

**FiTOUR® DOUBLE BOOK**  
Turn it Over - Two in One!



# FiTOUR® Advanced Yoga Certification



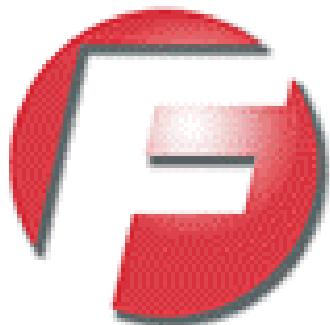
2nd Edition

YOG1001



# **FiTOUR<sup>®</sup>**

## **Advanced Yoga Certification**



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## Principles of Ashtanga Vinyasa Yoga

The FiTOUR® Yoga practice is based on the principles of Ashtanga Vinyasa Yoga, developed by Sri K. Pattabhi Jois. This type of yoga is a dynamic and physically demanding style of Hatha Yoga, and students are encouraged to use a strong breathing technique through their practice. *Ashtanga* means “eight limbed” and is based on the Eight Limbs of Yoga that are the subject of the *Yoga Sutras* written by Patanjali, the “grandfather” of Yoga. *Vinyasa* means “linked” and represents the linking of poses together to form challenging sequences within the practice of Ashtanga Vinyasa Yoga. The following are the four principles of Ashtanga Vinyasa Yoga that will create heat in the body when applied to the practice.

**Ujjayi Breathing:** Deep thoracic breathing (from the ribcage) that moves from the back of the throat down to the heart throughout the rest of the body.

**Bandhas:** Energy support locks or seals that help to awaken and direct the creative energy in the body and aid pranayama. These locks or seals are in essence muscle contractions.

**Jalandhara** – Restraint of the jugular notch. Breathing through the glottis at the back of the throat.

**Uddiyana** - The “flying up lock” which harnesses the mind. The lower abdomen organs are drawn in and upwards lifting the abdomen from the pubic bone to the navel towards the spine. Benefits include toning of the abdominal muscles, reducing of fat in the stomach, massaging of the intestines, and reducing constipation.

**Mula Bandha** - The “root lock” which is an energy technique, involving the contraction of the perineum, the section of the pelvic floor between the anus and genitals.

**Drishti:** Nine (9) gaze points in yoga that assist one to deepen his/her concentration, center the mind and to promote focus and awareness.

Thumbs (*Angusta ma dyai*)  
Between the eyebrows (*Broomadhyai*)  
Tip of the nose (*Nasagrai*)  
Hand (*Hastagrai*)  
To the left side (*Parsva*)  
To the right Side (*Parsva*)  
Up to the sky (*Urdhva*)  
To the navel (*Nabi Chakra*)  
Toes (*Padayoragrai*)

**Vinyasa:** Flowing, linking of poses creating sequences. Breath-synchronized movement.

## Primary Yoga Master Class

### Review of Yoga I Combos I-V

*The below sequences (I-V) are a review of what was learned in the FiTOUR Yoga I Certification. Please take a moment to review the below sequences. If performed in a fluid succession type method, this Master Class format will take approximately one hour to perform.*

#### **Yoga Combo I-Basic Sun Salutation Warm-Up**

**Mountain Pose**

**Standing Back Bend**

**Forward Fold**

**Back Extension Chest Lift**

**Wrist Stretch**

**Child's Pose**

**Cat/Cow Stretch**

**Downward Facing Dog**

**Back Extension Chest Lift**

**Forward Fold**

**Mountain Pose**

#### **Yoga Combo II-Sun Salutation**

**Mountain Pose**

**Standing Back Bend**

**Forward Fold**

**Back Extension Chest Lift**

**Plank  
(1st Half)**

**Hover  
(1st Half)**

**Cobra  
(1st Half)**

**Upward Facing Dog  
(1st Half)**

**Downward Facing Dog  
(1st Half)**

**Back Extension Chest Lift  
(with a Jump/2nd Half)**

**Forward Fold  
(2nd Half)**

**Mountain Pose  
(2nd Half)**

# **Primary Yoga Master Class**

## **Review of Yoga I Sequences I-V**

### **Yoga Combo III-Flexibility**

Standing  
Back Bend in  
Wide Stance

Standing  
Straddle  
Splits

**Yoga II  
Transition  
(1st Half)**

Extended  
Angle

Triangle

Pyramid

Warrior I

Warrior II

Reverse  
Warrior

Pigeon

**Yoga II  
Transition  
(1st Half)**

Extended  
Angle  
(Other Side)

Triangle  
(Other Side)

Pyramid  
(Other Side)

Warrior I  
(Other Side)

Warrior II  
(Other Side)

Reverse  
Warrior  
(Other Side)

Pigeon  
(Other Side)

**Yoga II  
Transition  
(1st Half)**

**Yoga II  
Transition  
(2nd Half)**

### **Yoga Combo IV-Balance**

Tree

Front Leg  
Extension

Advance  
Warrior III

**Yoga II  
Transition  
(1st & 2nd Half)**

Tree  
(Other Side)

Front Leg  
Extension  
(Other Side)

Advance  
Warrior III  
(Other Side)

**Yoga II  
Transition  
(1st & 2nd Half)**

Eagle  
(Both Sides)

# **Primary Yoga Master Class**

## **Review of Yoga I Sequences I-V**

### **Yoga Combo V-Strength**

**Powerful  
Chair**

**Yoga II  
Transition  
(1st & 2nd Half)**

**Elevated  
Chair**

**Yoga II  
Transition  
(1st & 2nd Half)**

**Table Top**

**Incline  
Plank**

**Side Plank**

**Supported  
Shoulder  
Stand**

### **Finishing Poses**

**Knee Hug**

**Supine  
Lifeless Body**

**Namaste**

## **Advanced Yoga Vinyasa A, B, C**

*The FiTOUR Primary Yoga Certification Combinations I-III will now be referred to as Vinyasa A, B, and C. These Vinyasas will be utilized as transitional sequences from one pose to the next in the FiTOUR Advance Yoga Certification Sequences I-IV. Please take a moment to review the Vinyasas A-C. As a reminder the shaded boxes are called Yoga II Transition collectively in Vinyasa C, but will be called Vinyasas later in the Advance Yoga Sequences I-IV.*

### **Advanced Yoga-Vinyasa A**

**Mountain Pose**

**Standing Back Bend**

**Forward Fold**

**Back Extension Chest Lift**

**Wrist Stretch**

**Child's Pose**

**Cat/Cow Stretch**

**Downward Facing Dog**

**Back Extension Chest Lift**

**Forward Fold**

**Mountain Pose**

### **Advanced Yoga-Vinyasa B**

**Mountain Pose**

**Standing Back Bend**

**Forward Fold**

**Back Extension Chest Lift**

**Plank  
(1st Half)**

**Hover  
(1st Half)**

**Cobra  
(1st Half)**

**Upward Facing Dog  
(1st Half)**

**Downward Facing Dog  
(1st Half)**

**Back Extension Chest Lift  
(with a Jump/2nd Half)**

**Forward Fold  
(2nd Half)**

**Mountain Pose  
(2nd Half)**

## **Advanced Yoga Vinyasa A, B, C**

### **Advanced Yoga -Vinyasa C**

**Standing  
Back Bend in  
Wide Stance**

**Standing  
Straddle  
Splits**

**Yoga II  
Transition  
(1st Half)**

**Extended  
Angle**

**Triangle**

**Pyramid**

**Warrior I**

**Warrior II**

**Reverse  
Warrior**

**Yoga II  
Transition  
(1st Half)**

**Extended  
Angle  
(Other Side)**

**Triangle  
(Other Side)**

**Pyramid  
(Other Side)**

**Warrior I  
(Other Side)**

**Warrior II  
(Other Side)**

**Reverse  
Warrior  
(Other Side)**

**Yoga II  
Transition  
(1st Half)**

**Yoga II  
Transition  
(2nd Half)**



Below are a series of questions designed to help you remember the course material efficiently. Before proceeding to the next page of the course content, please answer the following review questions.

#### **Section # 1 Review Questions**

- 1. What are the Principles of Ashtanga Vinyasa Yoga?**
  
  
  
  
  
  
  
  
- 2. Explain the Yoga Combo III Flexibility:**
  
  
  
  
  
  
  
  
- 3. Explain the Yoga Combo I-Basic Sun Salutation Warm Up:**
  
  
  
  
  
  
  
  
- 4. Explain the Yoga Combo II Sun Salutation**
  
  
  
  
  
  
  
  
- 5. Explain the Advanced Yoga- Vinyasa A:**
  
  
  
  
  
  
  
  
- 6. What is the Advanced Yoga-Vinyasa B:**
  
  
  
  
  
  
  
  
- 7. Explain the Advanced Yoga-Vinyasa C:**

## **Advanced Yoga Poses Standing**

1. Forward Fold Chest Expansion (*Uttanasana*)
2. Airplane (*Uttasana-Head Up*)
3. Standing Twist
4. Crescent Moon (*Ardha Chandrasana*)
5. Reverse Extended Angle (*Parivita Utthita Parsvakonasana*)
6. Reverse Triangle (*Parivita Trikonasana*)
7. Half Moon (*Ardha Chandrasana*)
8. Sun God
9. Dancer's Pose

## 1. Forward Fold Chest Expansion (Uttanasana)

*Purpose:* To quiet the mind and cool the body. This pose improves blood circulation and digestion, softens tight spinal muscles, and reduces fat around the abdomen. This pose also lengthens the hamstrings while the chest and anterior deltoids are stretching.

