# Training Structure & Certification Path

Below is a detailed look at the modules, weekends, and certification components of the FlowFabrik teacher training. It outlines the themes, practices, and learning milestones that guide trainees through a transformative journey of embodied teaching and personal growth.

*Please note: content is subject to refinement as the program evolves.*

# Weekend 1

# Rooting into Practice

In-Person
Teachers: Hanne (lead), Glenda (chanting), Simona (anatomy)

- Orientation and welcome into a safe, intentional learning space
- Foundational movement and breath practices to arrive in body and mind
- Self-reflection and coaching to clarify personal intentions
  Growth: The importance of discipline and the willingness to get gently uncomfortable
- Exploration of Pada Bandha and the art of grounding: cultivating lift through connection to earth. Investigating the paradox—how rooting down creates the conditions to rise
- Overview of yoga history and major styles and schools of yoga
- Introduction to the Yoga Sutras and the 8 limbs of yoga
- Intro to anatomy. Uderstanding why anatomical knowledge matters in safe, skillful, and emotionally attuned teaching. How structure supports freedom, and why knowing the body deepens presence and trust
- Functional anatomy sessions focused on the lower body (feet, legs, etc.)

# ONLINE BETWEEN 1 & 2

# Yoga Philosophy & Inner Exploration

Online
Teacher: Hanne

- Philosophy – Living Yoga Inside Out
- A closer look at the Yamas and Niyamas with personal reflection prompts
- Introduction to Sankalpa: cultivating and refining personal intention
- Breath mechanics and nervous system regulation

- Simple Breath-led Practices
- Karma Yoga project: engage in action without attachment to outcome

# WEEKEND 2

## Alignment, Intention & the Path of Dharma

In-Person
Teachers: Hanne (lead), Simona (anatomy), Dora (embodied practice), Glenda (chanting)

- Diving further into Pranayama: understanding basic breath techniques and their role in regulating energy and emotion.
- What Prana is – exploring the life force, breath and subtle energy
- Asana history and what happens in the body during practice
- Sun Salutations and Warrior series: movement, structure, and teaching cues
- Functional anatomy focus:
    - Recap of lower body anatomy and integration into teaching
    - Exploring spine and shoulders, with alignment principles and body observation
- Philosophy session on Chitta Vritti Nirodhah—exploring the nature of mental fluctuations. Reflection on mental habits and resilience: how we respond to challenge, distraction, and inner dialogue
- Exploring Not too much – not too little – just enough.
- Dharma reflections: guided inquiry into your personal sense of purpose and what it means to teach from that place

# ONLINE BETWEEN 2 & 3

## Kleshas, Clarity & the Subtle Body

Online
Teacher: Hanne

- Philosophy session: Bhagavad Gita themes—surrender, self-action, and conscious engagement
- Exploration of Kleshas; the roots of suffering
- Discipline, practice, and inner transformation: exploring the role of commitment in personal and professional growth
- Meditation: what is meditation, why we meditate, what happens in the brain and the awareness when we meditate

- Intro to Subtle Body & Energetic Anatomy
    - Prana (life force)
    - Nadis (energy channels)
- Practicing/listening to mantras. This will be explored further in Weekend 3.

# WEEKEND 3

## Chakras, Sound & the Inner Teacher

In-Person
Teachers: Hanne (lead), Simona (anatomy), Glenda (chanting), Sanella (prenatal)

- Subtle body exploration: Koshas (layers of being), and Nadis (energy channels), Vajus (winds) and Mudras (hand positions)
- Bandhas: understanding internal locks and energetic containment
- How energetic/subtle anatomy affects movement, breath, and teaching presence
- Anatomy spotlight on shoulders and body observation across diverse students
- Cardiovascular system and endocrine system: Understanding the physiological effects of asana on circulation, heart rhythm, and hormonal balance
- Prenatal workshop: how to safely and respectfully adapt open classes for pregnant participants and participants with specific physical or emotional needs
- Mantra exploration with Glenda: meaning, pronunciation, and energetic impact

# ONLINE BETWEEN 3 & 4

## Exploring the Energy Body & Language of Movement

Online
Teacher: Hanne

- Bandhas: internal locks and their energetic function
- Chakras: energetic centers and their influence
- Philosophy: exploring the Universal Self vs the Personal Self—Atman, Brahman, Prakriti, and Purusha
- Basic Pranayama Practices
- Deeper into meditation – theory and practice
- Observation/Assisting Assignment. Attend one class as an observer. Write a short report reflecting on: Cues that resonated (anatomical and energetic) and class structure, including peak pose and how the sequence built toward it

# WEEKEND 4

## Holding space with Sensitivity & Energetic Awareness

In-Person
Teachers: Hanne (lead), Bella (emotional regulation), Dora (sequencing)

- Integration of subtle body awareness with inclusive teaching strategies
- Q&A on Subtle Body
- Prana, Tejas, and Ojas: understanding vital energies and their role in practice
- Pratyahara & Dharana: using sensory withdrawal and focused attention as therapeutic tools. The gift and limitation of seeing the world through your senses.
- Philosophy session on the Kleshas, with a focus on ego and its influence on teaching
- Voice development: refining verbal expression and teaching presence
- Emotional regulation workshop: introduction to polyvagal theory and somatic awareness
- Creative sequencing workshop: designing adaptable classes for different levels and needs

