

Inspired and Inspire Others
Yoga Alliance Registered 200 Hour Program Teacher Training

Syllabus

Yoga History and Philosophy

(5 Hours)

We will study both the history of yoga from 5,000 years ago to modern yoga today and its many incarnations as well as read and write about the yogic philosophy and contemplate how it can be applied in our daily lives

- Ancient Yoga / Modern Yoga
- The 8 limb path/ Ethics
- Yama's and Niyamas
- The Yoga Sutras
- Bhagavad Gita
- Ayurveda – Perspective on constitution/ digestion and life balance
- Sanskrit

We will have fascinating discussions around the 8 limb paths of yoga from the Yoga Sutras. And the applications they offer us daily both on and off the mat

Techniques:

(100 hours)

Asanas, Breath, Pranayamas, training in technique and the practice of them

- Asana - breaking down sun salutations and other postures
- Asana Modifications – How and Why we modify
- Asana Assists – what's the benefit
- Purposeful Sequencing – understanding the reasoning behind essential sequencing
- Teaching all levels classes – keeping the flow in an all levels class
- Teaching to beginners and the injured – how to guide and support new students to the mat
- Energetics of family of poses (why and when we do what we do)
- Understanding breathing techniques, Pranayama – Ujjayi, alternate nostril – and how to teach them
- Meditation – we will create and maintain a meditation practice through the whole training
- Intentional queuing
- Languaging
- Building Strength (Sthira) and creating ease (Sukha)
- How to be present in the classroom (At all times)
- Creating an environment for Transformation / growth
- Teaching a meditative practice

Teaching Methodology

25 hours (Primary ERYT 15 Hours)

Principles of demonstration, observation, assisting/correcting, instruction, teaching styles, qualities of a teacher and the student's process of learning.

- Authenticity as a student/ teacher
- Tone, inflection, pacing, cadence, volume, energetics, teaching to the pause, rhythm, presence, in service

Anatomy & Physiology:

25 hours (ERYT 10 Hours)

Physical anatomy and physiology (bodily systems and organs etc...) energy, subtle anatomy, chakras

- Movement Principles of The Human Body
- Nervous System interaction and support of all systems and organs (Breath)
- Anatomy and effects of Pranayama / Breath/ healthy movement patterns
- Synchronization / unifying mind body connection

Philosophy/ethics/lifestyle:

20 hours (ERYT 10 Hours)

The Study of yoga, Yoga Sutras, Bhagavad Gita, etc... ethics for all yoga instructors

- Living your yoga as an instructor
- What are yoga ethics

Teaching / Practicum:**15 hours (ERYT 5 hours)**

Teaching in a student space, observing and assisting classes

- Beginning at the onset of training, students will get comfortable with teaching and begin linking postures creating a "Series".
- Grow into Teaching and guiding a series, linking multiple series, taught in small groups
- Culmination of training to be confident teaching various classes of different levels and times.
- Videotaping of student's progress throughout the training.
- Theme based classes, understanding your class dynamics, student's needs
- Creating and building energy – teachers learning to hold space for students

Homework / Reading and Exam:**20-30 hours**

Journey into Power – Baron Baptiste

Being of Power – Baron Baptiste

The essential Yoga Sutras (practical format)

Light on Life: The yoga Journey to Wholeness, Inner Peace and Ultimate Freedom – BKS Iyengar

Meditation and its practice – by swami Rama

Yamas and Niyamas – Translated by Deborah Adele

The key muscles of yoga, Ray Long

Teaching Methodology

Principles of demonstration, observation, assisting/correcting, instruction, teaching styles, qualities of a teacher and the student's process of learning.

This training will empower you with the tools and knowledge necessary to safely work with student's bodies as they practice. The assistant plays a unique role during class as, through touch, energy and direction, their hands serve as the bridge between the teacher's words and the experience in a student's body.

Through lecture and experiential classroom time, students will become aware of their own body and energy, fellow yogi's individual needs and the union that is created between assistant and student.

Assisting during class fosters a karmic sense of community, as the assistant works in service to student and teacher alike, enhancing and amplifying the experience for all involved. Learning to assist is an incredible opportunity to further develop another dimension of your own personal practice.

This segment of the training will teach

- Safe, effective assisting and adjusting techniques
- Different types of assists and modifications
- Safe Alignment, joint movements and muscles engaged in postures
- How to support and enhance the practice experience for students

Assisting and Enhancing

- **Alignment**
- **Integrating within the classroom**
- **Classroom management – know your landscape**
- **Invite the student to be the teacher**
- **Be of service / Intention**
- **Teacher / assistant relationship**
- **Pacing**
- **Modifications**
- **Develop confident in touch and feel**
- **Entering students personal space (Ninja like)**

Types of Assists

1. Personal safety to prevent injury
2. Educational/instructional / directive
3. Enhancing – enrich connection within body (deepening)
4. Effective non verbal communication