*Positioning:* Place your feet hip-width apart. Lift your arms to the sky. Bending from the hips with a flat back, extend the arms out and bring them down in front of the feet as the chest lowers to the thighs. Placing the hands behind the back clasp the hands and pull the arms over the head and forward opening up the chest. Keep the knees straight but soft. The crown of the head is pointing down.

*Holding:* Let gravity pull the crown of the head closer to the floor and the chest closer to the thighs. Feel the vertebrae separate making the spine longer. Keep lifting the tailbone to the sky. Breathe into the lower back and hamstrings as the arms become longer. As you are holding this pose, you may shake your head gently to loosen up the cervical spine.

*Breathing:* Inhale as you lift the body towards the sky (opening) and exhale as you bend from the hips (closing). Hold the pose for about 5 long breaths.

*Modifications/Advancement:* If one has shoulder issues, place the hands on the floor , on the shins, or grasp the elbows. Keep the knees bent if you have back problems, sciatica, or tight hamstrings. To make this pose more challenging, bring the feet together instead of hip-width apart.

*Tips:* Drishti is beyond the tip of the nose (*Nasagrai*).



## 2. Airplane (*Uttasana-Head Up*)

*Purpose:* To strengthen and elongate the spine while lengthening the hamstrings.

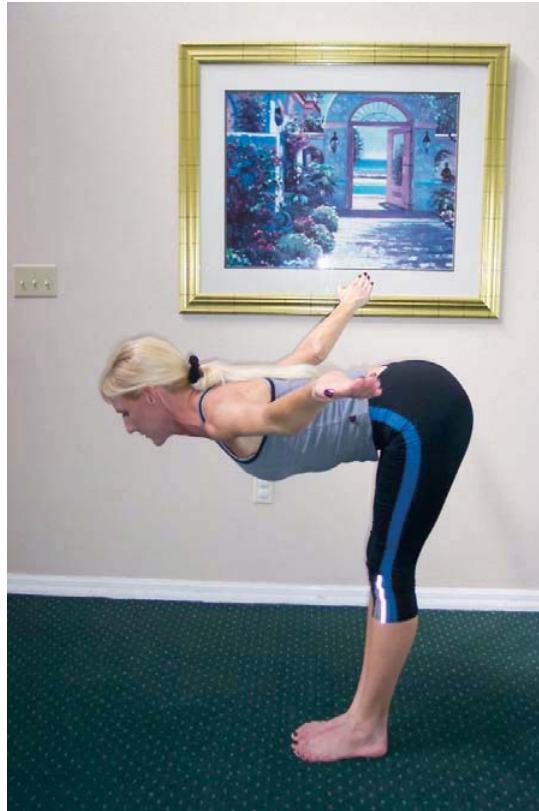
*Positioning:* From standing position, move into a forward fold. Keeping the knees straight and lifting from the hips, bring the chest up aligning the torso parallel to the floor. Bring the arms overhead and then straight out to the sides in line with the shoulders. The palms are facing down. Lower the shoulder blades down.

*Holding:* Keep lifting the arms up towards the sky. Lengthen out through the crown of the head and through the fingertips. Keep the back flat.

*Breathing:* Inhale to prepare, exhale as you lower to the floor. Inhale as you lift the chest up and hold the pose for 5 long breaths.

*Modifications/Advancement:* If one has back problems, sciatica, or tight hamstrings, bend the knees. If one has shoulder problems, lower the arms. To make this pose more challenging, bring the feet together instead of hip-width apart.

*Tips:* Dristhi- Tip of the nose (*Nasagrai*) looking down to the floor.



### 3. Standing Twist

*Purpose:* To lengthen the spine the hamstrings while stretching the obliques and the pectoralis muscles.

*Positioning:* From standing position, move into a forward fold position with feet hip-width apart. Place the right hand on the opposite side of the left foot. Extend the left arm up towards the sky while twisting the torso to the left side opening the chest.

*Holding:* As the muscles begin to relax take the stretch deeper by continuing to open through the chest and obliques. As you hold this pose continue to lengthen out of the fingertips towards the sky. Hold for 5 long breaths.

*Breathing:* Inhale as you lift to the sky, exhale as you lower into a forward fold. Inhale as you twist to one side. Hold pose for 5 long breaths and switch sides.

*Modifications/Advancement:* If one has back problems, sciatica, or tight hamstrings, bend the knees. Lower the extended arm behind the small of the back if one should become tired. One may modify by placing the hand in front of the foot as opposed to the side of the foot as pictured. For a challenge, bring the feet together.

*Tips:* Dristhti-Extended Hand (*Hastagrai*)





Below are a series of questions designed to help you remember the course material efficiently. Before proceeding to the next page of the course content, please answer the following review questions.

**Section # 2 Review Questions**

- 1. List the Eight Limbs of Yoga that make up the mental and physical disciplines that lead one to enlightenment.**

- 2. Fill in the blank with word dealing with the Yoga Diet.**

\_\_\_\_\_ food are clear and lucid energy.

\_\_\_\_\_ food is restless and active energy.

\_\_\_\_\_ food is heavy and inert energy.

\_\_\_\_\_ is made up of non-animal foods.

Water is about \_\_\_\_\_ % of the one's body mass.

#### 4. Crescent Moon (*Ardha Chandrasana*)

*Purpose:* To stretch the hip flexors, open the chest, and strengthen the hamstrings and quadriceps.

*Positioning:* From Downward Dog or Plank (from FiTOUR Yoga I), swing the right leg forward bending the knee at 90°. To modify, lower the back leg to the floor with the knee resting on the floor and the hands resting on the front quadricep. To strengthen the upper body and open the chest, clasp the hands and raise the arms above the body towards the sky.

*Holding:* Continue to feel a stretch through the left hip flexor group. Lengthen the spine towards the sky. Keep the hips and shoulders squared off straight forward.

*Breathing:* Hold the pose for 5 long breaths and switch sides.

*Modifications/Advancement:* To make the pose more challenging lift the back knee off the floor

*Tips:* Drishti-Straight forward or up to the sky (*Urdhva*)



## 5. Reverse Extended Angle (*Parivita Utthita Parsvakonasana*)

*Purpose:* To strengthen the legs, obliques, and waist while stretching the spine and abductors.

*Positioning:* From a kneeling crescent moon pose, twist the torso towards the left thigh that is bent forward at 90°. Place the right elbow on the outside of the left knee. Place the right palm on top of the left palm with the right elbow reaching towards the sky.

*Holding:* As you hold this pose continue to twist the chest towards the thigh opening up the chest as much as possible.

*Breathing:* Hold this pose for 5 long breaths and switch sides.

*Modifications/Advancement:* To make this pose more challenging, lift the back knee off the floor.

*Tips:* Drishti- Up to the sky (*Urdhva*)



## 6. Reverse Triangle (*Parivita Trikonasana*)

*Purpose:* To slim the waistline and tone the legs. To strengthen the lateral muscles of the torso and stretch the lower back, hamstrings, and waist. This pose relieves sciatica and pain in the joints, assists in eliminating waste, and tones and limbers the spinal column.

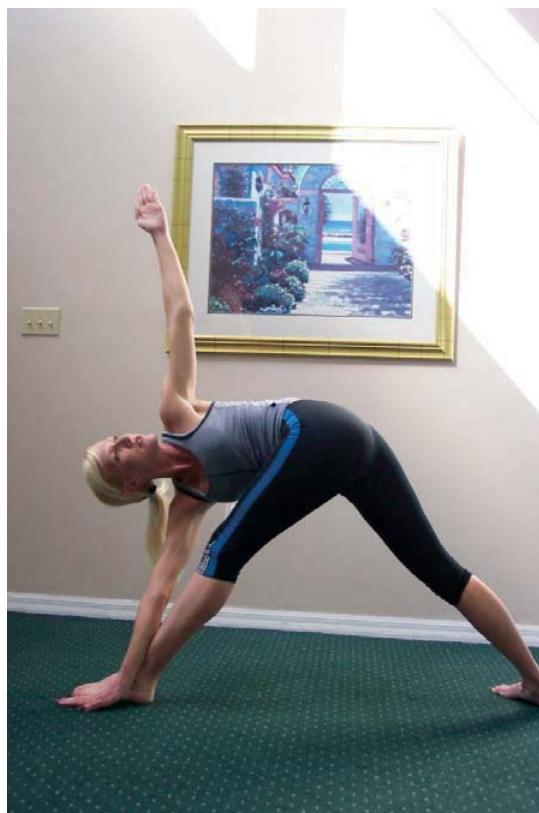
*Positioning:* Place your feet about 4 feet apart with the left foot at 90 and the right foot at 15. Both knees are straight but soft. Bending laterally from the hips, twist the torso so that you are looking behind your body. The right hand is on the outside of the left foot. The left arm is extended straight up reaching towards the sky creating a straight line from fingertip to fingertip. Tuck the chin in and look towards the left hand.

*Holding:* Keep opening the chest.

*Breathing:* Hold for 5 long breaths and switch sides.

*Modifications:* If you cannot reach the ankle with your hand, place your hand at the calf or use a block.

*Tips:* Drishti-Up to the sky (*Urdhva*)



## 7. Half Moon (*Ardha Chandrasana*)

*Purpose:* To strengthen the legs and buttocks and to teach focus, balance, and coordination of body and mind.

*Positioning:* From Extended Angle (from FiTOUR Yoga I), place the right hand on the floor while lifting the back left leg off the floor. Straighten the right knee as much as possible while extending the left arm straight towards the sky making a straight line from fingertip to fingertip. Open the hips and chest towards the side. Rotate your left hip back and opened. Turn your chin towards the top shoulder.

