



YOGA ALLIANCE CERTIFIED



200 HOUR / 300 HOUR YOGA TEACHER TRAINING

-
- Online & In-person on Martha's Vineyard
 - Limited to 15 people
-

Sherry Sidoti & Guest Teachers

Monthly Online sessions + a 5-day In Person Immersion -
(2022 dates TBD)

Tuition: \$3,500 with at \$750 deposit.





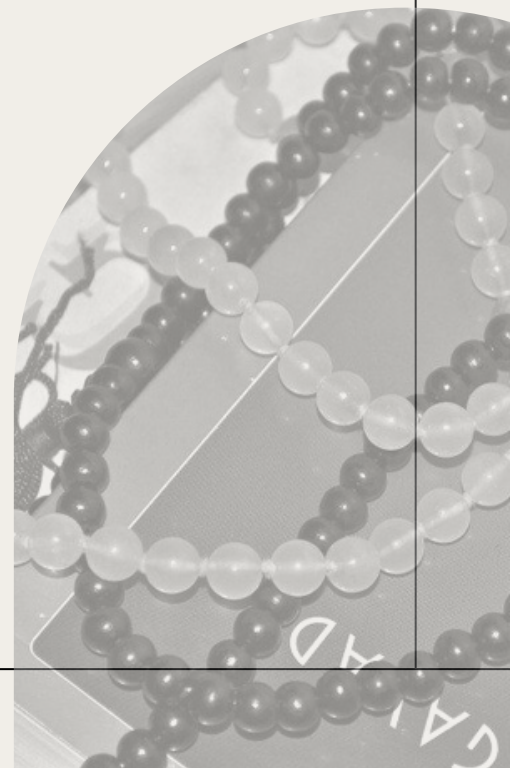
200 HOUR YOGA TEACHER TRAINING

FLY Yoga School Teacher Training celebrates the profound teachings of yoga, and the practice of yoga as a tool for inner and outer evolution. Yoga Alliance certified in 2010, FLY Yoga School was founded by Director and Lead teacher, Sherry Sidoti, who has led this training for 17+ sessions, training over 250 students around the world, and embodies 20 years of personal study and practice of yoga in its various forms; in addition to earth-based teachings, elemental energy and other healing arts.

At FLY Yoga School, our vision is to provide a warm and welcoming environment for the teachings of yoga to find us in our everyday lives, to support a stronger and inclusive community, where we learn to honor and heal ourselves and our beautiful natural world around us, and mostly to be curious about and enjoy this journey called life in the process!

FLY Yoga School is a life affirming journey for the body, mind & soul— a walk home to your nature, and re-evolution for your life! You do not have to want to teach yoga — just a willingness to show up for yourself and others, be open and present to the experience, and desire to understand and practice the yoga teachings to digest them for truth-living.

The FLY program and curriculum focuses on three main threads:



TRANSMUTE

At FLY, we bridge ancient yoga wisdom to modern day living in a relatable and accessible way. Encompassing yoga as holistic science, we learn all five points of the yogic star - Hatha (postures & breath work), Jhana (study of the ancient texts), Karma (the yoga of service), Bhakti (devotional yoga) and Raja (meditation) - with passion, reverence and sense of humor. Sherry communicates easily how the practices offer us tools for transmuting and coping with day to day living and continuously offers us opportunities to make these connections for ourselves.

