

Summer

YOUR INTUITION LED YOU HERE

Ohra Yoga 300 HOUR

2020

RYS ADVANCED TEACHER TRAINING

Led by

Michelle Briks Prosper – MS, ERYT500, YACEP

Regina Lones – OTR, RYT500, YACEP

Dana Stamp – MFA, ERYT500, YACEP

Lara Heimann – MS, PT, ERYT500



12

DIVERSE INSPIRING MODULES

Limitless growth potential awaits
a more supported, connected
and abundant you

OHRAYOGA.COM

12

Ohra Yoga 300 HOUR RYS ADVANCED TEACHER TRAINING SM



Module Flow

Ohra's program consists of **12 monthly modules**. We meet **once a month**, breaking for summer in July and August.

Each weekend has a different focus and the follow up meeting (Monday or Thursday eve) occurs 1.5-2 weeks after the module so we can stay in contact, review the take aways from the interactive experiences.

Monthly modules include 8hr days plus 3 hr follow ups during the week.

Friday full day: meets 11-6:30

Friday half day: times will vary

Saturday & Sunday: meet 9:30-6* (subject to change)

Each day of every module will include a group practice. pertaining to the weekend topics, plus interactive lessons.

#

1

Krama
Sequencing

Ohra Yoga 300 HOUR RYS ADVANCED TEACHER TRAININGSM

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Sat/ Sun



#1 Sequencing:

Krama Sequencing

with Michelle Briks Prosper and Regina Lones

Learn to design intelligent vinyasa classes that progress into peak poses using a creative and analytical approach. Gain the tools to guide your students on a journey through asana from start to Om.

Intro to 300 program/outline of all goals and expectations

Shifting your perspective : Cornerstones of yoga philosophy

Anatomical dissection of beginner & intermediate poses

Structures in the body needing consideration when planning a sequence

Related asanas and reverse engineering to get into the earliest Kramas

Identification of key actions in peak poses

Integration and embodiment of energetic alignment in apex poses

Krama application in Cycle Sequencing

Trainees will take away a strong foundation of intelligent vinyasa sequencing through the concepts of Krama.

Cont Ed: \$290 | Ohra Grads: \$250

Fri/Sat/Sun



#2 Anatomy Junkies:

Pelvis/Shoulder Girdle

with Lara Heimann and Regina Lones

This module highlights functional anatomy in yoga practice. Focus will be on deepening your knowledge and understanding of the body and biomechanics of movement. We will build off the foundation of the metaphysical seat of the body, the pelvis, compare and contrast to the shoulder girdle, and explore their relationship.

Anatomy including major muscle groups, functions and related structures specific to pelvis and shoulders including SI joint, Rotator Cuff, and scapular mobility to better identify healthy range of movement

Asana breakdown and cueing for skeletal alignment

Sequencing from anatomical perspective including use and benefits of props

Understanding imbalances in strength and flexibility and protecting joint integrity

Common areas of injury, observing movement patterns, recommending modifications

Trainees will build on basic anatomy concepts discovering the importance of alignment and anatomical awareness in both the pelvis and shoulder girdles in order to enhance teaching and provide a safe environment for their students.

Cont Ed: \$420 | Ohra Grads: \$375



#2

Anatomy Junkies:
Pelvis/Shoulder Girdle

Ohra Yoga 300 HOUR RYS ADVANCED TEACHER TRAININGSM

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#3

Beyond
Ayurveda

Ohra Yoga 300 HOUR RYS ADVANCED TEACHER TRAININGSM

Thurs eve/Fri/Sat



#3 Beyond Ayurveda

with Michelle Briks Prosper

Discover Ayurveda, 'The Science of Life'. Identify and understand the energies that drive all nature (doshas). Explore basic concepts of Ayurvedic philosophy to recognize the dominant energies within us and around us. Learn ways to include these concepts in your teaching of group yoga classes and with private clients.

Origins and Philosophy of Ayurveda "Science of Life"

Understanding Doshas – 3 basic energies that Drive all Nature

Recognizing signs of balance or imbalance and General guidelines for keeping Balance

Ayurvedic Mental States

Doshic Cycles

Ayurvedic Nutrition and recipes to explore

Secrets of Dinacharya (daily rituals)

Trainees will learn methods for self care and how to achieve a balanced lifestyle through Ayurveda. By understanding daily rituals, nutrition, meditation, pranayama and asana, we will learn to embody 'satvic' (balanced) living, and learn to help our clients and families achieve the same.

