



YOGA TEACHER TRAINING SYLLABUS

TECHNIQUES TRAINING AND PRACTICE • 100 HOURS

- Foundation of Yoga Asana and Pranayama- 7 principals
- Rooting, Grounding, Connection to earth, Standing asana
- Balanced sequencing
- Pelvic work, alignment of pelvis as the foundation
- Forward bending and Twisting
- Connecting to Core strength and pranayama techniques connected to core activation
- Lateral stretching
- Shoulder work, arm strengthening, arm balancing, rotation of arms shoulders, hand work, neck alignment.
- Backbending
- Inversions- the art of trust
- Pranayama- going deeper into the essence of breath
- The art of balancing practice- rooting and extension
- Integrating the 3 Bhandas into asana practice
- Integration, resting into the gap
- Silent meditation- observation, expanding the awareness

TEACHING METHODOLOGY • 25 HOURS

- Creating a safe and meditative environment for yoga
- Foundation of assisting and correcting with conscious touch
- Exploring clear and precise verbal expression
- Clear understanding of how the practice that is taught arises from within
- Teaching styles and the varieties of approach
- The art of trust and clear intention
- Finding authentic voice and style
- Application of modifications for individual needs
- Business approach

ANATOMY AND PHYSIOLOGY • 21 HOURS

- Intro to the energy body and chakra system
- Understanding the physiological process of the Bhandas- working with internal locks
- Physical anatomy- muscles, bones, glandular system
- Restorative practices according to the energy meridians
- 5 Yoga systems

YOGA PHILOSOPHY, LIFESTYLE, ETHICS • 30 HOURS

- Studying the Yoga Sutras of Patanjali
- Poetry of Rumi, Lalla, Hafiz
- Ethics of a Yoga teacher/ healing practitioner
- Lifestyle of Health and Balance
- Nutrition and self awareness (walk the talk)
- Influence of nature and meditation on the yoga path
- The healing path of creativity through dance and writing
- Discovering authentic self through all tools

PRACTICUM • 12 HOURS

- Practicing the basics of assisting and adjusting
- Observing others teaching, receiving/giving feedback
- Creating classes and teaching to the group

EXTRA • 12 HOURS

- Yoga to support the female body
- Prenatal yoga
- Dance exploration and primal pulse healing practices
- The art of Tantra
- Nature work- barefoot walking meditation, river baths, fire ceremony, writing assignments based on the experience of communing with the elements and how it nourishes the spiritual path
- Earth prayer- sweat lodge
- Chanting, toning, kirtan, voice exploration