# ONLINE MODULE BETWEEN 4 & 5

## Inner Power & Inclusive Voice

Online
Teacher: Hanne

- Breath anatomy, Pranayama Practices and tradition meditation practices
- Mantra practice with Glenda
- Sutra study: Vibhuti Pada—concentration, subtle body awareness, and inner powers
- Inclusive Sequencing Lab:
    - Language that offers choice, agency, and emotional safety
- Design a short sequence for a specific need or body type
- Teaching practice assignment: Record yourself cueing a short sequence or speaking a

theme/intention for a class

# WEEKEND 5

## The Stories We Move With

In-Person
Teachers: Hanne (lead), Dora (somatic philosophy), Christie (fascia), Sanella (cueing)

- The stories we tell ourselves—and how they shape our teaching and worldview
- Facing your own inner noise: cultivating self-awareness and honesty in teaching and life
- Exploring the wisdom your body stores: sensation, memory, and intuitive knowing
- Fascia fundamentals: what it is, how it functions, and why it matters. Fascia's role in trauma, tension, and injury prevention
- Effort and ease: finding the "just enough" in movement, breath, and teaching
- Meditation deep dive: techniques, intentions, and integration into daily life
- Hands-on and cueing practice: refining touch and verbal guidance
- Movement tools: expanding your teaching vocabulary and adapting to diverse needs

# ONLINE MODULE BETWEEN 5 & 6

## Voice, Values & Visibility

Online
Teacher: Hanne

- How to theme classes: weaving intention, philosophy, and personal relevance into your teaching
- How to promote them: authentic outreach that reflects your values and invites curiosity
- Leadership in communication: embodying clarity, warmth, and integrity in how you teach, share, and sell
- Ethics in action: create a personal ethics statement as a teacher and human—what you stand for, how you show up
- Anatomy Presentation Prep During the time between In-Person Weekend 5 and 6, you'll prepare a presentation on one area of the body. This is a chance to explore anatomy through your own lens—bringing in emotional associations, teaching relevance, and personal curiosity.
  Before you're left to work on it, you'll be guided well into the task. We'll walk

through examples, clarify expectations, and you'll be paired with a buddy to reflect and exchange ideas. This is a supported process, and your voice matters.

# WEEKEND 6

## Layers of Being: Koshas, Ayurveda & Emotional Resilience

In-Person
Teachers: Hanne (lead), Simona (anatomy presentations), Glenda (chanting), Vanessa (Ayurveda)

- Living yoga off the mat: taking practice into daily life and outdoor settings
- Review and integration of key concepts explored throughout the training
- Exploring the authentic self, universal self, and personal self
- Meditation and Pranayama Practices
- Practices for grounding, clarity, and emotional literacy
- Introduction to Ayurveda: foundational principles, Doshas, and seasonal rhythms
- Koshas, Gunas, and Antahkarana: subtle body frameworks for teaching and self-inquiry
- Deep practices of breath, meditation, and movement
- Building classes around energetic and anatomical themes
- Breaking down complex poses into digestible teaching moments
- Case studies: responding to real-life teaching situations with clarity and care
- Anatomy presentations: trainee-led explorations of body regions, emotions, and teaching applications
- Q&A on Yoga History and Philosophy
- Mantra singing to close and release the intensity of the weekend

# ONLINE BETWEEN 6 & 7

## Preparing your final exam

Online
Teacher: Hanne

- Class design & teaching prep (part of final exam):
    - Prepare a full yoga practice (max. 90 minutes) to be taught during the final weekend. Include theme, peak pose, modifications, and timing. Submit your

sequence in advance (latest Friday, 7 days before we meet)
You'll be asked to teach one third of your class at the next upcoming weekend

- The remaining part of the exam which need to be completed between Weekend 6 and 7 includes:
    - A written reflection on selected philosophical themes (e.g. Sutras, Kleshas, Koshas)
    - Ethics and teaching methodology
    - A short essay on a selected theme
    - Self-assessment: reflecting on your growth, strengths, and areas for development
    - Case studies: responding to real-life teaching situations with clarity and care

# WEEKEND 7

# Living the Practice: Integration, Ceremony & Inner Leadership

In-Person
Teachers: Hanne & Team

- Deep dive meditation: stillness, clarity, and inner listening
- Movement practice: grounding presence through breath-led flow and intentional pacing
- Full class delivery: each trainee teaches their prepared sequence
- Holding space with kindness, clarity, and skill
- Peer coaching: supportive feedback and shared reflection
- What presence feels like—and why it matters. Being in the doing of life
- Dharma circle: living your values, sharing your voice, and naming your next steps
- Reflective journaling: anchoring insights from the training journey
- Closing Ceremony: certificates, chanting, and heartfelt closure

# Certification Components

Ongoing Reflection

- Karma project: contributing to community wellbeing through service
- Pose breakdowns: understanding alignment, modifications, and teaching applications
- Reflecting on language: cueing, guidance, and the transmission of truth
- Observing classes: noticing presence, pacing, and teaching choices
- Answering Q&A: subtle anatomy, philosophy, and history
- Preparing anatomical presentation: trainee-led exploration of body regions and emotional relevance
- Giving peer feedback: supportive reflection and shared learning

Final exam:

- Full class preparation (max. 90 minutes) with theme, peak pose, timing, and modifications
- Philosophical inquiry and written reflection (e.g. Sutras, Kleshas, Koshas)
- Ethics and teaching methodology
- Short essay on a selected theme
- Self-assessment: reflecting on growth, strengths, and areas for development
- Responses to case scenarios: navigating real-life teaching situations with clarity and care