Cont Ed: \$375 | Ohra Grads: \$325

Fri eve/Sat/Sun



#4 Sequencing:

Energetic Sequencing
with Michelle Briks Prosper

In this module we will explore sequencing to make positive shifts in the Energetic Body. Students will learn to use asana, transition, pace, tone, breath and intention all woven together to move around Life Force energy, balance the Chakras, and clear subtle body channels.

Energetic Body and how it changes perspective and enriches sequencing

Chakras, Nadis, and the Subtle Body as the Foundation of Theme

The 5 Vayus (direction of flow) and application to hands on assists that facilitate these energetic shifts

Breath techniques that are used to arouse mental states

Shaping the practice for a desired energetic effect

Trainees will be able to create experiences that merge anatomical alignment-based focus and the Subtle Body while effecting shifts of energy.

Cont Ed: \$350 | Ohra Grads: \$300

Ohra Yoga 300 HOUR RYS ADVANCED TEACHER TRAININGSM

#4

Energetic
Sequencing

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Ohra Yoga **300 HOUR** RYS **ADVANCED TEACHER TRAINING** SM

#5

Anatomy Junkies:
CORE, Trunk and Spine

Fri eve/Sat/Sun

#5 Anatomy Junkies:



CORE, Trunk and Spine

with Lara Heimann and Regina Lones

This module will explore the core - everything but the limbs - and the important role that skeletal alignment and muscular integration of the core plays in functional movement on and off the mat. Continued focus on functional anatomy, biomechanics of movement related to the spine and posterior chain, and deepening knowledge in these areas.

Anatomy including major muscle groups, functions and related structures

Posture assessment and considerations, including age related changes

Asana breakdown and cueing for alignment with Core stabilization and integration

Sequencing from anatomical perspective including use and benefits of props

Understanding imbalances in strength and flexibility and protecting joint integrity

Common spinal injuries, observing movement patterns, recommending modifications

Yoga for Back Care

Exploring use of Aerial silks and Yoga Trapeze for spinal support and decompression

Trainees will continue to build anatomical knowledge base, discovering the importance of core stability and positional awareness with movement, learning ways to better integrate proper alignment with hands on assists, sequencing, and verbal cueing.

Cont Ed: \$375 | Ohra Grads: \$325

Fri eve/Sat/Sun

#6 Sequencing:



Advanced Concepts

with Michelle Briks Prosper, Regina Lones & Lori McAlister

This third module devoted to sequencing will offer trainees ways to create advanced classes, learn a variety of concepts to use when planning a vinyasa flow, and practice techniques to keep both the teacher and students inspired.

Building a sequence to teach more complex asana

Advanced Krama -
adding more layers to progress the sequences

Phrase sequencing

Deepen your students experience: safely use hands on
assists for more complex asana

Integrating functional movement to advance sequences

Incorporating / utilizing props as part of a vinyasa
sequence, to highlight the experience of specific poses

Trainees will gain the tools to teach life-long sequences that can adapt and change in order to stay connected to the present moment.

Cont Ed: \$375 | Ohra Grads: \$325



#6

Sequencing:
Advanced Concepts

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#7

Dropping in:
The Art of Teaching
Restorative Yoga

Fri eve/Sat/Sun

#7 Dropping in:

The Art of Teaching Restorative Yoga with Dana Slamp & Regina Lones



Learn to reboot, refresh, and renew yourself and others with the art of Restorative Yoga. In this weekend immersion, you will learn the science behind Restorative, proper sequencing, guided meditations, and therapeutic touch. Understand the healing benefits behind the postures, which can aid in the treatment of stress, headaches, prenatal conditions, autoimmune disorders, insomnia, and more.

Therapeutic Yoga guidelines in the Yoga Sutras and Patanjali's 8-fold Path

The science of Restorative Yoga including Nervous system, Immune system, brain function and effects of stress

Restorative Yoga poses, hands-on assists, and observation skills to improve positioning and comfort of student to maximize benefits

Cueing use of props, placement and management with sequencing

Modifications/ adjusting for seasons, injuries and general contraindications

Trainees will learn/review anatomy pertaining to restorative yoga techniques, overall methodology and practice teaching skills to be prepared to teach a restorative class or use in working with private clients.

Cont Ed: \$375 | Ohra Grads: \$325

Fri eve/Sat/Sun



#8 Creating Abundance:

The Business of Yoga

with Dana Slamp, Michelle Briks Prosper & Sonja Rzepski

Creating Abundance:
it's a different
mindset...

Trainees will develop their
creed to embody what they
stand for as yoga teachers,
and experience the power
of collaboration in goal
setting with group support
to manifest their vision.

