ashaya is the #1 Online 200-Hour Training for heart-centered yoga teachers. You will receive the most comprehensive curricula of body, mind, and heart integration in the world!

### **You'll learn valuable life skills that bring out your best qualities.**

Kindness, courage, fearlessness, groundedness, openness, and magnetism that attract people to you. You will become a pillar of light in your community where people look up to you as a role model for how to live from the heart with integrity.

The Ashaya TT takes a deep dive into how to become a leader of the heart that's based on your highest values, including:

- The power of your loving presence and that you are enough just as you are
- Your capacity to listen unconditionally with your heart and really connect with people
- How to own your experience, take 100% responsibility, and be humble
- How to release defensive armoring and cultivate the power of vulnerability sourced in courage
- How become the master of your emotions through the skill of emotional agility

### **You'll learn the therapeutic and elegant Ashaya Yoga Method of Alignment.**

This method, unlike any yoga method, hands you the blueprint and owner's manual for your body. Never before has yoga taken such a radical approach to

asana that ties the philosophy into the technique to give you the universal perspective that every cell, every fiber, and every molecule of you is composed of the Five Elements (earth, water, fire, air, and sky) forged in stars. To say you are a “star-baby,” a universal being, is as literal as it gets.

The training also includes the **Ultimate Yoga Anatomy Experience for Teachers and Students** -- a uniquely comprehensive adventure into the body’s anatomical wonders. Learning anatomy in this way will help you create bigger change by truly understanding the science behind why Ashaya Yoga heals.

## **You’ll learn a sustaining, lifelong Ashaya Morning Sadhana practice.**

Through the esoteric Tantric practice of kriyas, mantra japa, pranayama, and mantra meditation, you’ll develop a daily at-home spiritual practice that re-inspires, refreshes, and re-connects you every single day to your highest self. This is one of the greatest gifts you’ll ever receive.

## **You’ll receive the Free Gift of the Ashaya Monthly Membership when you register. (A \$700 Value!)**

As a gesture of our commitment to your growth and training, you will receive a free pass to join Todd’s Ashaya Monthly Membership classes for the duration of the teacher training! [Learn more.](#)

## **Ashaya Yoga Teachers stand out from the crowd because they graduate with:**

- A deeper understanding of the philosophical roots, history, and evolution of yoga
- More knowledge of the physical biomechanics, inner workings, and anatomy of the poses
- A higher sophistication of therapeutic alignment techniques
- Extensive refinement of effective language and asana cues
- The capacity to teach to the heart of the students with uplifting and transformational themes interwoven into the asana instruction
- The skills to lead from the heart and hold the emotional space for a group

while remaining centered, calm, and in your heart.

- A deeper sense of self based on their personal transformation working through their shadow and light



## Detailed Dates & Curriculum

This is a sample curriculum overview for the Ashaya Teacher Training. The content is subject to change and may shift and evolve as the course is delivered. All times are ET.

### The Ashaya Deepening: First 37.5 Hours

We offer the first 37.5 hours of the Ashaya Path Teacher and Leadership Training independently of the full teacher training to provide an opportunity for those who know they don't want to teach to experience some of the huge personal transformations that the training provides.

This in-depth component of the training focuses on harmonizing body, mind, and heart through The Four Essentials™ of alignment and how the Essentials interface with the Five Great Elements. You'll receive an introduction to the liberating Nondual Śaiva-Śākta Tantra philosophy, begin the journey of embracing your shadow and light, and absorb the Ashaya method into your body so you can go beyond happiness to thrive in all areas of life.

### Curriculum Overview - Ashaya Deepening

#### Module 1: 12.5-Hour Weekend Intensive

Nov. 3-5	Fri. 7-9 p.m. Sat. 730-815 a.m. Sadhana, 930 a.m.-1230 p.m., 2-5 p.m. Sun. 730-815 a.m. Sadhana, 930 a.m.-1230 p.m.
	<ul style="list-style-type: none"><li>● Begin the Journey of the Heart</li><li>● Introduction to Ashaya Yoga Method</li><li>● Tantra Philosophy: Path of Radical Affirmation</li><li>● The Four Essentials™</li><li>● The Five Great Elements</li><li>● Ashaya Morning Sadhana</li><li>● Asana Clinic</li></ul>

