

This is an overview of the syllabus, outlining the concepts and the number of hours devoted to each element of the 200 hour teacher training.

Syllabus:

I. Techniques, Training and Practice

A. Sun Salutations:

5 hours

Explore different styles of sun salutations, primarily the Sivananda and Ashtanga forms. Emphasis will include: matching breath with movement, proper form, alignment, variations, modifications and accommodations for injuries.

B. Standing Poses, Balance Poses, Seated Poses, and Backbends:

40 hours

Study and practice alignment, risks, benefits, variations, modifications, and proper entering and exiting of the postures. Following the lectures and demonstrations, students will form small groups in order to have hands on intensive work to practice and recognize proper form and alignment. Finally there will be a discussion on accommodating special needs and injuries.

C. Inversions, including handstand and various arm balances:

18 hours

Focus on shoulder stand and headstand, progressing through crow, pinchmyarasana, handstand and a variety of arm balances, including techniques for building strength required for these poses. Emphasis will be given to safe execution. There will be discussion of injuries and contraindications along with general and specific benefits of the poses.

D. Twists and Binds:

8 hours

Twists and binds applied to relevant seated poses, standing poses, balance poses and inversions. The function, benefits and proper execution with respect to breath will be discussed and demonstrated.

E. Savasana:

1 hour

An in depth exploration of Savasana including, alignment, variations, benefits, styles of entering and exiting the pose, examples of guided imagery, and hands-on massage.

F. Pranayamas and Bhandas:

12 hours

Bhastrika, ujjayi, and alternate nostril will be the main pranayamas practiced and studied along with discussion of other pranayamas. The bandhas will be practiced in isolation and in conjunction with the breathing exercises. The effects of these practices will be discussed along with ways in which they may be integrated into the practice of asana.

G. Mantra and Chanting:

4 hours

Chanting and mantra repetition will be discussed with a compare and contrast of the two practices. The mantras chosen for exploration are the Bija Mantra and the Gyatri Mantra. The meanings of these will be discussed and the group will learn these chants. Students will listen to the Gyatri Mantra on “The Chants of India” and the Bija Mantra on MC Yogi’s “Chakra Beatbox”.

H. Kriya/Shatkarma:

5 hours

Lecture on the 6 cleansing practices. Emphasis will be given to kapalbhati, neti, nauli, and trataka. Kapalbhati and trataka will be part of the regular practice in this training. There will be a demonstration of Nauli. Neti will be practiced outside of class. The effects of these practices will be discussed along with modern variations and alternatives.

I. Meditation and Mudras:

4 hours

Exploration of different styles and approaches to meditation. Effects, obstacles and non-yogic styles will also be discussed. The general topic of mudras will be introduced to the students. Each student will research and then present to class a mudra to be used in a group meditation session.

J. Private Sessions:

2 hours

Each student will meet with the lead trainer for private consultation on any or all of the topics in this section. Topic selections to be made by student and trainer.

K. Asana Focus/Practice:

1 hour

Each student will pick an asana for the focus of their practice and study for this training. Students will demonstrate their chosen asana and present their research to the class.

L. Electives

Students will be encouraged to explore areas of interest outside of the class that will meet elective requirements, provided enough non-contact hours are available to the student. Prior approval will be a requirement.

i. Advanced Asana:

2 hours

A detailed and in depth exploration of a select group of postures chosen according to interests, desires and abilities of individual students. This will include both deeper versions of postures already practiced and advanced asana that may be new to the students.

ii. Advanced Pranayama and Bhandas:

2 hours

A continuation of the study and practice of the three pranayamas and bhandas covered in the “Pranayamas and Bhandas” session as well as a few new pranayama exercises.

iii. Connections between Yoga and Tai Chi/Qi Gong/Martial Arts:

2 hours

Lecture, discussion and practice of Tai Chi/Qi Gong/Martial Arts emphasizing the similarities, differences and historical connections to yoga.

iv. Warm-up alternatives to Sun Salutations:

1 hour

Group dialogue and practice creatively exploring alternatives for warming the body. Lead trainer will present examples ranging from Kung Fu warm-ups to traditional calisthenics.

v. Partner Yoga:

1 hour

Interactive group discussion and practice of a variety of partner yoga stretches.

II. Teaching Methodology

A. The Teacher Student Relationship:

2 hours

A discussion on several questions relating to the roles of teachers and students, such as: What makes a good teacher? What makes a good student? How can the student experience be evaluated?

B. Asana Focus/Teaching:

2 hours

Each student shall teach their focus asana to the training group. The training group will provide feedback.

C. Survey of Yoga Styles:

5 hours

We will practice, study and analyze a variety of yoga forms and teaching methods. Comparisons of techniques, theories and structures of these forms will be made. The styles studied will include, but not be limited to: Iyengar, Ashtanga, Kundalini, Bikram, Vinyasa Flow, Jivamukti, Sivananda, Integral, and Yin.

D. Practice Class:

10 hours

Each student will prepare an outline for a one-hour class. The outline for the class will be discussed and feedback will be given to the student. In developing and teaching these practice classes, emphasis will be placed on techniques for demonstration, sequencing, beginning/ending of class, projection of voice, style, and classroom environment. Each student will then teach their class to the training group. Feedback will be given to the student.

E. Techniques for Accommodation and Enhancement:

3 hours

Lecture, demonstration, discussion and practice on use of props, assisting, adjustments, variations and modifications. We will explore the use of these techniques for both the enrichment of a general practice and for accommodating individual's special needs and medical conditions.

F. Business Aspects of Yoga:

2 hours

Guided discussion on relevant topics relating to yoga and commerce including but not limited to: insurance, taxes, accounting, owning a studio, and marketing.