When we
all give
from our
abundance,
we rise
together!

Energy Management, optimization and self-care
for Yoga Teachers

Identify your strengths while recognizing the abundant
possibilities in others

Marketing tools

You are worth it: creating your fee structure

Successfully growing your brand

Building your private client base to create long term healing

Social media Basics - what's your message?

Tax/Financial advice and optimizing your write-offs

Cont Ed: \$375 | Ohra Grads: \$325

Ohra Yoga 300 HOUR RYS ADVANCED TEACHER TRAININGSM

#8

The Business
of Yoga

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#9

Bhakti
Bliss

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Ohra Yoga 300 HOUR RYS ADVANCED TEACHER TRAINING SM

Sat/Sun



#9 Bhakti Bliss:

with Dana Slamp and Ilana Zaken

Bhakti is the spiritual practice of devotion. In this module students will experience ancient sounds, stories and chants, honoring the rich history of yoga to appreciate where we come from.

Sound healing, Mantra and Meditation -

Sound creates the world: traditional Chants of devotion

Create your own Mantra

Harmonium 101: chords for chants in English and Sanskrit

Chant and meditation techniques for transformation

Devotion, Myth and Archetypes -

Explore the 9 aspects of Bhakti Yoga and incorporate them into your practice

Show up and participate in your life with more inspiration

Examine classic yogic archetypes through myth, storytelling and experiential learning

Learn how to sequence archetype into your classes and personal practice

Trainees will dive into the sounds and stories of the ancient traditions of yoga to better understand how they enhance our own experience of this practice.

Cont Ed: \$340 | Ohra Grads: \$300

Sat/Sun

#10 Yoga with Special Populations:



with Michelle Briks Prosper and Regina Lones

This module is intended to offer students a variety of directions to expand their yoga teaching, exploring possibilities to grow a business. Learn specific needs to consider when addressing various groups, including active people/athletes/dancers, aging adults, and kids. Information presented will be useful for integrating yoga with school sports teams, senior centers/ALF facilities, and for personal trainers looking to incorporate yoga with a variety of clients.

Sport specific recognition - overuse, common injuries and important considerations for interventions

Aging adults - osteoporosis, falls, joint replacements, residential facilities and chair yoga

Kids - mindfulness and play

Prenatal yoga - yoga and Pranayama to support the pregnant body, basic anatomy and child birth education

Use and encouragement of props for all populations

Trainees will be able to identify common places of sport-specific overuse/areas of the body prone to injury in the active person, needs of sedentary older adults with many comorbidities, how yoga can aid in fall prevention to promote overall wellness, and ideas for working with kids.

Cont Ed: \$290 | Ohra Grads: \$250

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#10

Yoga with
Special Populations

Ohra Yoga 300 HOUR ^{RYS} ADVANCED TEACHER TRAINING SM



#11

Yoga for Emotional
Wellness + Meditation

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Ohra Yoga 300 HOUR RYS ADVANCED TEACHER TRAINING SM

Fri/Sat/Sun



11 Yoga for Emotional Wellness + Meditation

with Dana Slamp, Michelle Briks Prosper & Special guests

Build on your understanding of Yogic and Ayurvedic perspectives on emotional imbalances. Learn slow flow techniques linked with pranayama methods to aid in anxiety and depression. Explore Meditation, Mudras, Mantras and Yoga Nidra to further aid in healing.

Ancient Yoga teachings - koshas, gunas, and advice from the Yoga Sutras

Slow Flow techniques including “yin” meridian lines

Balancing emotions: the neurophysiology of yoga

Yoga Nidra training, practice and review of teaching methodology

Science behind meditation: understanding your emotional paradigms

Exploration of various meditation techniques including Buddhist, Kundalini and Ziva

Learn to identify fluctuating emotional needs of yourself and your clients, and take away a variety of self care techniques to achieve shifts in your emotional state.

Cont Ed: \$420 | Ohra Grads: \$375

Sat/Sun

#12 Therapeutic Yoga for Injury Prevention



with Lara Heimann, Michelle Briks Prosper & Regina Lones.

In this module students will advance their knowledge of common injuries in the general population, and be able to design and implement an effective yoga routine for their clients to promote healing.

Review common areas of injury in the body

Improve observation skills to hone in on private clients' physical needs.

Learn to incorporate functional movements to promote therapeutic healing, active recovery and balance.

Yoga therapy to avoid injury.

Principles of therapeutic touch and use of hands on assists to facilitate healing.

Trainees will be able to identify ways to work with clients in a private and group setting to improve functional movement with daily activities, and live an active life to its fullest.

