



200 Hour Yoga Teacher Training Abigail Harrod, Global Affairs, May 2022

Engaged
Living

SUMMARY

I completed a 200 Hour Yoga Teacher Training in the Summer of 2019 at the Yoga Studio of Corpus Christi. I studied Michelle Acebo, owner of the studio, from 9 am to 3 pm, every day, learning how to teach the practice of yoga, including adjusting students into alignment, and teaching to a wide variety of students. I gained an appreciation for the history of yoga, for the original, Indian roots, and the Father of Yoga, Patanjali. The goal for my training was to bring my yoga back to San Antonio, and teach creative classes. For my graduation from the Yoga Studio of Corpus Christi, I created and taught their first ever HIIT (High Intensity Interval Training) yoga class, combining my love for exercise with yoga. Through the practice of yoga I was able to create an exercise class centered around mindfulness.



SPICES

The yoga teacher training embodies Engaged Living because it combines mindfulness with the active movement of the body. This training teaches how the body interacts with the mind, how balance in the body can lead to balance in life.

HERBS

Support: Each yogi shaped yoga classes to their past; one created a class for PTSD for her military father, another created a class for older women suffering from menopause. Because each of these classes was so personal, they required support from everyone.

LEARNING OUTCOMES

Creative Courage: I created a HIIT yoga class, focused on muscle & endurance training. I used my creative courage to research targeted exercises, and incorporate them into a yoga flow.

Self Reflection: The alignment of chakras caused reflection in the alignment of life. This meant studying, but keeping my mind healthy. In my body, balance was a healthy but not restrictive diet.



IMPACT

The greatest impact from this training was the adaptations that I learned, allowing me to bring yoga to more people. Because of this training I have started teaching beginner classes at the Campus Recreation Center, and in apartment complexes, helping people become more mindful, and find balance in their lives. Without these adaptations, these new yogis wouldn't be able to be open to the world of yoga.

ADVICE

I would advise students to come into the training ready to learn things beyond just yoga. This includes general life betterment and the cleansing that comes with the yogi lifestyle.