*Holding:* Continue to open the chest and hips while focusing on balancing.

*Breathing:* Hold for 5 long breaths and switch sides.

*Modifications:* If you cannot reach the floor with your hand, use a block. You may also balance up against a wall for support.

*Tips:* Drishti-Up to the extended hand (*Hastagrai*)



## 8. Sun God

*Purpose:* To strengthen the glutes, quadriceps, and adductors.

*Positioning:* Place the feet in a wide stance with the feet turned out and the knees in alignment with the feet. Extend the arms up and out to the sides shoulder height with the palms facing upward. Slowly sink the hips down while the knees bend outward.

*Holding:* Keep the weight evenly distributed between the feet making sure that the knees do not protrude past the toes. Avoid leaning forward or backwards keeping the chest lifting.

*Breathing:* Hold this pose for 5 long breaths.

*Modifications/Variation:* After holding the pose for 5 breaths, squat up and down while lifting the arms overhead for 10 reps.

*Tips:* Drishti- Tip of the nose (*Nasagrai*)



## 9. Dancer's Pose

*Purpose:* To strengthen the abdominals, extended arm and balancing leg while stretching the hip-flexors and quadriceps. This pose focuses on balance.

*Positioning:* Stand with the feet together. Lift the left heel towards the buttocks and hold the left ankle with the left hand. Gently lift the foot towards the sky behind the body as you lower your chest forward extending the right arm straight out in front of the body in line with the shoulder.

*Holding:* Continue to extend the leg up reaching the toes towards the sky while lengthening the right arm forward. Keep the chest lifting and the abdomen pulling in.

*Breathing:* Hold this pose for 5 long breaths.

*Modifications:* To modify, avoid lifting the leg up high.

*Tips:* Drishti-Past the extended hand (*Hastagrai*)





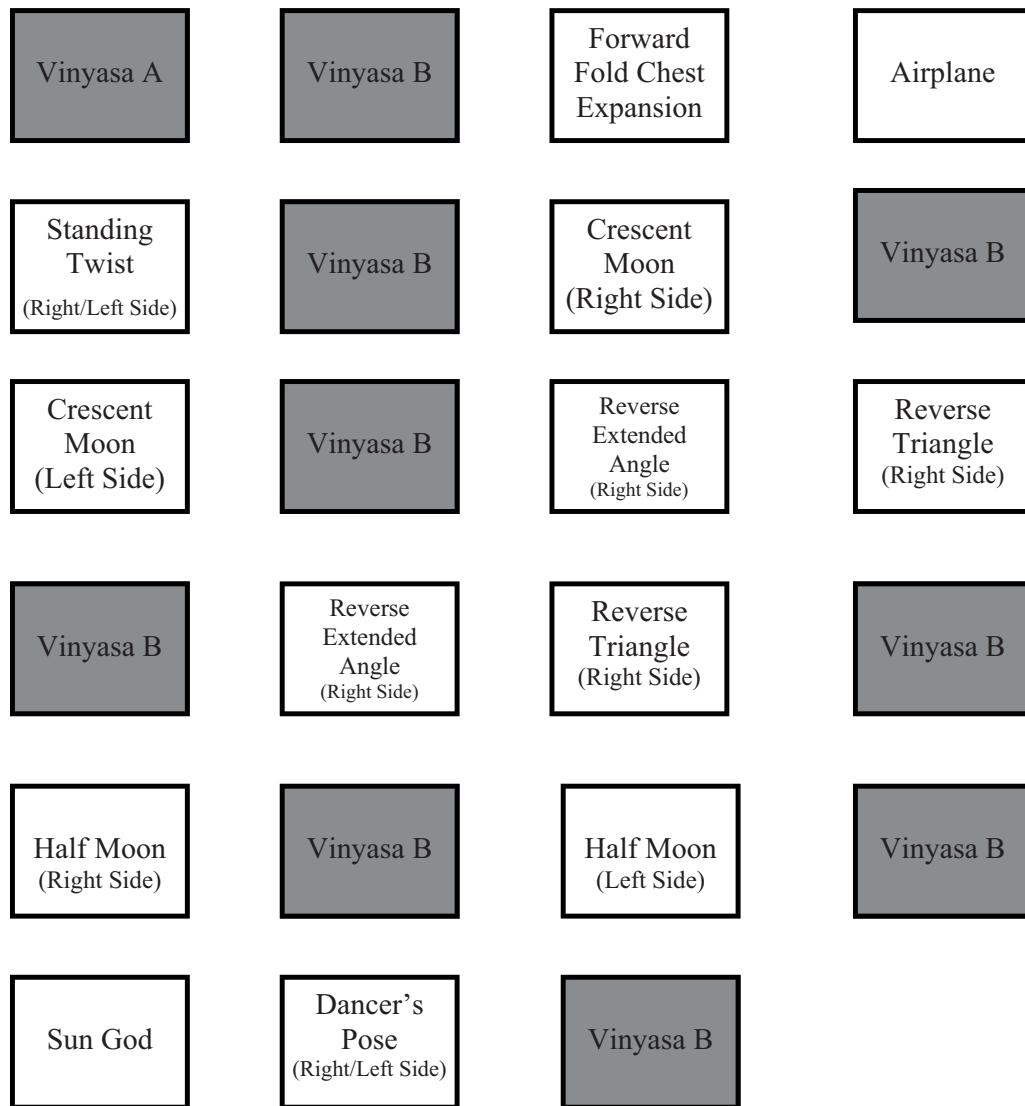
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#### **Section # 3 Review Questions**

- 1. What is the purpose of the Forward Fold Chest Expansion exercise:**
  
- 2. What is the positioning of the Airplane exercise:**
  
- 3. Explain the Breathing for the Standing Twist exercise:**
  
- 4. List the tips for doing the Crescent Moon exercise:**
  
- 5. What are the modifications/advancements for the Reverse Extended Angle Exercise:**
  
- 6. What is the positioning for the Reverse Triangle exercise:**
  
- 7. What is the Purpose for the Half Moon exercise:**
  
- 8. What is the holding for the Half Moon exercise:**
  
- 9. What is the Breathing for the Sun God exercise:**
  
- 10. What is the positioning for the Dancer's Pose exercise:**

## **Advanced Yoga Certification: Power Challenge Sequence I**

Perform the following sequence incorporating the Vinyasas and the poses that were just learned. This sequence can be added to Yoga Combo I-V that was learned in the FiTOUR Primary Yoga Certification. The FiTOUR Advanced Yoga Certification Sequences to follow can then be added to this sequence to form an entire Yoga Class Format.



## **Advanced Yoga Poses**

### **Inversions**

1. Inverted One Leg Extension
2. Wheel (*Chakarasana*)
3. Ear Pressure (*Karnapidasana*)
4. Plough (*Halasana*)
5. Head Stand (*Salamba Sirasana*)
6. Wall Inversion I
7. Wall Inversion II
8. Wall Inversion III

## 1. Inverted One Leg Extension

*Purpose:* To strengthen the upper body and legs. To lengthen the extended leg and spine.

*Positioning:* From Downward Dog (from FiTOUR Yoga I), extend your left leg from the hip towards the sky. Keep your hips forward as much as possible.

*Holding:* Keep the extended leg as straight as possible with the toes pointing towards the sky. Press the energy from the palms of the hands out through the tailbone.

*Breathing:* Hold for 5 long breaths

*Modifications/Advancement:* Raise up on the ball of the foot lifting the extended leg higher. Avoid if one has high blood pressure.

*Tips:* Drishti-To the navel (*Nabi Chakra*)



## 2. Wheel (*Chakarasana*)

*Purpose:* To strengthen the upper body, glutes, and legs while stretching the abdominals.

*Positioning:* From the Shoulder Bridge (from FiTOUR Yoga I), place the hands above the shoulders with the fingertips facing the shoulders. While using the upper body and legs, press through the hands and feet while lifting the torso and glutes off the floor in an arched position.

*Holding:* Keep the feet flat on the floor while pressing the abdominals and hips high towards the sky. Try to straighten the arms as much as possible.

*Breathing:* Hold for 5 long breaths

*Modifications:* Use a block or bend the elbows slightly as shown in the picture. Avoid if one has high blood pressure, shoulder or back injury.

*Tips:* Drishti-Tip of the nose (*Nasagrai*)



### 3. Ear Pressure (*Karnapidasana*)

*Purpose:* To stretch the spine and shoulders while alleviating ear aches.

*Positioning:* From a Supported Shoulder Stand (from FiTOUR Yoga I), lower the legs behind the head with the knees at 90° squeezing the ears. The arms are extended along side the body with the fingertips clasping.

*Holding:* Keep squeezing the ears and lengthening through the shoulders.

*Breathing:* Hold for 10 long breaths

*Modifications:* Avoid this pose if one has high blood pressure, has back problems, or is pregnant.

*Tips:* Drishti-To the navel (*Nabi Chakra*)



#### 4. Plough (*Halasana*)

*Purpose:* To stretch the hamstrings, shoulders, and spine and to strengthen the waist while cleansing the intestines.

*Positioning:* From the Ear Pressure Pose, straighten the legs as much as possible the toes in contact with the floor behind the head.

*Holding:* Keep the hips over the shoulders.

*Breathing:* Hold for 10 long breaths

*Modifications:* Avoid this pose if one has high blood pressure, has back problems, or is pregnant.

