



## Embodied Mindfulness

### 60hr foundation teacher training course outline

#### Aim

The foundation course explores how to experience and begin to teach an integrated approach to movement and mindfulness by giving you the philosophical, intellectual and most importantly the experiential knowledge you require. Most yoga teachers and experienced practitioners will already recognize mindfulness of the body in their practice and this is one of the building blocks to an integrated mindfulness approach.

In choosing to develop this further in your teaching you will explore the connection between mind states and body experience and how we so often compensate using strength and striving for the absence of energetic balance. As your familiarity with embodied mindfulness develops you will learn to guide your students towards a different approach to effort freeing the tension that gets in the way of this balance.

Using the “body as a map of the mind” in this way leads to a very different experience of moving with ease and poise in the practice both on and off the mat. We call this “intelligent strength”.

#### Pre-requisites

An existing yoga practice of at least 2 years.

Some experience of mindfulness practice or equivalent meditation experience and an interest in developing further.

#### About the Modules

There are 2 modules of 2 days each.

**Module 1** introduces key mindfulness techniques and their integration into yoga practice. You will learn the philosophical underpinning of mindfulness and directly experience the impact this has on your practice and the practice of your future students. You will have had the opportunity to safely practice teaching a short sequence of primary postures in ways suitable for a diverse audience.

**Module 2** further deepens of your use of mindfulness, both in the integration within the posture and also in the way you teach and interact with students. You will have the opportunity to practice a wider range of postures and sequences with those on the IYM 200hr teacher training.

#### Additional content

In addition to the course work the following is required:

- 20 mins personal mindfulness meditation practice per day
- 8 minute personal yoga practice applying the IYM principles

Training course terms and conditions [here](#)