	<ul style="list-style-type: none"> <li>● Seat of the Teacher: <ul style="list-style-type: none"> <li>○ Own Your Experience</li> <li>○ Adhikara: Studentship</li> </ul> </li> </ul>
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## Module 2: 12.5-Hour Weekend Intensive

<b>Nov. 17-19</b>	<p>Fri. 7-9 p.m.  Sat. 730-815 a.m. Sadhana, 930 a.m.-1230 p.m., 2-5 p.m.  Sun. 730-815 a.m. Sadhana, 930 a.m.-1230 p.m.</p>
	<ul style="list-style-type: none"> <li>● Embody The Four Essentials™</li> <li>● 25 Samkhya Tattvas: Principles of Existence</li> <li>● Yoga History Timeline</li> <li>● Asana Clinic</li> <li>● Yoga Anatomy with Randy Boyd – <i>The Anatomy &amp; Science of the Breath</i> (2-3:30 pm)</li> <li>● Seat of the Teacher: <ul style="list-style-type: none"> <li>○ The Power of Your Loving Presence</li> </ul> </li> </ul>

## Module 3: 12.5-Hour Weekend Intensive

<b>Dec. 8-10</b>	<p>Fri. 7-9 p.m.  Sat. 730-815 a.m. Sadhana, 930 a.m.-1230 p.m., 2-5 p.m.  Sun. 730-815 a.m. Sadhana, 930 a.m.-1230 p.m.</p>
	<ul style="list-style-type: none"> <li>● Deepen Your Practice</li> <li>● Refine The Four Essentials™</li> <li>● Introduction to Śiva-Śakti, Absolute and Relative</li> <li>● Patanjali’s Yoga Sutras: Yamas and Niyamas</li> <li>● Asana Clinic</li> <li>● Yoga Anatomy with Randy Boyd – <i>The Science of Stretching</i> (2-3:30 p.m.)</li> <li>● Seat of the Teacher: <ul style="list-style-type: none"> <li>○ Emotional Agility</li> <li>○ Worthiness is Your Birthright</li> </ul> </li> </ul>

## The Ashaya Awakening: Final 174 Hours

Ashaya Awakening students will continue on after the 37.5-hour program to receive individual mentoring, deepen your leadership skills, study yoga anatomy, sequencing, and alignment techniques, and deepen your study of yoga and Tantric philosophy.

This dedicated program will, without a doubt, create a permanent shift in you and your life, while setting you up to serve through courageous and heart-centered teaching.

### Curriculum Overview - Ashaya Awakening

#### Module 4: 6-Day Series (35 hours)

<b>Jan. 9-14</b>	Tues. 7-9 p.m. Wed. - Sat. 7-8 a.m. Sadhana, 930 a.m.-1230 p.m., 2-5 p.m. Sun. 7-8 a.m., 930 a.m.-130 p.m.
	<ul style="list-style-type: none"><li>● Ashaya Morning Sadhana-A Deeper Dive: The Five Kriyas</li><li>● Patanjali's Yoga Sutra, padas 1 and 2</li><li>● Sat Darshans, the Six Visions of Hinduism</li><li>● The Three Yogic Worldviews</li><li>● Components of a Yoga Class</li><li>● What is an Ashaya Yoga Class? What is an Ashaya Teacher?</li><li>● Practice Teaching 1 with Personal Mentoring<ul style="list-style-type: none"><li>○ Warmups, Breath and Movement Coordinated</li><li>○ Sun Breath, Cat/Cow, and Sun Salutations</li><li>○ Foundations of Feet and Hands</li><li>○ Prepose Instruction</li><li>○ Teaching Asanas Using the Four Essentials™</li><li>○ Plain and Explicit Language</li><li>○ Directional Language</li><li>○ Unskillful Word Habits</li></ul></li><li>● Practice Teaching 2 with Personal Mentoring:<ul style="list-style-type: none"><li>○ Teaching Asanas Using The Four Essentials™</li><li>○ Breath Context Statements</li><li>○ Technical Context Statements</li><li>○ Benefit Context Statements</li><li>○ Unskillful Word Habits</li></ul></li></ul>