G. Classroom Emergencies:

1 hour

Lecture and discussion of potential classroom setting emergencies and responses to them.

III. Anatomy and Physiology

A. The Endocrine System, Chakras and Nadis:

4 hours

Basic functions of the endocrine system, chakras and nadis - The main correspondences of the chakras will be emphasized along with the connection between the chakras and endocrine system and the effects of yoga practice on these systems.

B. Physical Structure:

3 hours

Lecture and discussion on the anatomy of hips, knees, shoulders, limbs and extremities and the relationship of these structures to proper alignment in yoga poses. In addition this session will include a discussion of joint health.

C. Spinal Column:

2 hours

The physical structure of the spinal column and its relationship to poses.

D. Nervous System:

2 hours

The nervous system focusing on the sympathetic and parasympathetic systems and including the effects of pranayama.

E. Trunk and Head:

1 hour

Anatomy of the trunk and head and how these relate to yoga poses.

F. Respiratory and Circulatory Systems:

2 hours

The basic functions of these systems and the effects of yoga on these systems. Included in this session will be a practice of the mechanics of proper breathing.

G. Digestive/Urinary System:

2 hours

The mechanics and function of the digestive and urinary systems. The majority of this session will be spent on the digestive system and the importance of proper assimilation and elimination for overall health. There will be a discussion about the effects of asana and pranayama on the digestive system.

H. Immune System:

2 hours

The mechanics of the immune system and how to maintain and promote a healthy system. Ways in which yoga promotes a healthy immune system will be emphasized.

I. Kundalini:

2 hours

Lecture and discussion addressing such questions as “What is kundalini?” “What are the benefits of kundalini?” “What techniques are there for generating kundalini?”. Students will independently research kundalini and give a brief presentation of their findings to the training group.

J. Electives

Students will be encouraged to explore areas of interest outside of the class that will meet elective requirements, provided enough non-contact hours are available to the student. Prior approval will be a requirement.

i. Frequently Encountered Medical Conditions:

2 hours

Some of the most prevalent medical conditions and how to accommodate these issues.

ii. How to Breathe:

1 hour

Detailed and in-depth discussion and practice of the mechanics of deep diaphragmatic breathing from a variety of sources and descriptions.

IV. Yoga Philosophy Lifestyle & Ethics

A. What is enlightenment?:

4 hours

Lecture and discussion including the history of hatha yoga, the 6 different types of yoga, the mechanics of hatha yoga as well as a survey of definitions and descriptions of enlightenment.

B. General Sutra Discussion and Lecture:

5 hours

An overview of the sutras covering the general structure and format of the book and addressing a variety of specific selected topics according to the interest of the class or Lead Trainer. Probable topics are Pushka, prakriti, abhyasa, vairagya, obstacles to enlightenment, gunas, types of thoughts, ways to deal with obstacles, and different types of consciousness. Additional translations and commentaries of the sutras are encouraged. Students will select (or have selected for them) a topic for deeper exploration and writing.

C. Hatha Yoga Pradipika:

5 hours

An overview of the topics, structure and format of the “Hatha Yoga Pradipika”. Emphasis includes the historical relevance and influence on modern styles. We will use the text to explore the relationship of Hatha yoga to other cultural and spiritual practices.

D. Yamas and Niyamas:

4 hours

Exploration of the usefulness of such a code in a spiritual practice. There will be a discussion of modifications and variations of codes for personal use and individual circumstance. Comparisons will be made to other codes of conduct, including but not limited to the 10 commandments and the 5 precepts as presented by Thich Naht Han in “For a Future to be Possible”.

E. Healthy Living:

9 hours

Including but not limited to diet, nutrition, sleep, work, stress, relationships, and healing modalities. An overview of Ayurveda will be given as part of this lecture, leading to a discussion on modern diet and nutrition. A wholistic

approach to healthy living is the focus of this session, including the importance of healthy relationships.

F. Ethics for Yoga Teachers:

2 hours

Lecture and discussion on healthy and appropriate student teacher relationships including topics such as romantic involvement, conflict of interest, confidentiality, and professional limitations and boundaries.

G. Private Session:

1 hour

This session will be available for students to address topics not discussed or taught in the classroom setting for reasons such as an interest in more depth, the need for clarification, or privacy.

H. Electives

Students will be encouraged to explore areas of interest outside of the class that will meet elective requirements, provided enough non-contact hours are available to the student. Prior approval will be a requirement.

i. Sex, Drugs, and Tantra: What's it all about?:

2 hours

A brief introduction to these topics and their relationship to Hatha Yoga.

ii. Yoga, Art, and Hindu Mythology:

2 hours

The foundation of this session will be viewing an assortment of Hindu art and discussing the corresponding stories and myths behind the art. The connections to yoga will be emphasized, including the use of Sanskrit language for poses.

iii. Personal Guidance System:

2 hours

Each student will develop a Personal Guidance System (PGS). This guide will include a set of ethical rules or standards either uniquely developed, taken directly from systems studied or adapted from systems studied. Included in a PGS may be a set of goals or areas to address the following: diet, nutrition, practice, work, relationships, living situation, habits, finances, ecology/environment, and social justice.

V. Practicum

A. Teaching Practice with Training Group:

2 hour

Each student will teach the 1.5 hour class developed in the methodology section to the training group. Feedback will be given by the training group and lead trainer.

B. Teaching Practice:

8 hours

Each student will teach 4, 1.5 hours classes in a public forum with lead trainer in attendance. After each class student will meet with lead trainer for feedback and discussion. Emphasis will be given to the sequencing, demonstration techniques, voice projection, injury avoidance, cuing, style, assisting and adjusting of the lesson.