Cont Ed: \$320 | Ohra Grads: \$280

Ohra Yoga 300 HOUR RYS ADVANCED TEACHER TRAININGSM

#

12

Therapeutic Yoga
for Injury Prevention

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We are honored to guide you through this incredible experience in collaboration with these Amazing lead teachers and all the special guest teachers who have come together to create this abundance.

Ohra Yoga 300 hour Lead Teachers

Michelle Briks Prosper – MS, ERYT500, YACEP
Regina Lones – OTR, RYT500, YACEP
Dana Slamp – MFA, ERYT 500, YACEP
Lara Heimann – MS, PT, ERYT500, YACEP

Michelle Briks Prosper

ERYT500, YACEP

Michelle is the Founder of Ohra Yoga & Wellness and is Director & Lead Teacher for Saw Mill Club's

Ohra Yoga Teacher Training, a 200/300 hour Registered Yoga School with Yoga Alliance in Mount Kisco, NY. Michelle has 14+ years of experience teaching yoga and has received extensive training and certifications in Vinyasa and Prana flow styles, Anatomy, functional movement, Ayurvedic Yoga therapy, SUP yoga and Aireal Yoga. She is currently pursuing her IAYT yoga therapy certification with Prema Yoga Institute at Pure Yoga under the leadership of Dana Slamp.

Designing yoga experiences that empower her students through intention and mindful awareness, Michelle integrates flow, breath work, alignment, functional movement and the chance to connect and fly in each one of her classes. She creates an environment of extraordinary compassion where students can go beyond their perceived limitations. She inspires her students to find space to grow into the next level of their practice, no matter where their start point may be.

One of Michelle's most influential inspirations is her daughter Ma'ayan. Her ability to explore the world with clear eyes and a pure heart, while expressing her true self have become key aspects of Michelle's teaching. She aspires to teach her students how to incorporate these ideas on the mat and into their lives.

The practice & teachings of yoga have had a profound impact on the course Michelle's life. She is forever grateful for the opportunities that have opened up for her to grow in love, strength & grace. She is passionate & committed to empowering others to increase their strength and grace and get inspired through the practice and teachings of yoga. She is moved by witnessing her students and teacher trainees' growth and transformation as they connect deeper with their inner light.

In her free time Michelle loves to get outside & explore nature and hike with her friends, husband, daughter & their newest hiking companion, Kody. She loves to design and host Yoga retreat experiences that include a chance to connect with nature. Connect with Michelle at her Yoga Home @Saw Mill Club where she is Yoga Director of an Amazing team!

@OhraYoga | OhraWellness@gmail.com



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Ohra Yoga 300 HOUR RYS ADVANCED TEACHER TRAININGSM

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Ohra Yoga 300 hour

Lead Teachers

Michelle Briks Prosper – MS, ERYT500, YACEP

Regina Lones – OTR, RYT500, YACEP

Dana Slamp – MFA, ERYT 500, YACEP

Lara Heimann – MS, PT, ERYT500, YACEP

Regina Lones

OTR, RYT500, YACEP

Regina is an Occupational Therapist working in physical rehabilitation for over 30 years, specializing in geriatrics. She discovered yoga in 2000, trying various styles until landing in a Vinyasa-style flow class and found what she was looking for. Cultivating calmness and connection with focus on breath and physical awareness is the perfect remedy for a restless mind and body. First completing her 200 hr certification under Michelle Briks, Lara Heimann, Dana Slamp, and Ilana Zaken with Ohra Yoga in 2014, and then completing her 500 hr training in 2019 - also with Ohra - brings together her varied experiences in rehab and yoga.

Adding a 50hr Certification in Yoga Trapeze from YogaBody in Barcelona, Spain, September 2019 allows her to offer yet another platform to spread the tremendous benefits of this practice.

In her classes you will find a light hearted, alignment focused approach, inspiring movement to promote improved health and balance for daily life, with yoga as the connection to everything. Regina teaches at Yoga Dimensions in Newtown, CT, which she co-owned in 2018 and 2019, and remains on their advisory board. She enjoys sharing her love of yoga and it's healing powers, teaching classes in the studio, on SUPs on the lake, at the vineyard, on retreats and now on the trapeze. Creating the YogaTrapeze program at YD with creative flow classes as well as private sessions, Regina is inspired to witness growth in herself along with so many students as yoga helps us find balance in body, mind and spirit. She is fascinated by the incredible physical body we live in, protector of our human spirits, and honored to teach anatomy in the 200 RYT program. She is inspired by Matt Sanford, paraplegic yogi and teacher, who believes yoga can help everyone reconnect their mind and body, no matter how broken. Regina enjoys being active with her family - Traveling, hiking, kayaking, striking a pose anywhere - having fun while building strength and flexibility to grow old gracefully!