*Tips:* Drishti-To the navel (*Nabi Chakra*)



## 5. Head Stand (*Salamba Sirasana*)

*Purpose:* To improve circulation and to strengthen the brain while stimulating the nervous system.

*Positioning:* From a kneeling position, place the hands on the floor about shoulder width apart. Place the head between the hands placing the knees right above the elbows. Lift the feet off the floor and practice balancing the knees above the elbows. Once balance has been achieved, extend the legs straight up towards the sky balancing on the hands and head like a tripod.

*Holding:* Continue to focus on balancing while opening the hips as much as possible. Engage the entire body.

*Breathing:* Hold for 5 long breaths

*Modifications/Advancement:* Avoid this exercise if one has a neck problem, back problem, high blood pressure, or is pregnant. To make this pose more challenging, try performing the headstand while balancing on your forearms with the hands clasp and the head between the forearms.

*Tips:* Drishti-Tip of the nose (*Nasagrai*) This pose is the most demanding of all asanas. Please perform this pose with extreme caution!!!



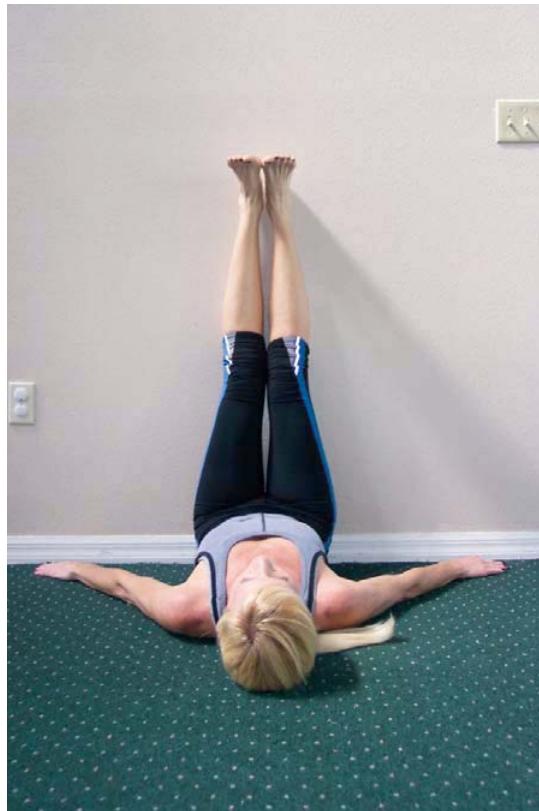
## 6. Wall Inversion I

*Purpose:* To replace fatigue and sluggishness with pure oxygenated blood, vitality and alertness. To relieve aching feet and legs. To reduce the risk of varicose veins.

*Positioning:* Lie completely flat on your back with your buttocks as close to the wall as possible. Extend the legs straight up in the air resting on the wall. Press the legs against the wall as the lower back presses against the floor. The arms are resting comfortably out to the sides. Tuck the chin towards the chest.

*Holding:* Rest comfortably with the eyes closed. You may place an eye-bag over your eyes if desired. Focus on the blood circulating through the legs.

*Breathing:* Hold for 5 minutes breathing deeply in and out through the nose.



## 7. Wall Inversion II

*Purpose:* In addition to replacing fatigue and sluggishness with pure oxygenated blood, vitality and alertness, the purpose of this pose is to stimulate blood flow to the hips, pelvis, and reproductive organs. This pose also stretches the adductors and relieves aching feet and legs. This pose also reduces the risk of varicose veins.

*Positioning:* From the Wall Inversion I pose, spread the legs wide apart keeping the legs in contact with the wall. Keep the back pressing to the floor. The arms are resting comfortably out to the sides. Tuck the chin towards the chest.

*Holding:* Rest comfortably with the eyes closed. You may place an eye-bag over your eyes if desired. Focus on the blood circulating through the legs.

*Breathing:* Hold for 5 minutes breathing deeply in and out through the nose.



## 8. Wall Inversion III

*Purpose:* In addition to replacing fatigue and sluggishness with pure oxygenated blood, vitality and alertness, the purpose of this pose is to stimulate blood flow to the hips, pelvis, and reproductive organs. This pose also stretches the adductors and relieves aching feet and legs. This pose also reduces the risk of varicose veins.

*Positioning:* From the Wall Inversion II pose, place the soles of the feet together with the knees bent out to the sides opening the hips. Keep the back pressing to the floor. The arms are resting comfortably out to the sides. Tuck the chin towards the chest.

*Holding:* Rest comfortably with the eyes closed. You may place an eye-bag over your eyes if desired. Focus on the blood circulating through the legs.

*Breathing:* Hold for 5 minutes breathing deeply in and out through the nose.





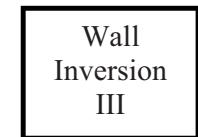
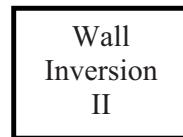
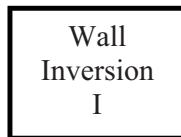
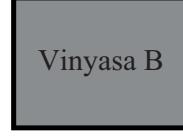
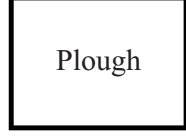
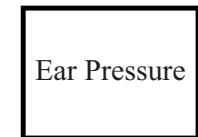
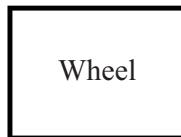
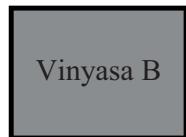
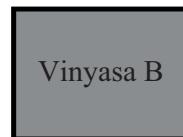
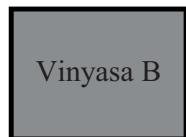
Below are a series of questions designed to help you remember the course material efficiently. Before proceeding to the next page of the course content, please answer the following review questions.

#### **Section # 4 Review Questions**

- 1. What is the purpose of the Inverted One Leg Extension exercise:**
- 2. What is the positioning of the Wheel exercise:**
- 3. Explain the Breathing for the Ear Pressure exercise:**
- 4. List the tips for doing the Plough exercise:**
- 5. What are the modifications/advancements for the Head Stand Exercise:**
- 6. What is the positioning for the Head Stand exercise:**
- 7. What is the Purpose for the Wall Inversion I exercise:**
- 8. What is the holding for the Wall Inversion I exercise:**
- 9. What is the Breathing for the Wall Inversion II exercise:**
- 10. What is the positioning for the Wall Inversion III exercise:**

## **Advanced Yoga Certification: Power Challenge Sequence II**

Perform the following sequence incorporating the Vinyasas and the poses that were just learned. This sequence can be added to Yoga Combo I-V that was learned in the FiTOUR Primary Yoga Certification and Sequence I of the FiTOUR Advanced Yoga Certification. Combining this sequence with all of the preceding sequences will form an entire Yoga Class Format. You may end the entire class with lifeless body and progressive relaxation that was learned in the FiTOUR Primary Yoga Certification.



## **Advanced Yoga Poses**

### **Seated and Twists**

1. Cow Face (*Gomukasana*)
2. Happy I (*Sukhasana I*)
3. Happy II (*Sukhasana II*)
4. Seated Prayer Mountain (*Parvatasana*)
5. Hero I (*Virasana I*)
6. Hero II (*Virasana II*)
7. Side Seated Twist (*Bharadvajasana*) - T
8. Inverted Hurdler (*Janu Sirasana*) - Modified and Maximum Pose
9. Hurdler (*Triang Mukhaikapada Pascimottanasana*) - Modified and Maximum Pose
10. Sitting Side Stretch (*Parivrtta Janu Sirsasana*)
11. Seated Angle (*Upavishtha Konasana*)

## 1. Cow Face (*Gomukasana*)

*Purpose:* To release and free the areas of the upper back, shoulders, sacrum, buttocks, and thighs.

*Positioning:* Sitting on the floor with the legs out in front, bend the left leg under the right leg with the foot out to the side. Bend the right leg over the left leg with the foot out to the side. The feet out to the sides represents cow horns. Bend the right arm behind the head with the left arm bending behind the back and the fingertips grasping each other.

*Holding:* Pull the abdominals in and open the chest. Keep the head centered.

*Breathing:* Hold for 5 long breaths and switch sides.

*Modifications:* As shown, sit on top of one leg until the hips become more open and flexible and the other foot can come out to the side to match the other foot. (Shown in picture) Be mindful of this pose if one has knee issues or shoulder issues. One can place a strap between the hands if the hands cannot reach each other to stretch the chest and shoulders.



## 2. Happy I (*Sukhasana I*)

*Purpose:* To strengthen the spinal muscles, open the hips, and direct blood flow towards the pelvic region.

*Positioning:* Sit on the floor with one leg crossed in front of the other. Place the back of the hands lightly on the knees.

*Holding:* Continue to sit up tall lengthening the spine. Relax the shoulders back and down. Practice the Uddiyana Bandha.

*Breathing:* Breathe deeply in and out through the nose as long as possible then switch leg positions with the other foot in front.

*Modifications:* Place blankets or a block underneath the buttocks.

*Tips:* Drishti-Straight forward or close the eyes.



### 3. Happy II (*Sukhasana II*)

*Purpose:* To lengthen the spinal muscles as the vertebrae separate and to stretch the sides of the torso. Also to open the hips, and direct blood flow towards the pelvic region.

*Positioning:* Sit on the floor with one leg crossed in front of the other. Grasp the hands with the palms facing up and the fingers interlocking and lift the arms above the head towards the sky straightening the arms.

*Holding:* Continue to sit up tall lengthening the spine. Relax the head, neck, and shoulders. Keep your back straight. Practice the Uddiyana Bandha.