	<ul style="list-style-type: none"> <li>● Seat of the Teacher: <ul style="list-style-type: none"> <li>○ Self-Acceptance as the Key to an Open Heart</li> </ul> </li> </ul>
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### Module 5: 16.5-Hour Weekend Intensive

<b>Feb. 2-4</b>	<p>Fri. 7-9 p.m.</p> <p>Sat. 7-8 a.m. Sadhana, 930 a.m.-1230 p.m., 2-5 p.m.</p> <p>Sun. 7-8 a.m. Sadhana, 930 a.m.-1230 p.m., 2-530 p.m.</p>
	<ul style="list-style-type: none"> <li>● Shiva Nataraja: Revealing the Secrets of the Universe</li> <li>● Pancha Krtayas: The Five Acts of Shiva</li> <li>● Practice Teaching 3 with Personal Mentoring: <ul style="list-style-type: none"> <li>○ Opening Statement</li> <li>○ How to Lead a Centering</li> <li>○ Teaching with a Unity Heart Theme</li> <li>○ Interweave Theme with Action</li> <li>○ Heart Virtue Context Statements</li> </ul> </li> <li>● Seat of the Teacher: <ul style="list-style-type: none"> <li>○ Vulnerability as the Source of Courage</li> <li>○ Name Your Shame, Claim Your Shame</li> </ul> </li> </ul>

### Module 6: 17-Hour Weekend Intensive- The Ultimate Yoga Anatomy Experience: Celebrating the Interplay of Science and Spirit (15 hours Anatomy; 2 hours Sadhana)

<b>Feb. 23-25</b>	<p>Fri. 6-9 p.m. The Hands &amp; Feet: Foundations of Yoga Practice</p> <p>Sat. 7-8 a.m. Sadhana</p> <p>Sat. 930 a.m.-1230 p.m. The Amazing Resilient Spine</p> <p>Sat. 2-5 p.m. The Pelvis: Cornerstone of the Body</p> <p>Sun. 7-8 a.m. Sadhana</p> <p>Sun. 930 a.m.-1230 p.m. Aligning Head &amp; Heart: Shoulder &amp; Neck Anatomy</p> <p>Sun. 2-5 p.m. The Dynamic Core &amp; Review</p>
	<p>Expert Instruction in Anatomy with Randy Boyd. Additional Anatomy Hours in Modules 2 and 3.</p>



## Module 7: 16.5-Hour Weekend Intensive

<b>Mar. 15-17</b>	<p>Fri. 7-9 p.m.</p> <p>Sat. 7-8 a.m. Sadhana, 930 a.m.-1230 p.m., 2-5 p.m.</p> <p>Sun. 7-8 a.m. Sadhana, 930 a.m.-1230 p.m., 2-530 p.m.</p>
	<ul style="list-style-type: none"> <li>● Bhagavad Gita Study:             <ul style="list-style-type: none"> <li>○ Dharma, Courage, and Purpose</li> <li>○ Karma and Renunciation</li> <li>○ Three Gunas</li> </ul> </li> <li>● Eight Attributes of the Absolute</li> <li>● Chit Ananda and the highest purpose of the practice</li> <li>● Practice Teaching 4 with Personal Mentoring:             <ul style="list-style-type: none"> <li>○ 4-Steps to the Introduction to the theme</li> <li>○ Refine The Four Essentials™</li> <li>○ Self-Demonstrations of Poses and Actions</li> <li>○ Pacing</li> </ul> </li> <li>● Seat of the Teacher:             <ul style="list-style-type: none"> <li>○ Your Hero's Journey</li> </ul> </li> </ul>