@yogi_regina



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Ohra Yoga 300 hour

Lead Teachers

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Regina Lones – OTR, RYT500, YACEP

Dana Slamp – MFA, ERYT 500, YACEP

Lara Heimann – MS, PT, ERYT500, YACEP

Dana Slamp

MFA, ERYT 500

Dana is an IAYT Member School Yoga Therapy Grad, the Program Director of Prema Yoga at Pure Yoga, and the Director of Yoga Vida's 300 hour Teacher Training program. Dana began teaching in NYC in 2005 offering vinyasa classes known for their spirit, strength and Safety. Despite her love of classes, Dana saw the great need for 1-1 therapeutic teaching in the spirit of krishnamacharya. That led her to create Prema Yoga institute which is accredited by IAYT (International Association of Yoga Therapists) - which she currently directs at Pure Yoga.

Dana is a big fan of breathing, handstand-ing, singing, swimming, dogs and cats, and unscheduled days in nature. She teaches internationally and is based in NYC.

@danaslampyoga @premayogainstitute



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Ohra Yoga 300 hour

Lead Teachers

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Lara Heimann – MS, PT, ERYT500, YACEP

Lara Heimann

MS, PT, ERYT500

Lara is the founder of Movement by Lara. An international yoga leader, she has combined her background in physical therapy with her love of yoga to create the LYT Method. Many know her as “Yoga Mama” for the endless love, gratitude, and guidance that she has for all of her students and teachers. She developed the LYT Method to address the deficiencies and imbalances of our modern lives and limited movement patterns.

Lara honed her LYT Method through 25 years of practice and more than a decade teaching tens of thousands of students internationally during workshops, trainings, and retreats. Her mission is to help everyone find freedom through smarter, safer, and more conscious movement patterns so they can then uplift others. She leads teacher training certifications online and in person at her studio, YogaStream, in Princeton, NJ.

Movement has always been Lara’s favorite form of medicine, beginning with her early years as an athlete and dancer. She graduated from Duke University with a BS in Biological Anthropology and Anatomy and a MA in Physical Therapy. When she is not on her mat, she is out hiking with her dogs, traveling with her family, and mixing it up in the kitchen as a natural foods vegan chef.

Lara’s personal mission is to help her students find their source of inner strength. She frequents top-tier media as an anatomy and yoga expert and presents at yoga festivals, spreading the philosophy of smart, strong, sustainable yoga and compassionate living.

@lara.heimann @lyt.yoga



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RYS ADVANCED TEACHER TRAINING

12



12 diverse, game changing, inspiring modules

12 integrated meetings (x 1 per month)

Renowned Lead teachers and guest presenters

Next level knowledge

Abundant community, support & connection

Limitless growth potential



This unique experience begins Summer 2020

Register now

OHRAYOGA.COM

Program Requirements



ALL items to be completed by end of program to graduate

* Attendance

11 of 12 monthly modules - last module can be made up but will not delay graduation
Monthly Modules include 8hr days plus a 3hr weekday follow up

Sat/Sun: 9:30-6 (subject to change) / **Fri full day:** 11-6:30 / **Fri half day:** times will var

Each day of every module will include a group practice pertaining to the weekend topics, plus interactive lessons...

12 of 14 weekday follow up meetings (12 modules plus 2 summer dates) - to be scheduled 1-2.5 weeks after each module to review concepts and share home enlightenment

10 Specialty classes/ Master classes / Workshops to expand your experiences as an advanced teacher trainee - can be with any teacher (Ohra or non-Ohra) with written reflection to be filled out for each

* Other Requirements - 45 hours

Embodying the poses project: Pics of Key poses + reflection - due by start of Module #2

5 Book assignments - Read 5 books from list + submit written reflections

3 Practice teaching videos

2 Final Practicums - details to follow

4 Class Observations with approved 500+ RYTs

Class Assists: 4 total with Michelle and/or Regina

The Cost of the Program is \$3600 + \$750 initial Program registration fee.

After the \$750 Registration fee - the \$3600 tuition fee can be paid as follows:

Pay in FULL at start with 5% discount of \$180 = \$3420

6 monthly payments of \$600 each

12 monthly payments of \$300 each

Please email us with any questions!

Michelle Prosper, Director: ohrawellness@gmail.com @ohrayoga

Regina Lones, Program Coordinator: reginayoga66@gmail.com @yogi_regina