TRANSFORM

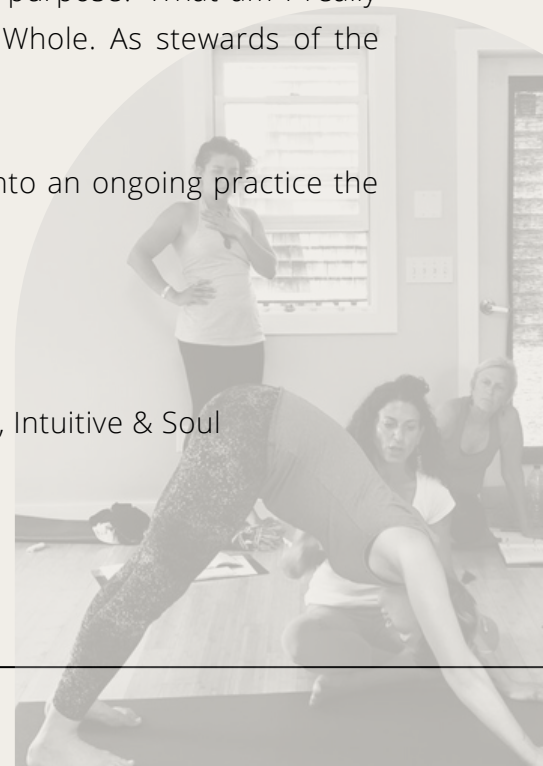
With respectful guidance, true transformation and the courage to step out of comfort zones and step into our own healing is called forward. At the training, we skillfully craft a safe environment to kindly track experiences, down to the deepest wounds, so that we listen to what they have to teach us about our lives and purpose for being here. Sherry teaches - through physical movement, meditations, mantra and chanting, self study, group connection and breath work - that the most advanced practice is always to honor what shows up first, and follows that with yogic tools to transmute our limitations and transform them into strength we need for greater truth-living and returning to our true nature.

SHARE

While this is a worthy journey within itself, at FLY we take our truth, and learn how to openly share it with others "for the greater good of all". Whether that be as a yoga teacher, or in our day to day relations, without the sharing piece, Sherry teaches, we can get lost in our ego selves and spiritually bypass. When we ask ourselves: What is my purpose? What am I really here to do?", we are forced to see ourselves within the greater Whole. As stewards of the planet, we are co-creators of a new, more loving world.

At FLY, through study, group discussion, and experience, we put into an ongoing practice the following:

- Group Yoga Practices & Reflections of Practice
- Teaching Skills & Authentic Sharing
- Posture, Alignment & Sequencing
- Anatomy & Body Wisdom: Physical, Energetic, Mental-Emotional, Intuitive & Soul
- Philosophy, Psychology & Yoga of Life



TOPICS OF STUDY

Group Yoga Practice and Reflections

- Daily Group Practices and Reflections
- FLY Yoga School Core Philosophy
- Sadhana and Self-Practice
- Motivations and Variations in Yoga Practices:
- Individualizing the practice
- Group Practice as the Lab for Learning to Share

Postures, Alignment and Sequencing

- Yoga Asanas: Context, Meaning, Align
- Influencers in Movement and Alignment
- The Four Directions of Effort in a Pose
- Cultivating Ease within a Pose
- General Principles in Asana Alignment: Stacking to a Pose
- Sequencing: Krama Vinyasa Yoga, Hatha, Yin, Restorative
- Adaptive Yoga, Variations, Modifications, Props

Anatomy and Body Wisdom through the 5 Koshas

- Pancha Koshas
- Gross Anatomy: from Birth to Walking
- Gross Anatomy: the Spine and Movement
- Gross Anatomy: Major Synovial Joints of the Body & Planes of Movement in Space
- Gross Anatomy: Tension, Compression, Proportion and What Stops Us in Poses
- Psoas Muscle through the Five Bodies
- Subtle Body Anatomy: Pranayama & Meditation
- Subtle Body Anatomy: Nadis, Marmas, Chakras, Bandhas, Mudra, Mantra
- Anatomy of Fear & Freedom: Sympathetic & Parasympathetic Systems
- Anatomy of Intuition, High Intellect and the Soul



Teaching Skills and Authentic Sharing

- Taking the Seat of the Teacher & Your Voice
- Student & Teacher Dynamics
- Pedagogy & Learning Styles
- Whats My Why? Personal Teaching Philosophy
- The Art of Assisting, Seeing & Feeling Energy and Consent
- Developing a Class Journey and Creative Teaching
- Teaching Privates, Workshops and Retreats
- Adaptive and Inclusive Teaching Methodology
- Yoga Outreach
- The Business of Yoga
- Practice Teaching

