



200 Hour Yoga Teacher Training Program



Techniques, Training and Practice

Asana

Description: Students will study asanas, their variations and modifications, understand their benefits, contra indications and progressions.

Objectives, including but not limited to:

- how to practice and teach Surya Namaskar A and B
- understanding the physical and energetic effects of each pose
- understanding how each pose works with other poses
- how to properly and safely get in and out of each pose
- how and when to use props

Pranayama

Description: Students will study and practice basic pranayama techniques and how the breath works with the mind and body to energize or relax the nervous system.

Objectives, including but not limited to:

- how and when to use pranayama in a yoga class and in preparation for meditation
- how to practice and teach pranayamas like: alternate nostril breath, kapalabhati, bhasrika and bhramari

Exploring Restorative, Vinyasa, and Yin styles of yoga

Description: Students will learn the difference between these styles and how they overlap.

Objectives:

- how and when to practice and teach each of these styles on their own and in context with a mixed style class

Meditation and Mantras

Description: Based on the 8 part yoga philosophy, students will learn how to practice and teach the steps leading to a steady consistent meditation practice.

Objectives, including but not limited to:

- knowing the physical movements to prep the body for meditation
- diaphragmatic breathing techniques to soften inner tensions
- teaching a systematic guided relaxation
- how to use pranayama to develop a one pointed focus
- how to use a mantra for concentration with relaxed effort

Teaching Methods

Description: Students will develop and practice sequences based on what was learned with individual asanas.

Objectives, including but not limited to:

- knowing language, verbal cues, physical assists and adjustments
- how to structure a class depending on posture sequences and themes
- how to teach to special populations like the elderly, beginners, or sports cross trainers
- introduction to the basics of the yoga business

Anatomy and Physiology

Description: Students will learn general physical anatomy, the subtle body, and physical limitations

Objectives, including but not limited to:

- understanding the bones, muscles, ligaments, tissues, tendons, fascia, and joints of the body
- how to properly align the body in each asana
- learning the energetic body including nadis, chakras, dosha, and prana.
- what to look for in various body types and the best way to guide each safely through a practice

Yoga Philosophy, Life Style and Ethics

Description: Students will read, study and discuss the Yoga Sutras, learn basic sanskrit phrases, and discuss ethics for yoga teachers.

Objectives, including but not limited to:

- learning to incorporate yoga philosophy through the Yamas and Nyamas into everyday life, yoga teaching and personal practice
- how to teach compassionately
- being ethical in business
- how to teach from a genuine place
- sharing yoga within their community.

Teaching Practice

Description: Students will practice on each other in the presence of the lead teacher and teach one public class with the lead teacher in attendance before course completion.

Objectives, including but not limited to:

- practicing how to give verbal cues with a compassionate voice
- working with varying levels in one class
- introducing the general intent of yoga philosophy into the class

Home/ Personal Study

Hone/Personal study hours may include but are not limited to:

- observing a class and reporting observations
- designing a class for a special population
- designing a class sequence for a theme or peak pose
- teaching a Seva class either at this studio or in their own community
- self study of the yoga sutras, anatomy texts and asana classes either on-line or in their community