HSA | HAPPINESS STUDIES ACADEMY

SPIRE Yoga

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200-Hour Yoga Alliance Teacher Training

SPIRE Yoga is a 200-hour Yoga Alliance–accredited teacher training designed as a whole-human education. The program integrates ancient yogic wisdom, therapeutic movement science, and mind–body psychology to support healing, balance, and sustainable self-empowerment. SPIRE is an acronym representing the five dimensions of human experience this training is designed to cultivate:

Spiritual

Physical

Intellectual

Relational

Emotional

Rather than teaching yoga as a purely physical discipline, SPIRE presents yoga as a complete framework for living with clarity, ethics, resilience, and embodied presence in modern life.

SPIRE Yoga

Educational Philosophy

SPIRE Yoga is built on three fully integrated pillars that are taught simultaneously throughout the training rather than as separate subjects.

Pillar One: Ancient Yogic Wisdom (Spiritual & Intellectual)

Students explore yoga as a 5,000-year-old system for human flourishing, grounded in the Eight Limbs of Yoga. These teachings are approached as practical tools for everyday life, relationships, leadership, and wellbeing, not as abstract philosophy.

Areas of study include:

- Yama and Niyama as ethical and personal foundations
- Asana as a tool for stability, vitality, and awareness
- Pranayama as regulation and energy management
- Meditation and concentration practices for clarity and presence
- Integration of yogic principles into modern contexts

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Pillar Two: Integrated Positional Therapy (Physical)

Integrated Positional Therapy (IPT) is a therapeutic movement methodology addressing the root causes of physical pain and injury. Rather than emphasizing excessive stretching or strengthening, IPT focuses on identifying and correcting muscular imbalance patterns that compromise joint integrity.

Students learn how to:

- Assess muscular imbalances
- Restore balance and joint health
- Relieve existing pain
- Reduce injury risk for practitioners and teachers
- Prepare the body for sustainable, long-term practice

This pillar directly addresses the high injury rates among yoga practitioners and teachers by prioritizing safety, intelligence, and repeatability.

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Pillar Three: Mind–Body Integration (Emotional & Relational)

Mind–Body Integration explores the bidirectional relationship between posture, emotion, cognition, and relationships. Students study scientific evidence demonstrating how emotional states express themselves physically and how physical posture influences mood, resilience, confidence, and relational presence.

This pillar supports:

- Emotional regulation
- Stress resilience
- Self-perception and confidence
- Interpersonal connection and presence
- Embodied emotional awareness

SPIRE Yoga

Training Modality and Method

Rather than teaching hundreds of disconnected postures, SPIRE Yoga is built around a set, therapeutic sequence drawn from classical yogic sources and refined through modern movement science.

This approach:

- Balances the muscular system
- Protects joints and connective tissue
- Supports long-term physical health
- Reduces injury risk
- Allows depth, mastery, and embodied understanding

Students graduate with a method they can safely practice, teach, and adapt rather than a large but shallow posture repertoire.



SPIRE Yoga

14-Week Training Structure

Time Commitment: Approximately 14–17 hours per week
Designed For: Full-time professionals, students, and busy adults
Format: Live sessions combined with recorded content & home assignments

Week 1 – Introduction & Orientation

Introduction to the SPIRE framework, training structure, safety principles, self-assessment practices, and Integrated Positional Therapy Lesson 1.

Weeks 2–4 – Asana Lab & Yoga Wisdom

In-depth exploration of posture intelligence, yogic philosophy, and embodied application through Integrated Positional Therapy Lessons 2–5.

Week 5 – Pranayama

Study and practice of breathwork techniques to support nervous system regulation, vitality, emotional balance, and stability, alongside Integrated Positional Therapy Lessons 6–7.

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Week 6 – The Energetic Body

Exploration of koshas, chakras, and subtle anatomy as frameworks for awareness, integration, and embodied understanding, supported by Integrated Positional Therapy Lessons 8–9.

Week 7 – Meditation

Development of attention, awareness, and inner stability through meditation practices and Integrated Positional Therapy Lessons 10–11.

Week 8 – Ethics & Yogic Living

Application of Yamas and Niyamas to modern life, relationships, leadership, and teaching, with Integrated Positional Therapy Lessons 12–13.

Week 9 – The Magnificent 7

Study of seven core principles supporting resilience, balance, and whole-human integration, including Integrated Positional Therapy Lesson 14.

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Weeks 10–11 – Sequencing, Cueing & Theming

Training in intelligent class sequencing, clear and supportive verbal cueing, and thematic coherence for safe and effective teaching.

Weeks 12–13 – Practicum
Supervised practice teaching with structured feedback, integration of SPIRE principles, and refinement of teaching presence and confidence.

Week 14 – Final Exam & Review

Comprehensive review, written and practical assessment, reflection, and completion of certification requirements.



Live and Recorded Learning

- **Live sessions**: Tuesdays, 10:00–12:00 PM EST
- All live sessions are recorded for flexible access
- Core lectures by faculty are pre-recorded
- Live Q&A sessions and guest appearances are integrated throughout the program