*Breathing:* Breathe deeply in and out through the nose as long as possible then switch leg positions with the other foot in front.

*Modifications:* Place blankets or a block underneath the buttocks.

*Tips:* Drishti-Straight forward or close the eyes.



#### 4. Seated Prayer Mountain (*Parvatasana*)

*Purpose:* To strengthen the arms, lengthen the spine and soften the hip muscles. This pose also develops willpower and quiets the mind.

*Positioning:* Sit on the floor with one leg crossed in front of the other. Place the palms together and lift the arms above the head towards the sky keeping the arms slightly bent.

*Holding:* Continue to sit up tall lengthening the spine. Keep your arm muscles actively engaged. Relax the head, neck, and shoulders. Keep your back straight. Practice the Uddiyana Bandha.

*Breathing:* Breathe deeply in and out through the nose as long as possible then switch leg positions with the other foot in front.

*Modifications:* Place blankets or a block underneath the buttocks.

*Tips:* Drishti-Straight forward or close the eyes.



## 5. Hero I (*Virasana I*)

*Purpose:* To strengthen the pelvic muscles, knee and ankle joints, stimulates blood flow to the pelvic organs. This pose also activates the digestive system. This is an excellent meditation pose.

*Positioning:* Sit on your buttocks on your heels. Slide your heels out to the side so that your buttocks is sitting on the floor between the heels. Place the back of the hands lightly on top of the thighs.

*Holding:* Keep lifting out of the torso as the pose is held.

*Breathing:* Hold this pose for as long as comfortable while breathing deeply in and out through the nose.

*Modifications:* If uncomfortable, you may place a blanket or block underneath your buttocks.

*Tips:* Drishti-Straight forward or close the eyes.



## 6. Hero II (*Virasana II*)

*Purpose:* To strengthen the pelvic muscles, knee and ankle joints, stimulates blood flow to the pelvic organs. This pose also helps to relieve sciatica.

*Positioning:* Sit on your buttocks on your heels. Slide your heels out to the side so that your buttocks is sitting on the floor between the heels. Bend forward from the hips bringing the chest down as close to the floor as possible with the forehead to the floor. Stretch the arms forward along the floor. Keep the buttocks towards the heels.

*Holding:* Keep stretching through the arms from the lats.

*Breathing:* Hold this pose for as long as comfortable while breathing deeply in and out through the nose.

*Modifications:* If uncomfortable, you may place a blanket or block underneath your buttocks.

*Tips:* Drishti-To the navel (*Nabi Chakra*)



## 7. Side Seated Twist (*Bharadvajasana*)

*Purpose:* To tone the spinal muscles and nervous system while relieving tight shoulders and back.

*Positioning:* Sit on your buttocks with the feet off to the right side. Lift the torso up and twist to the right. The left arm reaches behind the back toward the other arm that is resting across the body.

*Holding:* Keep twisting the torso as far as you can.

*Breathing:* Hold this pose for as long as comfortable while breathing deeply in and out through the nose. Switch sides.

*Modifications/Variation:* If uncomfortable, you may place a blanket or block underneath your buttocks. For a deeper stretch, twist the body in the opposite direction of the side of where the legs are.

*Tips:* Drishti-To the left side (*Parsva*)/To the right Side (*Parsva*)



## 8. Inverted Hurdler (*Janu Sirasana*) - Modified and Maximum Pose

*Purpose:* To strengthen the abdominals and leg muscles while stretching the lower back, hamstrings, and abductors. This pose also stimulates blood flow to the internal organs

*Positioning:* From a seated position, extend the right leg forward and bend the left knee bringing the foot inward towards the inner thigh of the extended leg.

Modified Pose-Lean forward from the hips leading with the chest keeping the back flat. Reach the hands towards the calf or the foot.

Maximum pose-Lower the chest down towards the thigh and reach for the foot. Keep the leg straight.

*Holding:* Keep lengthening out through the crown of the head.

*Breathing:* Hold for 5 long breaths then switch sides. With every exhale take the stretch deeper.

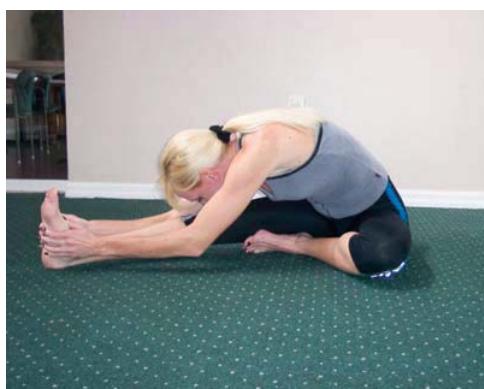
*Modifications:* Place a blanket or bolster under the extended knee. Use a strap, if you cannot reach your foot. Avoid the maximum pose if you have sciatica or really tight hamstrings.

*Tips:* Drishti-Toes (*Padayoragrai*)

Modified Pose



Maximum Pose



## 9. Hurdler (*Triang Mukhaikapada Pascimottanasana*) - Modified and Maximum Pose

*Purpose:* To strengthen the abdominals and leg muscles while stretching the lower back, hamstrings, quadriceps, and abductors. This pose also stimulates blood flow to the internal organs

*Positioning:* From a seated position, extend the left leg forward and bend the right knee bringing the foot outward towards the right hip.

Modified Pose-Lean forward from the hips leading with the chest keeping the back flat. Reach the hands towards the calf or the foot.

Maximum pose-Lower the chest down towards the thigh and reach for the foot. Keep the leg straight.

*Holding:* Keep lengthening out through the crown of the head.

*Breathing:* Hold for 5 long breaths then switch sides. With every exhale take the stretch deeper.

*Modifications:* Place a blanket or bolster under the extended knee. Use a strap, if you cannot reach your foot. Be mindful of this pose if you have weak knees. Avoid the maximum pose if you have sciatica or really tight hamstrings.

*Tips:* Drishti-Toes (*Padayoragrai*)

Modified Pose



Maximum Pose



## 10. Sitting Side Stretch (*Parivrtta Janu Sirsasana*)

*Purpose:* To stretch the adductors, hamstrings, and obliques while strengthening the abdominals. This pose also works the liver, spleen, kidneys, and lower back muscles while detoxifying the body.

*Positioning:* Sit with the legs as wide apart as possible with a straight spine. The toes and knees point straight upward. Lift up out of your hips keeping your buttocks in contact with the floor. Keep your spine straight and your abdominals pulling in. Lift the arms out to the sides in line with the shoulders. Inhale to prepare, then exhale as you bend to the right side keeping the chest forward. Extend the left arm over the head. Place the right arm along the inside of the right leg grabbing the right foot.

*Holding:* Keep opening the chest forward.

*Breathing:* Hold for 5 long breaths, then switch sides.

*Modifications:* If it is uncomfortable for your arm to be lifting overhead, place the hand down on the top hip.

*Tips:* Drishti-Hand (*Hastagrai*)



## 11. Seated Angle (*Upavishtha Konasana*)

*Purpose:* To strengthen the spinal muscles, abdominals, sciatic nerve, and waist while stretching the adductors and hamstrings. This pose also prevents lower back pain and purifies the esophagus.

*Positioning:* From a seated position, balance on the tailbone with the knees bent. Grab the bottom of the feet, and extend the legs in a split position straight out to the sides with the arms extended straight out. Keep the back straight.

*Holding:* Practice the Uddiyana and Mula Bandhas while holding the pose.

*Breathing:* Hold for 5 long breaths

*Modifications:* If the hamstrings are too tight, slightly bend the knees and balance on the tailbone.

*Tips:* Drishti-Straight forward or between the eyebrows (*Broomadhyas*)





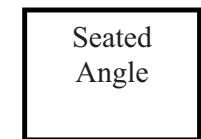
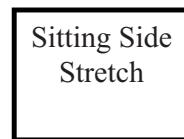
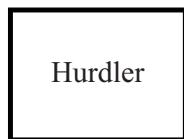
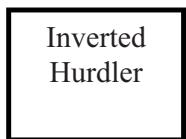
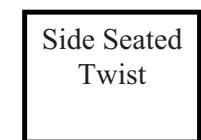
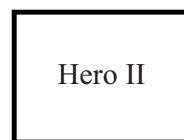
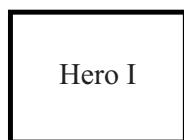
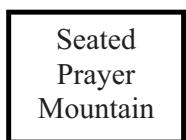
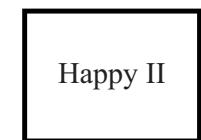
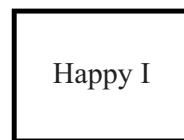
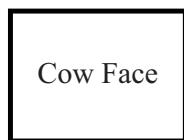
Below are a series of questions designed to help you remember the course material efficiently. Before proceeding to the next page of the course content, please answer the following review questions.

#### **Section # 5 Review Questions**

- 1. What is the purpose of the Cow Face exercise:**
- 2. What is the positioning of the Happy I exercise:**
- 3. Explain the Breathing for the Happy II exercise:**
- 4. List the tips for doing the Seated Prayer Mountain exercise:**
- 5. What are the modifications/advancements for the Hero I Exercise:**
- 6. What is the positioning for the Hero II exercise:**
- 7. What is the Purpose for the Side Seated Twist exercise:**
- 8. What is the holding for the Inverted Hurdler exercise:**
- 9. What is the Breathing for the Sitting Side Stretch exercise:**
- 10. What is the positioning for the Seated Angle exercise:**

## **Advanced Yoga Certification: Power Challenge Sequence III**

Perform the following sequence incorporating the Vinyasas and the poses that were just learned. This sequence can be added to Yoga Combo I-V that was learned in the FiTOUR Primary Yoga Certification and Sequence I-II of the FiTOUR Advanced Yoga Certification. Combining this sequence with all of the preceding sequences will form an entire Yoga Class Format. You may end the entire class with lifeless body and progressive relaxation that was learned in the FiTOUR Primary Yoga Certification.