Yoga Philosophy, Psychology & Yoga of Life

- The Five Pointed Star of Yoga: Hatha, Jhana, Raja, Karma, Bhakti
- The Tantric Pathway
- Patanjali's Yoga Sutras & the 8 Limbed Path
- Bhagavad Gita
- Iyengar Light on Life
- Clearing What Clouds the Heartmind: Yoga Psychology
- Karma/Dharma/Lila &
- Free Will
- Mantra and Chant
- The Gods and Goddesses

For upcoming dates or to register:

sherry@flyyogamv.com





300 HOUR ADVANCED YOGA TEACHER CERTIFICATION

Lets look at what the true force is in our authentic practice of yoga as a life path, and how does it propel us to listen, learn and share from the heart and soul? Our time together will pivot around a central question; What's My WHY?

We will explore advanced practices and techniques, well beyond the 200 level, which speak to the WHOLE being; physical, energetic, mental-emotional, intuitive and soul.

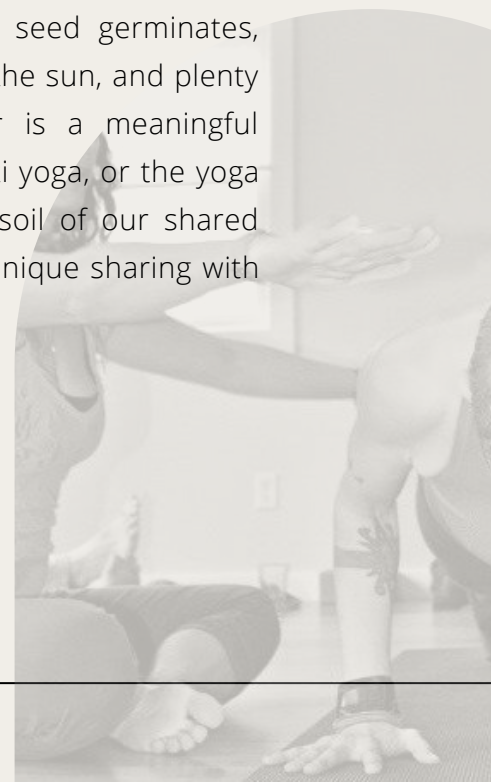
Our training will help us to expand our offerings beyond studio group classes, so we may best meet the needs of our students today and reflect the infinite possibility of co-creating a more peaceful, inclusive, and harmonized world for all.

WINTER GROUNDING: WHAT ARE THE ESSENTIALS?

Lets start with where we are. What is our foundational understanding of yoga, how are we currently sharing it, and what are we missing? Can we zoom out and refocus our dharma so it includes an honest and holistic representation of the sacred science of yoga? Let's share and learn from one another's experiences thus far and together feel into where each of us has the potential to grow. Emphasis on Hatha (poses & breath work) and Raja (meditation) yoga.

SPRING GROWING: WHAT ARE WE CREATING?

Every beautiful flower in the garden starts with a seed. That seed germinates, sprouts and blossoms when nourished by fertile soil, warmth of the sun, and plenty of water. Each flower with its own shape, scent and color is a meaningful contribution to the collective garden. Through the focus of Bhakti yoga, or the yoga of devotion, lets plant the seed of our spiritual hearts in the soil of our shared practice, water it with yogic wisdom and watch it grow into our unique sharing with the world.



SUMMER MATURING: WHAT ARE WE MASTERING?

Right attitude. Right motive. Do your duty. Do your best. Surrender attachment to the outcome of your efforts. These five pillars of Karma yoga will support our maturing as we go deeper into the fire of our own healing to transmute and transform, hear the messages of our lives, so we may facilitate this for others. We work on ourselves as a service to the planet. We serve others as a healing to ourselves.

FALL FURLING: WHAT ARE WE RESTORING?

Self care at the soul level is an essential for our work in the world. How may we stay nourished while giving to others? The answer is simple: Lean In to grow out. Be still to travel further. Practice silence to speak louder. Root down to rise up. Ask for in order to give. Listen to be heard. Give to receive. Earth peace through self peace. As the song says, "and we gotta have faith, faith, faith".

For upcoming dates or to register:

sherry@flyyogamv.com

