



# ROCKET YOGA TEACHER TRAINING 2023

## WITH DAVID CABEZAS SÁNCHEZ

November 10<sup>th</sup> to 12<sup>th</sup>



Exhale Yoga 11, rue de Machault L-2111 Luxembourg-Merl  
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## **Are you ready for a truly Transformational & Life Changing experience?**

"Turn your Ambition into Intention"

— LARRY SCHULTZ

Join David Cabezas Sánchez on this journey of 25 hours of diving deep into your personal practice & teaching skills, focused on advanced Vinyasa and Rocket Yoga. This intensive course is designed for to dive deeper into learning more about both the Rocket Yoga & Vinyasa practice. Students of all levels are welcome.

For one weekend, we will come together to learn how to start teaching the Rocket series and make new friends for life. This is an incredible opportunity to deepen your practice, both within yourself and through sharing the practice as a teacher.

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### **What is Rocket Yoga?**

"Rocket Yoga" was created by Larry Shultz in San Francisco during the 80`s. Over time different teachers and references have emerged with different backgrounds but maintain the fundamentals of Larry Shultz system. It's a dynamic style with 3 sequences of postures that modify the traditional ashtanga vinyasa yoga. The students are invited to challenge themselves doing variations and modifications.

Rocket yoga is a dynamic vinyasa yoga style.

It is an accessible practice open to all levels which maintains a basic structure on which we can add postures or variations. The object is to adapt the practice offering the possibility to develop a strong practice. We work on the arm balances, handstands and backbends.

The Sequences:

- Rocket I: Based on the primary series of the ashtanga and focused on forward fold, and hips openers. It helps to develop strong legs and abs.
- Rocket II: Based on the second and advanced series of the ashtanga vinyasa focused on the backbends and arm balancing poses. Includes twisting and chest opening.

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## The Structure:

### MODULE I: FOCUS ON ROCKET I SERIES AND ADVANCED VINYASA PART I

#### This 25hr course will run over 1 weekend

(Friday afternoon + Saturday & Sunday):

1. Friday 10<sup>th</sup> November
  - Introduction to the group
  - History of Yoga/ Rocket I practice
2. Saturday 11<sup>th</sup> November
  - Rocket II (sun salutations & jump through/ jump back)
  - Rocket I (sequence explanation)
  - Anatomy of Bandhas & Drishti
  - Inversion Workshop (variations & adjustments)
3. Sunday 12<sup>th</sup> November
  - Rocket III/ Pranayama & Meditation
  - Armbalance & transition Workshop
  - Backband Workshop
  - Asana Adjustments
  - Philosophie

This is the description of **Module I** and you may choose to take **Module II** in the future. They are complementary and will add up a 50hrs course on which you can build up more trainings. We will keep running them each year, and the completion of both modules provides you with a YACEP Certificate from Yoga Alliance\*.

\*A complete Rocket® 50hr & a complete Advanced Vinyasa 50hr.

## Module I & II

- **Module I:** Focus on Rocket I Series and Advanced Vinyasa part I
- **Module 2:** Focus on Rocket II Series Advanced Vinyasa part II

Both modules are an introduction to the teaching methodology within the Advanced Vinyasa and Rocket Practice and includes:

- Asana alignment and physiology for advanced Vinyasa
- Study & practice of Pranayama, Bandhas & the Yamas/Niyamas both within your personal practice and as a teacher
- Learning how to teach and Sequence Rocket as well as implement it into your own personal practice.
- The History of Rocket Yoga
- Adjustments & Alignment of basic and advanced asanas
- Swadhyaya

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One of the most powerful parts of our teacher training program will challenge your mind, body and spirit – facilitating the awakening required to become a truly powerful teacher.

The core of methodology lies in the practice of self-study (Swadhyaya). This module is dedicated to uncovering deeply rooted beliefs, patterns and character traits that hold us back from living authentic and courageous lives. This work requires honesty, humility and a great commitment to your own spiritual growth.

This practice will leave you feeling strong, inspired and with a renewed passion for your life and yoga practice.

- **Teaching**

- Being a teacher, effective teaching skills & finding your voice
- Code of conduct
- Advanced vinyasa principles
- Coaching & feedback
- Safe, effective asana assists
- How to energetically interact with students
- Working with different bodies, injuries and limitations
- Developing the skill of awareness in the classroom
- You will also be required to complete a practical teaching examination and assignments throughout the course

## So why train with David Cabezas Sánchez?

This course is taught by a very dedicated teacher who has a long experience in teaching yoga all over the globe. What sets him apart is that he's committed to elevate yoga teaching standards to provide you with the best training in order to become a confident teacher. This training will help you elevate both, your practice as well as your teaching skills.

David's goal is to go beyond the basics and elevate his trainees to teach with authenticity, courage, and passion. His mission is to create passionate and powerful teachers who are equipped to transform lives and support students on their yoga journey.

Your journey will take place over one weekend where you'll be a part of a community of teacher students on the same journey of transformation as you. The very nature of undergoing a teacher training will require your full commitment both in and out of the classroom, and you will be surrounded by a supportive group of humans going through a similar experience at the same time. The intensity of this course will be matched by experiences of joy, connection, and friendships as you discover your most powerful self on the journey of yoga.



## What happens when you graduate?

- 25hrs/ 50hrs Certificate in Advanced Vinyasa and/or in Rocket Yoga.
  - The ability to teach a life-changing practice.
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## Investment & Tuition:

- **25hrs – 550€ early bird until 30<sup>th</sup> Sept 2023 after that date the following rate applies: 620€**  
(Module I/ Exhale Yoga Teachers & Staff receive a 10% discount)
- **YOUR TIME** - Going through teacher training is demanding, both of your time and your body. Make sure that you take care of yourself and that you'll have sufficient time put away for doing self-study between our sessions so that you don't burn out or miss out. We'll require 100% attendance, and if you have something come up or you get sick, you'll have to make up for the missed time outside of the schedule.

## What's NOT included?

- Supplementary textbooks (reading list will be sent out after application).

## Course Location & Times:

- Exhale Yoga Luxembourg 11 rue de Machault
- November 10-12<sup>th</sup> Fridays 5-8pm, Saturday & Sunday 7.30am-5pm

## Daily Schedule Sample:

<b>7:30-10am</b>	Mantras/Meditation/Rocket Practice
<b>10-11:30am</b>	Workshop
<b>11:30-12:30pm</b>	Lunch
<b>12:30-13:45pm</b>	Workshop
<b>13:45-15:45pm</b>	Workshop
<b>4-5pm</b>	Mantras/Meditation/Advanced Vinyasa or Rocket Practice

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## Are you ready for this?

We are **all** students. Even if we are teachers, we are still, and will always be, students. We grow, learn and inspire each other on our different paths in this practice. A teacher can be someone who teaches others, but also refers to your inner teacher. The practice is what drives us, what forms us as people, students and teachers alike. So if you are committed to the practice of yoga, then you are ready.

You don't need to be able to perform any 'advanced' postures to study this Advanced TT. It is not about how flexible you are or if you can handstand for 10 minutes straight, but what matters is your passion and enthusiasm for teaching yoga. These Advanced TT Modules has been carefully designed to challenge and inspire any teacher, new or experienced, young or old.

How do I apply?

Places on our teacher training is limited, so make sure you get started as soon as you make your decision!

### Where to start?

- Review ALL the information on this page.
- Carefully review all dates, costs and curriculum.
- Complete the online application form in its entirety.
- Payment of full participation fees.
- Wait for us to confirm via email approving your application, which you will receive within 7 days after submitting your application .