## **Advanced Yoga Poses**

### **Floor/Finishing Poses**

1. Bridge Pose/Extension (*Setu Bandhasana*)
2. Sleeping Angle (*Supta Konasana*)
3. Sleeping Thumb-to-Foot (*Supta Padanghushtasana*)
4. Lateral Sleeping Thumb-to-Foot (*Supta Parsvasahita*)
5. Fish (*Matsyasana*)
6. Spinal Balance
7. Sunbird
8. Crocodile
9. Frog/Forward Rest

### 1. Bridge Pose/Extension (*Setu Bandhasana*)

*Purpose:* To tone and strengthen the glutes and legs while stretching the abdominals and chest. To massage the abdominal muscles and organs and to stimulate blood flow through the spine. This pose keeps the spine supple, elastic, and revitalized while keeping the pelvic organs healthy.

*Positioning:* In a supine position, the knees are bent and the soles of the feet are on the floor hip width apart. From the supine position, lift the hips and torso to the sky. The arms are bent at 90° with the hands resting on the hips. Once balanced, extend the right leg straight up to the sky with the toes pointing and reaching.

*Holding:* Remember to balance on the shoulders and not on the neck. Keep lifting through the hips and extending through the toes.

*Breathing:* Hold for 5 long breaths then switch legs.

*Modifications:* If you cannot lift your leg, hold the bridge pose with arms extended underneath the body.

*Tips:* Drishti-To the navel (*Nabi Chakra*)



## 2. Sleeping Angle (*Supta Konasana*)

*Purpose:* To massage the spine, stretch the hamstrings and adductors, improve balance, and strengthen the abdominals.

*Positioning:* From a Seated Angel position (Figure A), articulate the spine and roll back bringing your feet over your head spread wide apart (Figure B). Hold this pose for 5 breaths. Inhale and roll up into a Seated Angel pose (Figure A), balancing on your tailbone with a straight back and Uddiyana Bandha. Exhale as you lean forward and roll down into a Seated Straddle Splits (Figure C from Yoga I). Place the chest as close to the floor as possible stretching forward. Hold this pose for 5 breaths.

*Holding:* As you hold the poses in Figure B and C continue to practice the Uddiyana Bandha and lengthen.

*Breathing:* Hold for 5 long breaths in Figure B and C.

*Modifications:* Avoid this pose if you have neck or back issues or have high blood pressure or are pregnant. You may modify by holding the Seated Angel Pose.

*Tips:* Drishti- Figure A      Between the eyebrows (*Broomadhyā*),  
                        Figure B and C    To the navel (*Nabi Chakra*)

Figure A



Figure B



Figure C



### 3. Sleeping Thumb-to-Foot (*Supta Padanghushtasana*)

*Purpose:* To stretch the hamstrings while stimulating the circulation in the legs and purifying the veins. This pose also cleanses the colon and urinary tract and reduces fat around the abdomen and waist.

*Positioning:* While lying down in a supine position with the legs straight out, lift the right leg straight up trying to reach at least 90° in the hips. Grab the right big toe with the right hand and gently pull the leg towards the chest keeping the leg as straight as possible. The other leg remains on the floor with the foot flexed to engage the leg. The left arm is resting along side the body. (Figure A)

Inhale to prepare and exhale as you lift your shoulders and head off the floor lifting your nose towards the leg. Rest the left arm on the left leg. Keep the other leg engaged on the floor. (Figure B)

*Holding:* Hold figure A for 5 breaths and hold Figure B for 5 breaths then switch legs. Think about stretching deeper with every exhale.

*Breathing:* Hold for 5 long breaths

*Modifications:* If figure B is too demanding, then continue to perform Figure A.

*Tips:* Drishti- Figure A Toes (*Padayoragrai*)  
Figure B Tip of the nose (*Nasagrai*)

Figure A



Figure B



#### 4. Lateral Sleeping Thumb-to-Foot (*Supta Parsvasahita*)

*Purpose:* To stretch the hamstrings and adductors while stimulating the circulation in the legs and purifying the veins. This pose also cleanses the colon and urinary tract and reduces fat around the abdomen and waist.

*Positioning:* While lying down in a supine position, lift the left leg up and grab the foot with your left hand. Extend the left leg out laterally and as high as you can. The right leg remains in contact with the floor extended straight out. The right arm extends out to the right side shoulder height.

*Holding:* Keep the hips, back, and shoulder blades down and in contact with the floor.

*Breathing:* Hold for 5 long breaths

*Modifications:* If the stretch is too intense, slightly bend the knee or use a strap if you cannot reach your foot.

*Tips:* Drishti-      Option 1 Up to the sky (*Urdhva*)  
                            Option 2 To the left side (*Parsva*) when the right leg is extended to the side  
                            Option 3 To the right Side (*Parsva*) when the left le is extended to the side



## 5. Fish (*Matsyasana*)

*Purpose:* To strengthen and lengthen the spine. To strengthen the neck and chest while improving the respiratory system.

*Positioning:* While lying down in a supine position, place the hands underneath the buttocks. Pull your shoulder blades together and down. The feet, knees, and thighs are squeezing together. Inhale as you lift your chest and abdominals off the floor as you tilt your head back towards your forehead resting lightly on the crown of the head. You are also resting gently on the forearms.

*Holding:* Keep lifting through the chest. You should not feel pressure on your head or neck.

*Breathing:* Hold for 5 long breaths

*Modifications:* Avoid this exercise if you have neck problems.

*Tips:* Drishti- Between the eyebrows (*Broomadhyā*)



## 6. Spinal Balance

*Purpose:* To lengthen and strengthen the back muscles and improve balance.

*Positioning:* From a prone table top position, extend your right arm straight forward and extend your left leg straight back from the hip creating a straight line from your fingertips to your toes. Your left hand is directly below your left shoulder and your right knee is bent at 90° resting on the floor directly below your right hip. Keep your head, neck, and spine in alignment by looking down at the floor.

*Holding:* Continue to lengthen out through the fingertips and toes with every exhale.

*Breathing:* Hold for 5 long breaths

*Modifications:* Be mindful of this pose if you have knee problems. Make sure you have enough padding under the knee.

*Tips:* Drishti- Tip of the nose (*Nasagrai*)



## 7. Sunbird

*Purpose:* To strengthen the abdominals and glutes while simultaneously lengthening the spine, hip-flexors, and abdominals.

*Positioning:* Move into the prone table top position with the hands directly underneath the shoulders and the knees directly underneath the hips. The head, neck and spine are in neutral position. Lift your left leg up behind you with the knee bent at 90° and the toes are reaching towards the sky (Figure A). Inhale to prepare. Exhale as you pull your left knee in towards the chest and your head tucks under to meet your knee (Figure B). Inhale as you lift the leg up behind you as high as you can and as your head returns to beginning position (Figure A).

*Movement:* This pose uses movement. Really use and engage the abdominal muscles as the spine rounds and articulates to pull the knee into the chest. Really use the glutes to extend the leg back.

*Breathing:* One movement/One breath-Inhale as you lift your leg to the sky and exhale as you pull your knee towards the chest.

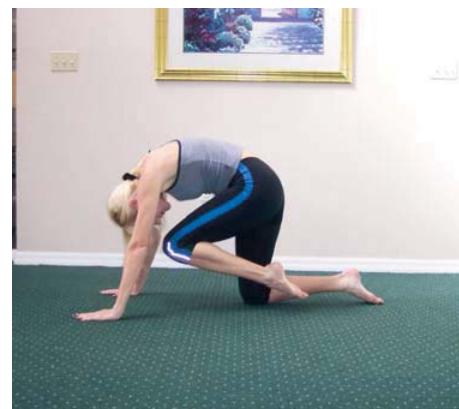
*Modifications:* Be mindful of this pose if you have knee problems. Make sure you have enough padding under the knee.

*Tips:* Drishti- Figure A Tip of the nose (*Nasagrai*)  
Figure B To the navel (*Nabi Chakra*)

Figure A



Figure B



8. Crocodile-This pose replaces the Hover Pose from FiTOUR Yoga I within the Vinyasas.

*Purpose:* To strengthen the upper body including the arms, shoulders, chest along with strengthening the abdominals.

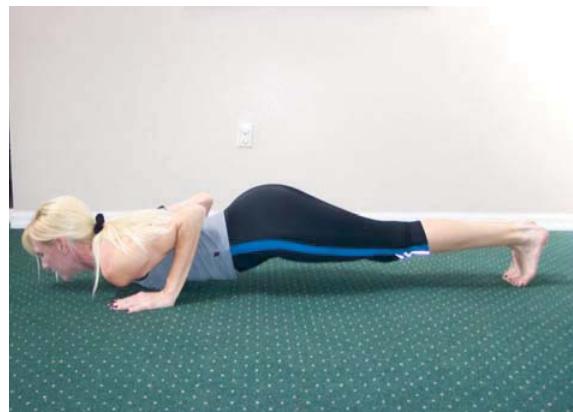
*Positioning:* From a Plank Pose (FiTOUR Yoga I), lower the chest towards the floor while keeping the elbows hugging in to the sides. The hands are directly under the shoulders and the hips are elevated.

