



YogaHub 200 Hours Teacher Training 2020 Syllabus

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CURRICULUM & COURSE OBJECTIVES

After completing your 200 hours training with us, teacher trainees will be able to/have:

- The knowledge of hatha yoga, with the emphasis on vinyasa, and be able to teach a class based on a pre set sequence
- Plan and sequence a class
- Develop a reflective practice

- Have a strong grounding in the art of modifying, assisting and adjusting asana, to include the use of props
- A good knowledge of the history and philosophy of yoga
- Able to teach basic meditation and breathing techniques
- A good anatomical knowledge
- Basic skills in business and self marketing

SYLLABUS

200 hours: 180 Contact hours + 20 Non Contact hours

Reading List will be provided.

1 - TEACHING: SEQUENCING PRINCIPLES AND PRACTICE

1A - Asana (Sequence)

A clear breakdown of postures taught, including variations, modification of poses as well as common misalignments:

- Surya Namaskar A & B
- Standing postures
- Forward folds
- Balancing postures
- Backbends
- Seated postures
- Bhandas
- Mudras

1B - Teaching Techniques

- Finding your voice and timing.
- You will learn how to create effective and intelligent sequences.
- Teaching beginners, including the introduction of props and the modification of the sequence.
- Teaching modifications to include: advanced variations/progressions and modifications for injury, hyper-mobility, inflexibility and pregnancy.

Teaching meditation and relaxation techniques:

- Ujaayi / Pranayama and learn how to teach them safely and effectively.
- Delivering Alignment cues - Safety cues and hands on assisting for each pose.

2 - HISTORY AND PHILOSOPHY OF YOGA & AUTHENTIC YOGA

2A - History of yoga and it's evolution to present day

2B - Ancient Wisdoms & Traditions

- Yamas & niyamas
- Chakras & Koshas, our energetic anatomy
- The 3 Karmas
- Moksha and maya
- Three gunas of nature
- The Vedas
- Yoga Sutras of Patanjali
- Bhagavad Gita
- Shakti
- Dharma
- Trilogies of Hindu Philosophy: Brahma, Vishnu, Shiva

- Etologies of Hindu Philosophy - Brahma, Vishnu, Shiva

Mantras & Chanting

- OM Mantra
- Maha Mantra
- Gayatri Mantra
- Loka Samasta Mantra
- Avalokiteshvara Mantra

Sanskrit

- Sanskrit for postures
- Interchanging and the use of Sanskrit in Class

3 – ANATOMY

- Directional terms
- Skeleton
- Joints
- Muscles and Fascia
- Circulatory System
- Lymphatic System
- Nervous System
- Digestive System
- Anatomy of Poses
- Benefits and contradictions

4 – SUPPLEMENTARY

- Setting up a Class
- Safety guidelines
- Business of a yoga teacher (self marketing, approaching studios, setting up independent classes, teaching privates)
- Ethics of teaching