## Module 8: 16.5-Hour Weekend Intensive

<b>Apr. 12-14</b>	<p>Fri. 7-9 p.m.</p> <p>Sat. 7-8 a.m. Sadhana, 930 a.m.-1230 p.m., 2-5 p.m.</p> <p>Sun. 7-8 a.m. Sadhana, 930 a.m.-1230 p.m., 2-545 p.m.</p>
	<ul style="list-style-type: none"> <li>● Continued Bhagavad Gita Study:             <ul style="list-style-type: none"> <li>○ The Field and the Knower of the Field</li> <li>○ Three Paths to Freedom</li> </ul> </li> <li>● Subtle Body Anatomy:             <ul style="list-style-type: none"> <li>○ The Four Tantric Bodies</li> <li>○ The Five Koshas</li> <li>○ Transformation through the Chakras</li> </ul> </li> <li>● Practice Teaching 5 with Personal Mentoring:             <ul style="list-style-type: none"> <li>○ Pulsation Themes</li> <li>○ Linking language for pulsation theme (E2 &amp; E4)</li> <li>○ 6 Steps to Savasana</li> <li>○ Closing statement (recap theme)</li> <li>○ Mirroring</li> </ul> </li> <li>● Seat of the Teacher:             <ul style="list-style-type: none"> <li>○ Chakras: The Shakti Matrix of the Subtle Body</li> </ul> </li> </ul>

## Module 9: 17-Hour Weekend Intensive

<p><b>May 3-5</b></p>	<p>Fri. 7-9 p.m.            Sat. 7-8 a.m. Sadhana, 930 a.m.-1230 p.m., 2-5 p.m.            Sun. 7-8 a.m. Sadhana, 930 a.m.-1230 p.m., 2-6 p.m.</p>
	<ul style="list-style-type: none"> <li>● The Deepest Meaning of Ashaya: Abode of the Heart</li> <li>● Qualities of a Great Teacher</li> <li>● Lesson Planning</li> <li>● Art of Sequencing</li> <li>● Freeing the Voice Workshop</li> <li>● Prenatal Yoga</li> <li>● Practice Teaching 6 with Personal Mentoring:               <ul style="list-style-type: none"> <li>○ Pulsation theme for E3 Pelvic Integration</li> <li>○ Technical &amp; Benefit Context Statements of Pelvic Integration</li> <li>○ Linking Language for Pelvic Integration</li> </ul> </li> </ul>

## Module 10: 5-Day Series (29.25 hours)

<p><b>May 29 – June 2</b></p>	<p>Wed. 7-9 p.m.            Thurs.-Fri. 7-8 a.m. Sadhana, 930 a.m.-1230 p.m., 2-5 p.m.            Sat. 7-8 a.m. Sadhana, 930 a.m.-115 p.m., 230-6 p.m.            Sun. 7-8 a.m. Sadhana, 930 a.m.-130 p.m.</p>
	<ul style="list-style-type: none"> <li>● Four Vibratory Bands of Consciousness</li> <li>● Om and the Four States of Consciousness</li> <li>● The 36 Tattvas: Principles of Existence</li> <li>● Teaching Beginners, Modifications, Use of Props</li> <li>● Practice Teaching 7 with Personal Mentoring:               <ul style="list-style-type: none"> <li>○ Active, Reflective, and Indirect Voice</li> <li>○ Putting it All Together</li> </ul> </li> <li>● Professional Practices               <ul style="list-style-type: none"> <li>○ Branding Strategy</li> <li>○ Ethics</li> <li>○ Marketing</li> <li>○ 10-Class Ashaya Series</li> <li>○ Online Tech and Set up</li> </ul> </li> <li>● Devotional Ritual, Celebration, and Graduation</li> <li>● Seat of the Teacher:               <ul style="list-style-type: none"> <li>○ Teaching as a Sadhana</li> <li>○ Devotion</li> </ul> </li> </ul>

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|  | ○ Kula: Family of the Heart |
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### **Asynchronous Hours: 20+ Hours**

These are training hours without staff present.

- Homework
- Written Exam

### **Additional Hours:**

These are not counted within the 200-hour training.

- Reading
- At-Home Sadhana practice
- At-Home Practice teaching friends, family, and/or students



## Highlights of the Ashaya Yoga Teacher Training

*Tantra*  
*Path of Radical*  
*Affirmation*

*Kula*  
*Relationship*  
*Community*

**The Ashaya**  
**200-Hour Yoga**  
**Teacher**  
**Training**

*Dharma*  
*Heart Follower*  
*Purpose*

*Asana*  
*Therapeutic*  
*Alignment*  
*Wholeness*

*Sadhana*  
*Spiritual*  
*Connection Daily*  
*Practice*

## **Tantra: Path of Radical Affirmation**

Embody and integrate the powerful world view that everything in life is for your awakening.