*Holding:* Continue to lift through the core while holding the pose. Within a Vinyasa this pose moves smoothly from plank to nose, chin, chest, and hips scooping up into Cobra Pose or Upward Facing Dog Pose (FiTOUR Yoga I).

*Breathing:* Hold for 5 long breaths

*Modifications:* Drop the knees if too demanding.

*Tips:* Drishti-Tip of the nose (*Nasagrai*)



## 9. Frog/Forward Rest

*Purpose:* To stretch the groin and lats while resting.

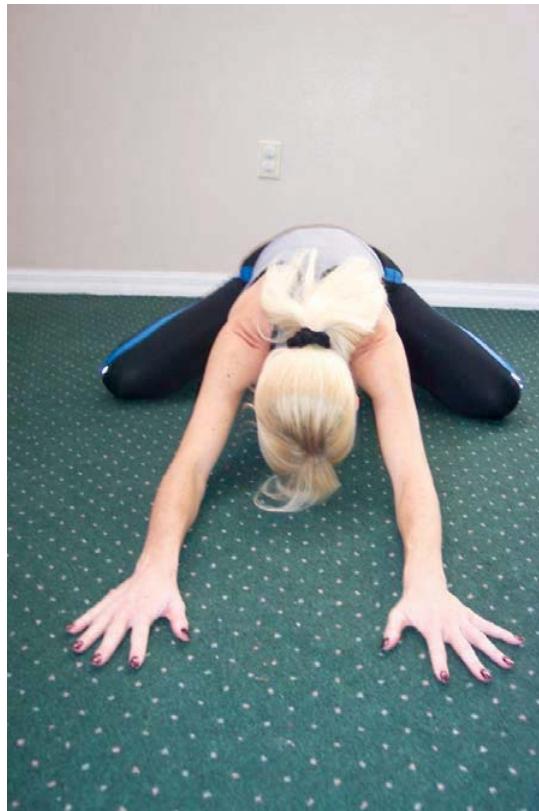
*Positioning:* From a Child's Pose (FiTOUR Yoga I), place the feet together and bend the knees out to the sides. Lower the chest as close to the floor as possible with the arms extended forward on the floor.

*Holding:* Continue to push the hips back while continuing to lower the chest closer to the floor. Keep the spine neutral and practice the Uddiyana Bandha.

*Breathing:* Hold for 5 long breaths or even longer.

*Modifications:* Avoid this pose if you have knee injuries. You may rest your forehead on the back of your hands for variation. You may also place a blanket or block under your buttocks for support.

*Tips:* Drishti-To the navel (*Nabi Chakra*) or with eyes closed.





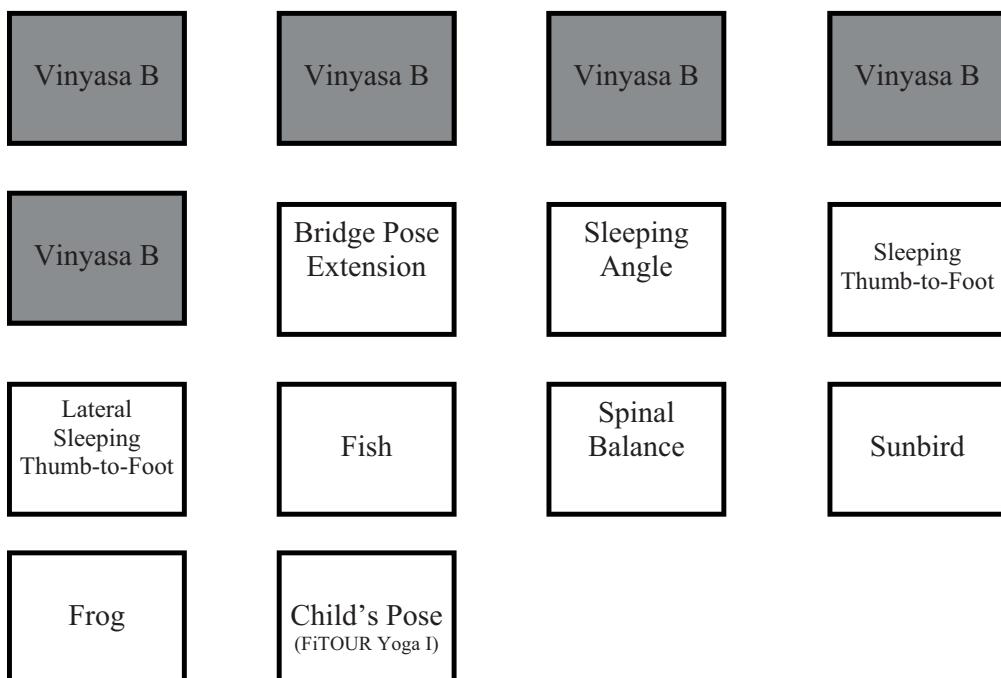
Below are a series of questions designed to help you remember the course material efficiently. Before proceeding to the next page of the course content, please answer the following review questions.

#### **Section # 6 Review Questions**

- 1. What is the purpose of the Bridge Pose/Extension exercise:**
  
- 2. What is the positioning of the Sleeping Angle exercise:**
  
- 3. Explain the Breathing for the Sleeping Thumb to Foot exercise:**
  
- 4. List the tips for doing the Lateral Sleeping Thumb to Foot exercise:**
  
- 5. What are the modifications/advancements for the Fish Exercise:**
  
- 6. What is the positioning for the Spinal Balance exercise:**
  
- 7. What is the Purpose for the Sunbird exercise:**
  
- 8. What is the holding for the Crocodile exercise:**
  
- 9. What is the Breathing for the Frog/Forward Rest exercise:**
  
- 10. What is the positioning for the Frog/Forward Rest exercise:**

## **Advanced Yoga Certification: Power Challenge Sequence IV**

Perform the following sequence incorporating the Vinyasas and the poses that were just learned. This sequence can be added to Yoga Combo I-V that was learned in the FiTOUR Primary Yoga Certification and Sequence I-III of the FiTOUR Advanced Yoga Certification. Combining this sequence with all of the preceding sequences will form an entire Yoga Class Format. You may end the entire class with lifeless body and progressive relaxation that was learned in the FiTOUR Primary Yoga Certification.



## Pranayama Techniques

1. Ujjayi Breathing: In through nose out through nose with “haaa” sound.
2. Kapalabhati - ”Skull Shinning”: Quick Inhales and Exhales 4 sets of 20 breaths
3. Breath Extension and Retention: Using a 1:3:2 ratio inhale, hold breath, and then exhale. The exhale is longer than the inhale
4. Alternate Nosril Breathing (*Anuloma viloma*): Using the Vishnu Mudra, use the thumb to block the right nostril, inhale through left nostril, hold breath, block left nostril with ring finger, then exhale through right nostril. Then reverse. This is one round. Perform 12 rounds.
5. The Sucking Breath (*Sitkari*): This is a cooling breathing technique. Place your tongue on the roof of your mouth just behind your teeth. Breathe in air through your mouth around your tongue feeling the cool air. Close your mouth and hold the breath in the mouth for a couple of seconds before exhaling through the nose. Repeat 10 Xs.

## Meditation Hand Position and Poses

**Meditation** or *dhyana* is the seventh limb of Patanjali's eight-fold path to self-actualization or spiritual growth (*samadhi*). Meditation is the act of completely stilling the mind into a state of total absorption or concentration. The practice of "letting go" is challenging for most, but can be achieved to receive many of the benefits of meditation. Meditation is absolute—the mind and the object of concentration become one. For most meditation is the beginning of the spiritual path.

**Benefits:** In addition to spiritual growth, the following are benefits of meditation: stress relief, improved concentration, improved blood pressure, poise, and mental and emotional tranquility.

**Place:** Find a quiet and soothing place with low lighting. This place must be warm and free from distractions. Make it a practice to meditate in this place as a habit.

**Time:** Find a time during the day that works best for you. Avoid meditating immediately after asanas. Practice meditation beforehand or take a long rest between asanas and meditation. Ashtanga Vinyasa practice actually uses the asanas or vinyasas (movement through the poses) to meditate and take one's mind off of the "outside world."

**Session Length:** Beginners should practice meditation for 10-15 minutes, if possible, once a day. Then, they can gradually increase the session to 30 minutes or longer.

Wear comfortable clothing.

**Meditation Hand Positions** Performing mudras can be compared to completing an electrical circuit.

1. Position I - Classic Mudra (*Chin Mudra*)
2. Position II - "Fierce Gesture" (*Bhirava Mudra*)

### Meditation Poses

1. Tailor Pose
2. Happy (*Sukhasana*)
3. Half-Adepts
4. Half Lotus (*Padmasana*)
5. Hero Pose (*Virasana*)

### Meditation Techniques

1. Breath Counting
2. *Trataka*
3. Candle Meditation

## Meditation Hand Positions/Mudras

### 1. Position I-Classic Mudra (*Chin Mudra*)

This mudra is also known as “seal of consciousness.” Hold your index finger and thumb together with your palm facing upward. Chin Mudra directs prana toward the higher chakras in the body and aids concentration on the mind and self.

### 2. Position II– “Fierce Gesture” (*Bhirava Mudra*)

This mudra represents the ida and the pin gala nadis, symbolizing the union of the individual with higher awareness. Place your right palm on top of your left palm with the thumbs touching. Both hands then rest in your lap

## Meditation Poses

Before meditating, one should choose a comfortable position in which to meditate. Below are 5 poses that are suitable for meditation. Experiment with each one to determine the best for you. Relax the mind, eyes, jaw, and tongue. Choose a hand position. Remember to keep the spine long using the Uddiyana and Mula Bandhas. You may use a blanket or block if sitting directly on the floor is too demanding in the hips, hamstrings, or back.

