

Yoga Teacher Training – Detailed Course Outline

Philosophy, History, Lifestyle, Ethics for Yoga teachers (15 contact hours + 10 hours independent study)

- History or Hatha Yoga
- Styles and Branches of Yoga, such as Bhakti, Karma, Jnana, Raja, and Kriya Yoga
- Discussion of various popular styles of Hatha yoga, Power, Yin, Ashtanga, Bikram
- Diet and Vegetarianism
- Exploration of the 8 limbs of Yoga and the Yoga Sutras
- Yamas & Niyamas/dos & don'ts
- Yogic Cleansing Techniques (Neti)

Techniques: (80 contact hours + 32 hours independent study)

- Physical Postures (asana) – standing, sitting, squats, supine, on belly, balancing
- General sequencing guidelines and specific sequencing for Vinyasa Yoga
- Sun Salutations
- Yogic Breathing Techniques (Pranayam)
- Mudras, Bhandas, Drishti, Mantra
- Using music for class
- Meditation

Teaching Methodology (25 contact hours + 3 hours independent study)

- Adjustments and props
- Pre-natal Yoga
- Modifications for different body types, injuries, limited flexibility
- Business, promotional, insurance
- Designing a safe and effective class
- Communication skills, use of your voice
- The Business of Yoga

Anatomy and Physiology (15 contact hours +10 hours independent study)

- In-depth study of gross body anatomy ~ muscles, bones, nervous system, endocrine system, and connective tissue
- Subtle body anatomy ~ chakras and nadis

Practicum (45 contact hours + 5 hours independent study)

- Teaching practice
- Creating classes
- Assisting

Feedback

All times, content and teaching team are subject to change without notice, times for independent study hours are approximate.