- Gain an overview of yoga philosophy, including Patanjali's Yoga Sutras and an introduction to the Nondual Shaiva-Shakta Tantra: the Path of Radical Affirmation.
- Explore your shadow and how to integrate it so you can finally let go of self-limiting beliefs and stuck emotional blocks that are holding you back.
- Replace anxiety with inner peace, serenity, and a feeling of calm.
- Turn stumbling blocks into stepping stones. Learn how to transform the negative energy of "victim consciousness" into the empowering path of "victory consciousness."

## **Dharma: Purpose**

Follow your heart and align with that which is steeped in truth.

- Honor your deepest desires, your gifts, and the messages and calling of your heart. Gain the deep satisfaction of living your authentic life.
- Develop a sense of purpose and Your North Star, a compass that guides you through the trials of life.
- Tap into your unlimited potential with the confidence that comes from naturally knowing who you are and what you want.
- Feel supported as you challenge yourself to step up as a strong leader and contributor in your life, community, and the world.

## **Sadhana: Daily Spiritual Practice**

Establish a powerful and committed daily practice as the bedrock of your spiritual and personal growth and wellbeing.

- Establish yourself in an extraordinarily effective and powerful set of morning practices of asana, mantra, pranayama, and meditation.
- Strengthen your connection to yourself, the universe, and the life-enhancing spiritual energy Shakti, so you can stand strong in any storm. Become the light and hope for others in an endarkened world. Become a Pillar of Peace.
- Welcome yourself into each and every day, opening yourself up to receive wisdom and insight from the source within.
- Build and strengthen a relationship between your body, mind, and heart.

## **Asana: Therapeutic Alignment**

Harmonize body, mind, and heart for a lifetime of strength, vitality, and wholeness.

- Shift and transform your body as you learn to align in a new way. Strengthen what's weak, open what's tight, and explore new ways to align your body that establishes the highest balance possible for you.
- Support the healing life-force within. Diminish or completely eliminate pain.
- Study and learn The Four Essentials of Ashaya Yoga: Open. Engage. Align. and Expand, along with their corresponding elements: sky, earth, water, fire, and air.
- Gain deep understanding into the scientific anatomy behind Ashaya Yoga and why yoga works.

## **Kula: Relationship and Community**

Consciously thrive and connect in community, relationship, and family of the heart.

- Join a vibrant community of other heart followers who see and support your highest expression. Draw on the love and support of other students as you practice standing in your true self and expressing yourself authentically.
- See yourself more clearly in the reflection of community and learn to give and receive authentic feedback with love.
- Develop and practice your leadership skills and holding space for others to have their experience.
- Recognize the importance of community and relationships in your life and free up damaging patterns and beliefs.



## Join Us!

Learning to teach means learning how to serve the highest light, how to engage with life in a real and courageous way while finding your authentic voice. There's nothing like it. The growth you experience in this training will spill over into every area of your life. You'll live a life overflowing with purpose, love, joy, wellbeing, and inner peace.

It's the most life-changing and life-transformational program you'll ever take.

This course supports you to examine your self-limiting beliefs, your concepts about life and reality, your values, and your priorities to gain a fresh perspective on what's most meaningful to you so that you can fully live the life you were born to live. The Nondual Śaiva-Śākta Tantra philosophy opens your mind and heart with unbounded freedom, transcendental bliss, and new ideas of what's possible and the deepest purpose of your existence.

Ashaya Yoga Teacher Training is for you if:

- You're seeking a more meaningful approach to yoga that integrates the body, mind, and heart, offering you and your students inside-out healing and deeper transformation
- You're interested in learning the most esoteric and deeply transformational yoga philosophy available
- You want to learn the therapeutic alignment principles that relieve chronic pain
- You wish to create classes that are safe, fun, and accessible to all levels of students
- You want to gain confidence in your teaching skills and find your authentic voice
- You're ready to bring yoga into your life and start living more from your heart than from your fear, so you can manifest your dreams

- You're feeling called to explore your greater purpose and want support developing the professional skills you need to serve your students and be a pillar of support in your community

**Yes! I'm Ready to Awaken!**