**Tailor Pose**



**Happy**  
(*Sukhasana*)



**Half-Adepts**



**Half Lotus**  
(*Padmasana*)



**Hero Pose**  
(*Virasana*)



## Meditation Techniques

1. *Breath Counting Technique:* While breathing naturally count your breaths 1 to 10 and back again (one complete inhalation and exhalation counts as one). Eventually you can begin to lose the count and simply focus on the breath alone.
2. *Trataka Technique:* Find a static point or an object upon which to focus. This focal point should be eye level. Gaze without blinking at your chosen object keeping your eyes relaxed. When your eyes begin to water, close your eyes for a few moments as you visualize your object in your mind. This will cleanse your eyes (*kriya*). Open your eyes again and resume gazing at your object. Repeat this for several minutes.
3. *Candle Technique:* Place a lighted candle at eye level or slightly below. Focus on the flame of the candle and avoid allowing your mind to wonder. You may blink your eyes as you gaze upon the flame. If your eyes tire, close your eyes and focus on the flame in your mind.

## **Powerful Cue Words of Yoga Instruction**

Use the below cues to empower your students and to pull from them their very best.

### **Words of “In the Moment”**

1. *Release tightness in the brain*
2. *Be Calm*
3. *Surrender*
4. *Serenity*
5. *Draw Inward*
6. *The rib cage fans open when breathing*
7. *Find altitude to lengthen the body*
8. *Practice presence*
9. *Find presence in the pose*
10. *Honor the body. If you feel pain back off of the pose.*
11. *Do “it” with dignity*
12. *Do “it” well at your best*
13. *Grow in increments*

### **Words of Strength**

1. *Awaken and unleash the power within*
2. *Find Perfect*
3. *Awakening the power within you*
4. *Work to the edge*
5. *Play the edge*
6. *It is a process of opening and strengthening*
7. *Maximum pose*
8. *Restores, Rejuvenate, and Regenerate*

### **Words of Balance**

1. *Root*
2. *Build your house on a rock*
3. *Anchor your feet*

### **Words of Relaxation**

1. *Your body relaxes just like ice cubes dissolves in hot water*
2. *Release your tongue and jaw*
3. *Loosen the brain*
4. *Sink your body into the mat as a foot imprints into the sand*
5. *Energy in/toxins out*



Below are a series of questions designed to help you remember the course material efficiently. Before proceeding to the next page of the course content, please answer the following review questions.

#### **Section # 7 Review Questions**

- 1. What are the Pranayama Techniques:**
  
- 2. Explain the Meditation Hand Position and Poses:**
  
- 3. Explain the two Meditation Hand Positions/Mudras:**
  
- 4. What are the five Meditation Poses:**
  
- 5. List the three Meditation Techniques:**
  
- 6. List any of the words or phrases that you may not know or understand.**
  
- 7. After completing the review of the study manual, please take the time to complete the Instructor Observation form located on the next page of this study manual. This is an optional review exercise. However, completion of this exercise will significantly increase the knowledge and understanding necessary to become a certified fitness instructor.**

## **FiTOUR® Fitness Instructor Observation Sheet**

Please contact a fitness instructor from a local health club, YMCA, or any other institution so that you may arrange a time that is convenient for both to complete the instructor observation. This observation will allow you to gain perspective as to the methods of teaching and instruction in the particular discipline. Please complete the form below while doing the observation. NOTE: Please be sure to explain to the instructor that this observation will not be used for anything other than to aid in learning and that this observation sheet will not be viewed by anyone.

Instructor Name \_\_\_\_\_ Class Location/Name \_\_\_\_\_

<b><u>PERSONALITY</u></b>	<b><u>PREPARATION</u></b>	<b><u>TECHNIQUE</u></b>	<b><u>PARTICIPANTS</u></b>
Please place a number from 1-5 on the lines below (5 being the highest)	Please place a number from 1-5 on the lines below (5 being the highest)	Please place a number from 1-5 on the lines below (5 being the highest)	Please place a number from 1-5 on the lines below (5 being the highest)
<input type="text"/> Maintains Positive Personal Hygiene	<input type="text"/> Time was used effectively and efficiently	<input type="text"/> Encourages with Positive Reinforcement	<input type="text"/> Participants are Enjoying the Class
<input type="text"/> Maintains Poise and Composure	<input type="text"/> Use of Appropriate Language	<input type="text"/> Provides an Atmosphere Conducive to Learning	<input type="text"/> Participants are on Task Throughout the Class
<input type="text"/> Maintains professional attitude	<input type="text"/> Evidence of Planning/Preparation	<input type="text"/> Utilizes “Hands On” Teaching Strategies	<input type="text"/> Participants Approach Instructor for “chitchat”
<input type="text"/> Develops a Rapport with Participants	<input type="text"/> Room Size/Room Temperature was Adequate	<input type="text"/> Voice Projection	<input type="text"/> Participants are Serious About the Class
<input type="text"/> Creates a Fun, Safe, Enjoyable Atmosphere	<input type="text"/> Demonstrates Proficient Knowledge in Subject Area	<input type="text"/> Proximity-Changes Places Frequently to Observe	<input type="text"/> Communicates with Participants
<input type="text"/> Total out of 25			
<b><u>____Total out of 100</u></b>			
<b>Evaluation/Comments:</b>			



## About FiTOUR® Certifications

**FiTOUR®** offers affordable, nationally recognized, advanced fitness certifications. Join the thousands of fitness professionals who have chosen to become a **FiTOUR®** Professional and take your fitness instruction to the next level! **FiTOUR®** offers various certification programs for any fitness instructor or trainer looking to advance their knowledge while simultaneously creating a marketing edge for themselves as a serious fitness professional. **FiTOUR®** offers In-Home Certifications and Workshop Certifications to accommodate every fitness professional!

## FiTOUR® Certification Programs

- **LEVEL I - FiTOUR® Instructor**

Increase your earning potential and jump-start your career by becoming certified with **FiTOUR®**. **FiTOUR®** is a nationally recognized certifying organization ranked high among their class. We offer a wide range of fitness certifications that will meet the demands of the novice all the way to the veteran fitness professional. This program requires successful completion of one certification course.

- **LEVEL II - FiTOUR® Specialist**

Two course required program which includes the **FiTOUR®** Group Exercise certification course and any other **FiTOUR®** certification program. This program requires successful completion of two certification courses. The **FiTOUR®** Specialist status will be achieved when you have completed the **FiTOUR®** Group Exercise certification course AND the course of your chosen discipline. **FiTOUR®** Specialist programs are available in Pilates, Yoga, Aqua, Personal Training, Kickbox, Cycling, Elderly Fitness, and more.

- **LEVEL III - FiTOUR® Practitioner**

Take your business to the next level with these high quality, affordable, advanced level certification programs. Become a **FiTOUR®** Practitioner in Pilates, Yoga or Personal Training! These **FiTOUR®** programs are advanced level fitness certifications that require learning through a progression of three required courses.

- **LEVEL IV - FiTOUR® MASTER Practitioner**

The **FiTOUR®** MASTER Practitioner program is for any fitness instructor or trainer looking to advance their knowledge while simultaneously creating a marketing edge for themselves as a serious professional. The **FiTOUR®** MASTER Practitioner program is the highest level certification available and is clearly a mark of distinction. Become a **FiTOUR®** Practitioner in Pilates, Yoga or Personal Training! These **FiTOUR®** programs are advanced level fitness certifications that require learning through a progression of four required courses.



### **About the FiTOUR® Renewal Program**

**FiTOUR®** is dedicated to providing fitness professionals with high quality, convenient, fitness education. Because many of the fitness organizations have raised the CEC requirements resulting in an increased cost to maintain your certification, **FiTOUR®** has designed a renewal program that will save you valuable money and is unlike any other in the fitness industry.

- **NO Continuing Education Credits required!!** Simply complete a 25 question renewal examination in the area which you hold the certification!
- The **FiTOUR®** renewal fee is **ONLY \$25** for any **FiTOUR®** Certification! That means that \$25 every two years renews your **FiTOUR®** Certification!
- Your certification is valid/current for two (2) years from the date issued on the certificate

### **Renewal Fees**

Each **FiTOUR®** certification is valid for two years from the date issued and can be renewed anytime within 90 days prior to the expiration date. The renewal fee is **ONLY \$25** for each **FiTOUR®** Certification.

### **About the Renewal Examination**

The certification renewal examination consists of 25 questions that are derived from the original certification examination. Please reference your **FiTOUR®** certification study manual in the area of which you hold the certification prior to taking the renewal examination.

If the minimum score (75%) is not achieved on the renewal examination, a retest is available. You may retest as many times as necessary. The fee for each retest is \$25.

### **How To Renew Your FiTOUR® Certification**

1. Login to the Exam Center located at [www.FiTOUT.com](http://www.FiTOUT.com) within 90 days prior to the expiration date. Certifications will not be eligible for renewal until 90 days prior to the expiration date. (you may check the expiration date(s) of your certification(s) by logging into you're the My Account section at [www.FiTOUT.com](http://www.FiTOUT.com)).
2. Pay the \$25 renewal fee via our secure online processing system
3. Begin and successfully complete (75% or higher) the 25 question renewal examination in the area of your certification
4. Receive an updated certificate with an expiration date for another two years!
5. Maintain your fitness certification for **ONLY \$25** and NO CEC's!!